



“FORGIVE US OUR TRESPASSES”

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

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

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

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

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

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

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

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

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

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

BE A BULLETIN BOOSTER. GET A NEW SUBSCRIBER

HAPPY SOBER NEW YEAR!

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

For those of us in AA who were not troubled by drinking, and came through the turkey, the Christmas songs, and the noisemakers, we should have gratified hearts.

The man or woman in AA who is alone, with no family has naturally a tougher time than those who have relatives or immediate family to spend the holidays with. It is not a very pleasant experience to sit in a lonely room on Christmas day or in some half-empty restaurant

knowing that everyone else is celebrating and that the liquor is flowing free and fast most everywhere. It is extremely easy for us to begin feeling sorry for ourselves. Some will not have made it. They will have succumbed to the lure of the holiday “cheer”, and for them it can only have meant one thing — pajamas, or worse. For them, the jail cell on January 3 or 4, or a case of the shakes at home or wherever they may be, will hardly be worth it. Nevertheless, there are always those who “try again”.

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

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

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

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

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

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As we step across the threshold of a New Year let us do so with the hope that the lessons of the past will strengthen us for the challenges of those things with which we will be faced. Then so confronted, we pray that we may be granted the courage with which to be resolute in overcoming. On the other hand, should there be disappointment, may we be wise enough to accept that fulfillment may be deferred to a time of need.

May Peace, Courage and Wisdom be yours each day of 1969.

CENTRAL BULLETIN



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Harry D., Founder and Editor 1892-1968



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MILL ENDS AND REMNANTS

Within the past few days or weeks we have had to resurrect old address lists, and, being string savers, reviewed Christmas cards of past years.

There has been no little grumbling from time to time by the writer, especially when he has had to find a place to store them or move them when they got in his way.

However, this season of the year the family has done us a favor in having saved them, for the renewed pleasure of reviewing and recalling the sender has stirred enriching memories.

This has been especially true where short notes were appended and from which we gleaned embellishing warmth from the friendship exemplified.

And particularly is this so when coming across a card from a member of AA whose hope, strength and experience has been so closely allied with my own for a number of years.

The friendships numbered among the cards are priceless when it is considered that in so many cases the well wisher has departed to drink of the fountain of knowledge beyond our pale.

These are not unhappy reflections, but healthy ones, reviving us in the recollection that we have been greatly honored that our lives had been touched by these stalwarts who had passed our way.

It seems to your correspondent that one of our sincere responsibilities in honoring these departed members is to unstintingly and unflinchingly pursue the course of carrying the message that the flame may continue to light the way for those to come.

To give is to live, by George!

IT'S FUN

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

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

As I joined in AA meetings I began to learn. Simple truths and common sense, served AA style, took shape once again. I found them appealing in my new sobriety. I learned to dump my private despairs and frustrations into the fellowship of AA and replace them with freedom of choice for a welcome change.

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

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

-The Road Back, Dublin, Ireland

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

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

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

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

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

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

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

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

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

4. **Hospital Committee** — **Rosary Hall** — Lou W., Chairman. Men volunteers are needed. Contact Lou W.

Women under *some* circumstances *can* be re-admitted to Rosary Hall if the prior admission was in the old section. The Men's Alanon Group meets Monday night 8:30 P.M., 1st floor, Charity Hospital, Room #110.

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

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

OLD BUSINESS: None.

NEW BUSINESS:

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

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

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

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

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

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

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

The meeting closed with the Lord's Prayer.

Respectfully submitted,
Jean C., Secretary

PRAYER OF THE MONTH

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

SELF-RELIANCE

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

NINE GOOD THINGS

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

STATEMENT OF PERPETUITY

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

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

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

Central Bulletin Foundation, Inc.

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

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

BE A BULLETIN BOOSTER and help carry the message!

HAPPY SOBER NEW YEAR!!

(Continued from page one)

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

IN MEMORIAM

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

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

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

DATES TO REMEMBER

- January 1-New Year's Day
- 12-Rosary Hall Al-Anon Group, 14th Anniversary, 3:30 P.M., Jordan Hall, Charity Hospital. Speakers: Tom and Betty B., Novelty, Ohio.
- February & Ninth Annual Al-Anon Dance, 8:00 P.M., at Masonic Auditorium, 3615 Euclid Ave. Sponsored by Al-Anon Intergroup Council.
- February 14-16-18th Annual State Convention, Phoenix Hotel, Lexington, Ky. Write Host Committee, P.O. Box 626, Lexington, Ky. 40501.

THINGS WORTH REMEMBERING

The value of time . . . The success of perseverance . . . The pleasure of working . . . The dignity of simplicity . . . The worth of character . . . The influence of example . . . The obligation of duty . . . The wisdom of economy . . . The virtue of patience . . . The improvement of talent . . . The joy of originating . . . The power of kindness.

AFTER CHRISTMAS BILLS

A certain husband was angry because his wife had bought a very expensive fur coat. "Why did you have to spend so much money?" he roared.

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

"Then why didn't you say, 'Get thee behind me, Satan?'"

"Darling, I did, but he just looked over my shoulder and said, 'Fits you real good in the back, too, dearie.'"

HOSPITALS AND INSTITUTIONS

SUNDAY	
TRUSTY HALL-1000 ft. east of House of Correction	10:00 a.m. and 6:00 p.m.
MONDAY	
HOPEFUL-State Hosp. 4456 Turney Rd., New Chapel Bldg #1	8:00
TUESDAY	
BRECKSVILLE V.A. HOSPITAL-1000 Brecksville Rd.	7:30
HAWTHORNDEN HOSPITAL-Cottage #10, 306 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 Alken 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 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	
VERMILLION-Church of Christ, State St.	8:30
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.	8:30
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, 3526 W. 26th St.	8:30
THURSDAY	
CLEVE. HTS.-Pres. Church, Fairmount & Scarboro	9:00
LORAIN AVENUE-Martin Luther Church, 4410 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, 16300 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

THE MORNING GLORY

Last year we bought a house. In the back yard, there was an old barrel, into which former tenants had dumped all of their trash and garbage for a period of **years**. The barrel's bottom had rusted out and the trash had become enmeshed and hardened inside it. I thought of it as a hopeless case, as far as it ever **becoming** anything of beauty or value. But little did I realize the power of attraction and love. For **growing** nearby, on our back fence, was a Morning Glory **vine**, and the barrel seemed to lean in that direction as if reaching out for some of the beauty of the Morning Glory. I watched the blossoms as they unfolded each morning to receive the blessing of their Maker and begin their day **in** beauty. Lifting high their heads that all who passed their **way** might share their beauty. At evening time they **quietly** closed in contemplation and gratitude for that day.

What of the "trash barrel?" It just sat there, in all its ugliness and barrenness, unaware and seemingly uncaring about its condition. While I very carefully mowed around it **each week, thinking**, "Tomorrow, I must do something about this **barrel!**" None of my efforts at moving it were successful, for it had become embedded in the earth and *even* moving the dirt, garbage, and trash inside it would have been a Herculean task!

Came the winter . . . and I put away my mower and gardening tools for the season. Along with them, I put away the beauty of the Morning Glory and forgot about the odious and repulsive "trash barrel". But the Morning Glory did not forget about the barrel. During the long Winter months, the Morning Glory was at work, not blooming in a profusion of blue velvet blossoms, but sending forth tentacles of roots underneath the ground and up through the dirt and trash inside the barrel.

Then God sent Spring with her gentle rains and warm sunshine to nourish the small roots deep in the heart of the barrel, to aid in its transformation. Suddenly, glistening, green leaves burst forth and almost simultaneously came the blue blossoms in all their splendor. The once "hopeless" trash barrel became a thing of beauty. A delight to all who catch a glimpse of it in passing.

Perhaps the strangers who pass wonder about the transformation, for they do not know the Morning Glory as intimately as I. Once, my life, too, was a trash barrel. Then five and one-half years ago, some Morning Glories, known as members of Alcoholics Anonymous, came into my life and my heart. They found me in a Mental Hospital, under self-commitment, rejected by society, unloved and unloving, unwanted and not wanting, a "trash barrel" filled with and enmeshed with the trash and garbage of a lifetime of drinking. They were attractive to me and I reached out to them. Then, they held out their hands to me and said, "Come walk and grow with us and you too can become transformed."

Doubtfully, yet hopefully, I reached out and clasped their hands. Walking with them, I came to believe, **came** to believe in a Power Greater than Myself. Through their God-like qualities, I found a God I Understand, but I had to find Him in them, before I could find Him in myself.

They suggested the Twelve Steps as roots, to put down into the uttermost **part** of my being, and by which I might begin to grow and become transformed. From these roots, have sprung the "leaves" and "blossoms" of sobriety and a new "Way of Life."

My morning meditation time has become my "Morning Glory" time. For each morning, when I open my heart and soul to Him for His directions and His power to carry them out, for this day, the glow of His love and strength fill me with a time of Morning Glory. He nourishes this Way of Life and growth for me by allowing me to reach forth my hand, with love and understanding to another alcoholic, who is still out there in the "trash barrel", and say, "Come walk and grow with us!"

At the close of my day, in contemplation, I always offer words of gratitude to Him, for those Morning Glories who came to me, caring and sharing, and reaching forth the hand of AA. "Thank you, God, too, for transforming

IT'S NOT HOW MUCH YOU DRINK

The measure of manhood to a drunk is how much liquor he can drink at any given time, or how much he did drink upon some occasion, is not surprising, but it is perhaps a little more difficult to see why this should be true of an AA member who has been away from the stuff for years. Nevertheless, this seems to be the rule in almost every talk that I have ever heard.

Of course, the quantities of alcohol consumed can be interesting and often inspiring to listen to, but it sometimes shames me because I was a pretty feeble drunk after all.

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

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

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

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

A discussion with my wife after she read the chapter, "To Wives," in the Big Book gave me the first relief. There were alcoholics who acted as I did. Finally at a meeting, I listened to a member make some observations that led me to think that there are others in AA who were lucky enough to escape the final stage where all control is lost.

I suppose the whole trouble is that my ego *is* still smarting, but I think that I have a problem which is rare but not unique. I question if I ever "drank like a man." I always drank like a pig. But I had the constitution of a bull, so I managed to keep my head above the mud. I didn't beat my wife or children, but they were mighty unhappy. The hospitals didn't get me, but a doctor told me where the nearest AA meetings were held. My family, my doctor and some friends agreed with me that I am an alcoholic.

Maybe somewhere another feeble alcoholic who shyly avoids swapping stories for fear he did not drink like a "man" will read this and take heart. I am keeping my eyes open for new members who might feel that they should go out and complete their education. Perhaps I can help them to see that they have a drinking problem by sitting in the front row and listening with me.

—George, Atlanta, Georgia

HAPPINESS

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

Sentences:

Luck is what happens when preparation and opportunity meet.

Most of us could **pay as we go**, if we didn't go so much.

IT'S NEVER TOO LATE

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

—Recovert, Jackson, Mich.

this "trash barrel" into a life of value and meaning, that I might live in peace with my fellowmen, myself and with YOU!" —E. P., Beaumont, Texas, in *Silent Rostrum*



“LEAD US NOT INTO . . .”

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

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

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

Or, Temptation may make a more direct assault. We're as big as God is; we can step off that cliff!

Well, maybe not quite; but we are capable of handling ourselves, and there is no reason why we cannot go down to the water's edge and wade around a **bit!** We forget that for us there is no shallow water.

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

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

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

As our sins may be forgiven if we are truly contrite, so may we be delivered from the evils we have created for ourselves, by being sorry for our misdeeds, by undertaking to make good for any injury we have done to others, and by striving not to offend again. We are bound to take positive action for the right and the good, and we are bound not to allow ourselves to drift with our inclinations. We place ourselves in the **hands** of the Supreme Power and follow the lead we receive from that power, away from temptation, away from evil.

Editor's note: This article is one of a continuing series and is reprinted from August 1944 Central Bulletin in which it first appeared.

TODAY, I WAS SOBER

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

Since we are all different people in different walks of life, some wealthy some reasonably comfortable, and still others unemployed, perhaps fresh from the misery of the chains of alcoholism's torture, life appears different to each of us. No two people seem to have the ability, if it can be called such, to see life exactly the same way. What is wonderful to one man, may mean only the mediocrity, or perhaps nothing at all to another. But sobriety means the same thing to **all** alcoholics!

Some of us can look back on the old year with **distinct** satisfaction; others find themselves in a state of lethargy, or perhaps a bit unhappy with the way things went. Some have enjoyed great success, others, have suffered severe set-backs, problems to cope with, perhaps **even** have weakened enough under such **stresses** to drink, and find themselves **beginning** all over again, or perhaps **even still** “out there” warming that so attractive bar stool.

Life treats us all differently. Were it not so, it would be a pretty dull life. The age old cliché: “Variety is the spice of life” holds pretty well constant, it seems. If all went perfectly, our lives would **soon** become chances of returning to alcohol just to escape the boredom, would be very much increased. So variety has its invaluable assets.

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

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

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

(Continued on page four)

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

—Carlyle



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Harry D.. Founder and Editor 1892-1968

Vol. 27 February, 1969 No. 5

MILL ENDS AND REMNANTS

This piece is being written toward the end of an eye and mind-opening experience, which while not serious or critical, encompassed a setback that produced a look at things and self as they really are and invoked renewed application of inventory as suggested in the Twelve Steps.

One area of striking observation has been the great number of people who are concerned and committed to helping others in relief of pain, apprehensions, anxieties or whatever.

Those of us in A.A. sometimes discuss rather glibly the dedication of this or that person to the fellowship and the opportunities of service. To hear us one would think we had a corner on the market of devoted service.

Believe your columnist—this is not so.

There are hundreds-thousands of human beings who are concerned for and committed to the wellbeing and recovery of fellow man.

It might be argued that these people are professionals, it is their vocation—they get paid for their services, and that we cannot refute.

On the other hand, we in A.A. when we serve in carrying the message and serving are compensated, not in dollars to be sure, but there is return, the sustenance of our own sobriety.

So, it seems to us, it is worthy of our consideration that our concern and commitment—dedication, if you will—need be directed to all of our fellows, alcoholic and non-alcoholic.

These so-called professionals of whom I speak demonstrate in performance their concern and commitment to every concerned and suffering individual who comes within the field of their endeavors and service.

Having observed little else the past several days, and having been the recipient of this concern and commitment in full measure, we know the motivation is not compensation, which really is little enough, but rather king-size portions of love for fellow man.

Having been granted time for the amendment of life, of all people, those of us in A.A. are or should be motivated by universal love, compassion and forgiveness to all mankind, for we have been given the tools with which to work and by which we can make vast inroads to the relief of human suffering.

Being concerned and committed, through unselfish love, it might justifiably be said we are devoted and dedicated: for we will have earned it, by George!

IS THERE A GREATER TRAGEDY THAN THIS?

*"To be a slave when one might be a King,
To walk low roads when one might tread the high,
To crawl when one might just as well take wing,
To take the slime when one might have the sky,
To company with those whose lives are cheap
When with the sons of God might commune,
To have the shallow when one might have the deep,
To choose the discord rather than the tune,
To dwell in swamps when one might brave the height,
To have the love? from the heart and miss
The golden dome where it might dwell in life—
Is there greater tragedy than this?"*

MINUTES OF THE CENTRAL COMMITTEE MEETING

JANUARY 7, 1969 — 8:30 P.M.

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

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

The Treasurer's report was read and reflected a balance of \$334.54. Included in this amount is \$89.00 Institution Fund.

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

Action — Dick F.

Areawide — Lou W.

Central Bulletin — George M.

Hospital — Rosary Hall — Ray M.

Serenity Hall — Bernie B.

Institution — Temporarily — Helen D., Warrensville

Women, assisted by Bill H., Moderator

and Joe G., Trusty Hall.

P.I.C. — Dick P.

COMMITTEE REPORTS WERE AS FOLLOWS:

1. Action Committee—Dick F., Chairman. No report.
2. Areawide—Lou W., Chairman. Tentative date for the next Areawide meeting, Jordan Hall, Charity Hospital is March 21, 1969.
3. Central Bulletin—Clare W., representing. Subscriptions are still needed. It was suggested that if each group obtain 10 subscriptions it would help. Changes of names, addresses, and renewals should be reported to the Bulletin promptly.
4. Hospital Committee—Ray M., Chairman. Ray asked for a woman volunteer to assist him in the Women's Section.
Herm W. replaced Lynn C. as Counsellor at Rosary. Father Schnurr, Assistant Pastor, St. Clement's Church, Lakewood, will be Chaplain in Rosary Hall. A Group Representative inquired as to the policies adopted by Rosary Hall regarding the admission and discharge of alcoholic patients. Discussion followed.
Serenity Hall Bernie B., Chairman. Visitors at Bay View are limited, temporarily, due to the flu epidemic.
5. Institution Committee. Helen D., Temporary Chairman. No report.
6. P.I.C. Dick P., Chairman. 77 speakers to non-A.A. meetings and non-A.A. groups were supplied by the Cleveland District Office for the year 1968.

OLD BUSINESS: None.

NEW BUSINESS: Dick P. mentioned an article appeared in a newspaper revealing the identity of an A.A. member and discussion followed. Jim C. indicated that a similar situation occurred a few years ago and suggested the pa& records of Central Committee be checked to determine what action was taken at that time. Bill H. will check.

It has been established the Community Health Foundation hospitalization plan does include coverage for alcoholism.

The meeting closed with the Lord's Prayer.

Respectfully submitted,
Jean C., Secretary

DON'T STOP TO; CROW

Too many people boast at the wrong time and too often. Boasting seldom yields a profit or gains an advantage. A very successful business man once said he owed his success to a close study of his old rooster. That old rooster was a powerful fighter. He could fly higher, cut deeper, fight better than any other rooster in town. But he seldom won, even when matched against weaker roosters. His trouble was that right in the middle of a fight he would stop to crow. (Anc.)

DEFINITION OF A COLD

A respiratory ailment for which there are many unsuccessful remedies, with WHISKEY being the most popular.

PRAYER OF THE MONTH

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

SORBIETY'S SUNSHINE

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

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

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

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

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

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

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

-From ALANOTES, Minneapolis

SELF-MADE RUT

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

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

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

CLEVELAND AA DISTRICT OFFICE

The Cleveland AA District Office is open to anyone, male or female, who is seeking an answer to an alcoholic problem. The office, located in Boom 205, Frederick Building, 2063 E 4th St., is open weekday8 from 9 a.m. to 5 p.m., Saturdays from 9 am. to 1 p.m. but maintains a 24-hour telephone service which responds to calls made after the office is closed The telephone number is **Cherry 1-7387.**

IN MEMORIAM

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

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

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

DATES TO REMEMBER

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

February 3 — Kick-off Dinner, 1969 Fund Drive.
February 8-9 -Annual Al-Anon Dance, 8 p.m. at Masonic Auditorium, 3615 Euclid Ave. Sponsored by Al-Anon Intergroup Council.

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

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

GIGGLES

"What's Mabel mad about?"

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

* * *

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

* * *

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

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

* * *

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

HOSPITALS AND INSTITUTIONS

SUNDAY	
TRUSTY HALL—1000 ft. east of House of Correction	10:00 a.m. end 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
HAWTHORNNDEN HOSPITAL—Cottage #10, 805 Northfield Rd.	7:30
PROVEN WAY—Grafton Honor Farm, Rte. 75	
2nd & 4th Tuesday	8:30
TRUSTY HALL—1000 ft. east of Rowe of Correctio	8:00
WEDNESDAY	
CLEVELAND PSYCHIATRIC HOSP—1708 Aiken at Scranton ..	8:30
FAIRHILL PSYCHIATRIC HOSP—12200 Fil Rd.	1:00
VETERANS HOSP—E. Blvd. near E. 105th St.	8:00
WARRENSVILLE—Women's House of Correction	
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, 6151 Smith Rd.	8:30
FLYRIA—Community Church, 680 Abbe Rd.	8:30
LAKEWOOD—Pres. Church, Detroit at Marlowe	8:30
VERMILLION—Church of Christ, State St.	8:30
T U E S D A Y	
CANTON—St. John's Cafeteria, 712 McKinley N.W.	8:00
EUCLID—Christian Church, 28001 Lake Shore Blvd.	8:30
MAPLE HEIGHTS—Pres. Church, 15716 Libby Rd.	8:30
OLMSTED FALLS—Community Church, 7858 Columbia F.	9:00
SUBURBAN WEST—Our Savior Church, 20800 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, 8525 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 COUNT—Lutheran Church, 3334 Wilson St.	8:30
N O R T H C A N T O N—Northminster Pres. Church	8:30
SERENITY—St. Luke's Church, 1222 Chase Ave. Lakewood	8:30
WEST SIDE—St. Mark's Church, 15300 Puritas Rd.	1:30
FRIDAY	
AKRON—Goodyear Union Hell, E. Market & Goodyear Blvd.	8:30
EAST CLEVELAND—Y.W.C.A., Lee Blvd. et Enclid	1:30
R O S A R Y H A L L—Charity Hospital, E. 22nd & Central s	8:30

NEXT TO ACTION

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

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

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

From Akron INTERGROUP NEWS

EXPRESSION OF LOVE AND GRATITUDE

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

Not many people who know me now could believe that I could have experienced the "H . . ." and torment that nearly took me into the grave so often for so long. But I think for some the "awakening" comes rougher and longer and it's all meant for a purpose. I used to blame God but now I know I could not have found sobriety one minute sooner nor one harrowing experience sooner. No amount of talking, cajoling, begging, etc. would have helped and believe me it was all tried. But after 6 years of sobriety I'm thankful that I took the hard road-it makes me appreciate and be more grateful of this beautiful thing called "sobriety" that all my present friends take for granted . . ."

Katherine, *The Silent Rostrum*, Houston

THE FOLLOWING WAS DISCOVERED ON A "GET WELL" CARD: So sorry you sick soh here are some old and famous proverbs to cheer up your sickness.

1. It is better to be well for 2 weeks than to be sick years.
2. When your temperature hits one hundred . . . SELL!
3. The best medicine nowadays costs more than the cheapest aircraft carrier.
4. Even the strongest man can become sick in a democracy.
5. The only substitute for proper food, rest and exercise is medicare.
6. An aspirin by any other name cost twice as much.
7. Sickness is a disease and should be treated as such. Please get well soon and you will not notice your illness so much,

Lovingly,
-RAIL BEAMS

GIGGLES

Those who bring sunshine to the lives of others cannot keep it from themselves. -James Barrie

Nobody who is **somebody** looks down on anybody!

The **lowest** ebb is at the turn of the tide. -Longfellow

SERENITY

Calmness of mind **is** one of the beautiful jewels of wisdom. Its presence is an indication of ripened experience, and of a more than ordinary knowledge of the laws and operations of thought.

A man becomes calm in the measure that he understands himself as a thought-evolved being, for such knowledge necessitates the understanding of others as the result of thought, and as he develops a right understanding, and sees more and **more** clearly the internal relations of things by the actions of cause and effect, he ceases to fuss and fume and worry and grieve, and remains poised, steadfast and serene.

The calm man, having learned how to govern himself, knows how to adapt himself to others; and they, in turn, reverence his spiritual strength, and feel that they can learn of him and rely upon him. The more tranquil a man becomes, the greater is his success, his influence, his power for good. Even the ordinary trader will find that his business prosperity increases as he develops **a** greater self-control and equanimity, for people will always **prefer** to deal **with** a man whose demeanor **is** strongly **equable**.

The strong, calm man is always loved, and revered. He is like a shade-giving tree in a thirsty land, or a **sheltered** rock in a **storm**. "Who does not love a tranquil heart, a sweet-tempered, balanced **life**?" It does not matter whether it rains or shines, or what **changes** come to those possessing these blessings, for they are always sweet, serene and calm. That exquisite poise of **character** which we call serenity is the last **lesson** of culture; it is the flowering of life, **the fruitage** of the soul. It is precious as wisdom. More to be desired than gold, yea, than even fine gold. How insignificant mere money-seeking looks in comparison with a serene life . . . A life that dwells in the ocean of truth, beneath the waves, beyond the reach of tempests, in the Eternal calm.

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

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

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

RECOVERY, Jackson, Mich.

TODAY, I WAS SOBER!!

(Continued from page one)

alone to 4 walls and loneliness. For these people sobriety is of extreme value for it sustains them in their darkest hours and sometime's such dark hours are frequent.

There is always, however, one thing to remember, as each day passes. No matter how good or bad it has been, **today** we have, with the help of our Heavenly Father, and A.A., **been sober another 24 hours**, and this 24 hours is all we really had, to begin with, this morning, isn't it? We have come through it sober, and tomorrow, God willing, will be another day-And so, with A.A. and His help we "sleep again to dream perchance of better things" and must above all be deeply grateful that no matter what happened today, we **did stay sober!**



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VOL. XXVII-No. 6

"FOR THINE IS . . ."

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

The kingdom is not ours, though we are part of it. The power is not ours, though God gives us a little of His power for our own use. The glory is not ours, but God's.

We should do well not to mumble these words when we say the Lord's Prayer, and not to hurry through them. We should do well to think as we say them. The kingdom and the power and the glory are God's, not ours.

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

Now, the sin that the Bible talks about is the sin of imagining ourselves bigger than God. We start by imagining ourselves bigger than any other person. We insist on running everything our own way, regardless of the rules that men have found necessary throughout the civilized life. We went from the great sin to the deadly sins and thence to the gutter. We found it hard to learn, and some of us find it easy to unlearn.

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

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

Editor's Note: This is the last editorial of the continuing series. This one first appeared in Central Bulletin in September 1944. All of them have been as revealing and uplifting as they were when written twenty-four plus years ago.

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

Socialists love to mouth the declaration, "Life, liberty, and happiness" but they emit the most important word—"pursuit." Pursuit takes energy and intestinal fortitude which beatniks and rabble rousers and their rabble haven't got and haven't the courage to acquire.

AND, PLEASE BEGIN WITH ME!

The winter months always seem so much longer and the carefree summers shorter. To us alcoholics the long cold vigil seems even longer because of our natural impatience with even the smallest things. Most of us drank for years, and patience was a virtue we had very little knowledge of. A hung-over "Alkie" doesn't exactly brim over with patience when a drink is needed so badly. Thus, the long winter months, the snow and cold, the grey days seem almost unbearable to us.

There is a way out, however, and to seek this way out, to put it to USC can be of incomparable value to us in our daily quest for sobriety and self-improvement. We are told that we cannot stand still, and this way out of

the "winter doldrums" will not only move us forward, but will also serve to make the "inside" days or evenings of March, and the rainy days to follow in April pass quickly and easily.

The answer is a simple one—reading good literature. We underline the word "good" because good literature, both AA material and non-AA, will help us in our search for learning and self-improvement.

Man is ready to conquer Space. He is ready to land on the moon, and from there on, the "sky is the limit." At the same time man does very little toward understanding himself, and we are surrounded today on every side by evidence that men have yet to learn how to live with each other or how to live with themselves. The reason we are so lacking in understanding of each and of self is simply that man is not too keen on looking at himself when he knows the unpleasant traits or defects he possesses will probably outnumber the good ones, perhaps even

2 to 1, and so he *doesn't look at himself*. He crosses to the other side of the street and avoids himself. In such a manner, how can he ever learn about others, when he is afraid to face himself?

True, we have had, and will have more men who can or have already been able to see and have or will be able to instruct us in how to live life. But we as mere mortals are naturally lazy and weak characters. Facing oneself and one's problems squarely, takes fortitude, a virtue that seems to be becoming more scarce lately

Reading good books on philosophy or on how to inspire one's mind does not require courage, but it *does* take discipline and perseverance, and we alcoholics need these two traits to begin with. If we would improve, let's begin by trying these two on for size in a good constructive book. Our AA world has many good ones to begin with, and there are countless more outside the immediate world of AA.

If you would hurry the grey, cold days when winter seems never to end, then try a few of the following books for appetizers:

"The AA Way of Life — Sobriety and Beyond", "The 12 Steps and 12 Traditions" "The Sermon on the Mount" by Emmet Fox. If the spiritual aspect of AA is interesting to you or even if you're dubious, our AA minister from old Virrrinia has written a fine, fine book entitled "God As I Understand Him." It is magnificent and

(Continued on page three)

The disadvantage of practicing what you preach is that you have to put in so much overtime.

—Selected



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Harry D., Founder and Editor 1892-1968



Vol. 27

March, 1969

No. 6

MILL ENDS AND REMNANTS SURVIVAL KIT

A short time ago, an g-year-old boy was found alive, sitting on a rock three-quarters of a mile from Tarton Lake, 12 miles north of Flin Flon, Manitoba, Canada. For 15 days he waited beside the wrecked, burned out airplane in which his father and the pilot had been instantly killed in the crash, and the boy waited alone, hungry and afraid for his mother to come for him. Fifteen days after the crash the boy was sighted standing on a rock, waving feebly for help. For all that time he had been without food, and his emaciated condition showed that starvation would have overtaken him shortly.

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

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

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

ON THINKING THINGS THROUGH

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

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

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

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

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

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

—from *The Royal Cank of Canada Monthly Letter*.

LOVE AND MARRIAGE

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

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

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

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

The Treasurer's report reflected a balance of \$324.23. Included in this amount is \$89.90 — Institution Fund.

COMMITTEE REPORTS WERE AS FOLLOWS:

1. **Action Committee**—Dick F., Chairman. Dick F. contacted the AA member about whom an article appearing in a newspaper recently revealed his identity, and assured Dick that he had not wanted his identity known. No action will be taken by the Central Committee.
2. **Areawide Meeting**—Lou W., Chairman. Lou verified the speaker for the March 21 **Areawide** meeting as **Martie D.**, of Akron, formerly of Cleveland. Flyers were distributed.
3. **Central Bulletin**—George M., Editor. Clare W., representing the Bulletin, reported that subscriptions have increased, but changes should be reported promptly.
4. **Hospital Committee**—**Rosary Hall**, Ray M., Chairman. Sponsors are reminded it is their responsibility to notify families of the patient's progress. It 6 requested that group announcement cards be approximately 3x5 inches to insure room for posting on **Rosary Hall Bulletin Board**.

Serenity Hall—Bernie B., Chairman.

1. The ban on visitors to **Bayview** due to the flu epidemic has been lifted.
2. Sponsors are **again** cooperating.
5. **Institution Committee**. Everything quiet. No report.
6. **P.I.C.** Dick P., Chairman. 11 speakers to non AA meetings and groups were supplied by the District Office for the month of January, 1969.

OLD BUSINESS: None.

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

The meeting closed with the Lord's Prayer.

Jean C., Secretary

LET YOUR GROUP CONSCIENCE BE OUR GUIDE, PLEASE

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

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

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

1. What is being done and can be done to "carry the AA message" on TV and radio?
2. Where does cooperation stop and affiliation begin?
3. How can better communication be established between central offices (inter-groups), intergroup committees and area General Service committees?
4. Alternate delegate's duties.
5. Communications within AA: (a) How can we better communicate with the "Under 30" alcoholic? (b) Do members sober a shorter length of time have a different approach to the program and service responsibility from those sober longer? (c) Ideas for making meetings in small isolated groups more interesting?
6. Relationship between AA's and Al-Anon.

—From *Box 4-5-9, Winter 1969*

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

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

A PRAYER FOR TODAY

This is the beginning of a day.

God has given me this day to use as I will.

I can waste it — or use it for good, but what I do today is important because I am exchanging a day of my life for it.

When tomorrow comes, this day will be gone forever, leaving in its place something I have traded for it.

I want it to be gain, and not loss; good and not evil; success and not failure; for the high price I have paid for it. —Copied

LOSS OF FREEDOM

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

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

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

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

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

"AND, PLEASE BEGIN WITH ME!" . . .

(Continued from page one)

will yield more and more with every reading.

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

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

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

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

IN MEMORIAM

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

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

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

DATES TO REMEMBER

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

March 17-St. Patrick's Day. Beware, begorra!

March 17—Humble Group—4th Anniversary Meeting, 8:30 P.M., in new meeting place at Beachwood Presbyterian Church, Lake Shore Blvd. and Canterbury. Speaker: Walter K., Sr., Stella Maris.

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

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

April 6-Easter.

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

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

May 23-25—Cook Forest Conference.

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

Wife : "Isn't it amazing what they teach animals to do these days!"

HOSPITALS AND INSTITUTIONS

SUNDAY	
TRUSTY HALL—1000 ft. east of House of Correction	10:00 a.m. and 6:00 p.m.
MONDAY	
HOPEFUL-State Hosp. 4456 Turney Rd., New Chapel Bldg #1	8 :00
TUESDAY	
BRECKSVILLE V.A. HOSPITAL—1000 Brecksville Rd.	7 :30
HAWTHORNDEN HOSPITAL—Cottage #10, 306 Northfield Rd.	7 :30
PROVEN WAY—Grafton Honor Farm. Rte. 76	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. 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
FLYRTA—Community Church, 680 Abbe Rd.	8:30
LAKEWOOD—Pres. Church, Detroit at Marlowe	8 :30
VERMILLION—Church of Christ, State St.	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, 8525 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
SERENTY—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

"TAKE OFF YOUR MASK"

By V. L. Ballentine

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

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

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

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

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

A pleasant smile from within-from the heart. I would describe an inward smile as happiness-a soul free from worry or trouble. Happiness is the one thing in life you can't afford to postpone. It is like the manna of old. Enough for today is all that life measures out to us. There may be more tomorrow; but today's supply isn't going to keep. You can't store it away. When it comes to getting joy out of life not one of us has a minute to waste. It is folly to postpone a single smile. The habit of frowning grows, and the habit of whimpering becomes increasingly hard to break. The time to kindle that spark of happiness is now.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

-from *The Light*, Springfield, Ohio

CLEVELAND AA DISTRICT OFFICE

The Cleveland AA District Office is open to anyone, male or female, who is seeking an answer to an 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.

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

* * * * *

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



EASTER

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

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

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

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

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

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

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

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

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

Discussion is an exchange of intelligence; argument of ignorance.

— 70 TIMES 7? —

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

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

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

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

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

Handling a man who has been consistently dishonest with himself, and of course, with everyone else, and therefore has been, utterly unable to achieve sobriety, is a complex and ever-changing problem. We are dealing with a still very ill person who

is still a split personality and is trying desperately to hang on to the middle of the road. He is torn asunder, with the desire to drink and to be sober.

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

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

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

Ten men can work with one such alcoholic, to no avail, and then, lo, along comes number 11, and the man suddenly finds sobriety. Was it some one thing that number eleven said, or the manner in which he said it? Was it No. 11's attitude, or a chemical as mystical

(Continued on page four)

God seems to have granted the greatest favors to the greatest sinners . . . as more signal monuments of His mercy.



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Harry D., Founder and Editor 1892-1968



Vol. 27

April, 1969

No. 7

MILL ENDS AND REMNANTS

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

His topical outline embraced:

1. Looking within yourself
2. Looking at yourself
3. Looking outside yourself

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

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

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

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

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

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

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

To be happy we need look within, at and outside, by George!

MINUTES OF CENTRAL COMMITTEE

March 4, 1969 8:30 P.M.

Moderator Bill H., opening the meeting with the Serenity Prayer, was joined in it by the twenty-one group representatives in attendance.

Purposes of Central Committee were read by the Moderator and the minutes of the February 4 meeting were read and approved. Treasurer's report reflected a balance of \$334.06. Detailed Treasurer's report will be presented at April meeting.

Committee reports were presented:

ACTION COMMITTEE-Dick F., Chairman. Open faced meeting announcement cards are still being used by some groups. Chairman will contact such groups, bringing to attention of each secretary the notation, as follows, which appears on each secretary's list:

"In your monthly mailings of Group Speakers to other Groups, please do not use open postcards. It is suggested to use double-faced postal cards or unsealed envelopes."

AREAWIDE MEETING-Lou W., Chairman. Plans for next meeting on March 21 are all set and members were urged to talk it up to assure a good turnout.

CENTRAL BULLETIN-George M., Chairman. Subscriptions, as always, continue to be a need. Changes in address should be reported promptly and beforehand, if at all possible, to save unnecessary expense attendant to returned mailings. New forms for recording and mailing list of speakers will go to group secretaries shortly and it is urged that they be used for such purpose. It would be helpful if members would advise Central Bulletin when fellow members pass away so proper note thereof may be made.

HOSPITAL COMMITTEE—

Rosary Hall-Ray M., Chairman. It was called to attention of those present that the Friday meeting is a closed meeting for A.A.s only and spouses of patients are urged to attend Al-Anon meetings. Discussion ensued.

Serenity Hall-Bernie B., Chairman. Attention called to need that sponsors should be present when patients are admitted to the hospital and when the patients are discharged.

INSTITUTION COMMITTEE-Helen D., Representative. Literature is needed for the Warrensville Women's Group, and members are urged to attend and support the meetings.

There being no old or new business to be transacted, meeting was closed by praying the Lord's Prayer.

Jean C., Secretary

DISTRICT OFFICE CAMPAIGN

Members of the Operating Committee of the Cleveland A.A. District Office extend sincere appreciation to the campaign workers and the many others who assisted in the 1969 Fund Drive. The results, while somewhat short of the goal for funds needed to meet the budget, can always be improved with your pledge or contribution in case you were missed during the drive. In other words, supporting the District Office is a year around opportunity.

ON EARNING AND GIVING

Sometimes we become so concerned about the price we shall receive, the salary we shall be paid, or the appreciation we shall be given, that we pay little attention to the job we do or to the service we give.

We have not lived a perfect day even though we have earned our money, unless we have done something for someone who will never be able to repay us.

HELP!

If you have Central Bulletin issues for April, May, June, July and September 1967, which you no longer need, we do. For some unknown reason we are short of these editions with which to complete a number of bound copies which we keep for posterity. We will be grateful for your sending them to Box 6712, Cleveland, Ohio 44101.

PRAYER OF THE MONTH

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

A PRAYER FOR THE MIDDLE-AGED

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

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

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

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

INTERGROUP DINNER

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

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

LISTING SPEAKERS MADE EASY

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

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

IN MEMORIAM

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

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

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

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

DATES TO REMEMBER

- April 5**—Combined Anniversary Dinner, 6:30 p.m., Col- linwood (29th) and Liberty (15th) 945 E. 152nd St. Speaker: John C.; St. Clair-Thurs- day Group.
- April** B-Easter
- 10**—21st Anniversary, Allandale Group, 8:30 P.M., 15857 Euclid Avenue, East Cleveland, Ohio. Speaker: John McH., Monroeville, Penna.
- April 13**—13th Anniversary, Y.O.U.R. Group, 7:15 p.m., Guest Speaker: Sam P., Pittsburgh.
- April 17**—11th Anniversary, Crossroads Group. Guest Speakers: Bob and Irene W., their 25th An- niversary.
- May 4**—Second Quarterly Meeting, Northeastern Ohio General Service Committee, American Legion Hall, Brecksville, Ohio. Delegate's report of April General Service Conference. Members and guests invited.
- 10**—18th Annual Inter-Group Dinner, Statler Hil- ton Hotel, Cleveland, Ohio. Speaker: Chuck C., Laguna Beach, Calif. Contact Cleveland AA District Office or your group secretary for details.
- 16-18**—Punderson Conference, Punderson Lake, Ohio.
- 23-25**—Cook Forest Conference.
- 30**—Memorial Day
- July 18** } Ohio State A.A. Conference, Neil House, Co-
19 } lumbus, Ohio.
20 }

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. 4466 Turney Rd., New Chapel Bldg #1	8:00
TUESDAY	
BRECKSVILLE V.A. HOSPITAL—1000 Brecksville Rd.	7:30
HAWTHORNDEN HOSPITAL—Cottage #10, 206 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.	1:00
VETERANS HOSP.—E. Blvd. near E. 108th St.	8:00
WARRENSVILLE—Women's House of Correction	
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	9:00
STAG GROUP—Charity Hospital	8:00
VERMILLION—Church of Christ, State St.	8:30
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EUCLID—Christian Church, 28001 Lake Shore Blvd.	8:30
OLMSTED FALLS—Community Church, 7863 Columbia Rd.	9:00
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WEDNESDAY	
AKRON—Arid Club, E. Market St.	11:30 a.m.
CHAGRIN VALLEY—Pres. Church, Rt. 306, Bainbridge	8:30
FAIRPORT HARBOR—Luther Center, Eagle St.	8:00
IGNATIA—Grace Church, E. 91st & Harvard	8:30
NORTH OLMS TED—Episcopal Church, 3760 Dover Center Rd.	8:30
NU-YOU—Highland Church, W. 114th St. & Detroit	8:30
TRINITY—Trinity Church (lower floor) 3525 W. 25th St.	8:30
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CLEVE. HTS.—Pres. Church, Fairmount & Scarboro	9:00
LORAIN AVENUE—Martin Luther Church, 4470 Ridge Rd.	9:00
LORAIN COUNTY—Lutheran Church, 3234 Wilson St.	8:30
NORTH CANTON—Northminster Pres. Church	9:00
WEST SIDE—St. Mark's Church, 16300 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

THE TWELVE PROMISES

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

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

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

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

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

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

—M. C., in *Silent Rostrum, Houston, Texas*

— 70 TIMES 7? —
(Continued from page one)

rapport that is born between the flounderer and No. 11? Or what if No. 1, his original sponsor should try one **more time**, and succeed! ? Who knows ?

One thing is certain. This man needs help, and all he can find, for we all know the end result if he does not.

After all we say, we are responsible! It appears we had better back up our responsibility to the man who cannot seem to find sobriety. It is certain that our Maker never gives up, why should we! ?

SUCCESS ("And then some")

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

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

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

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

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

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

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

—Chit-Chat, Robesonia, Pa.

ONE MAN'S DRINK —

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

—Silent Rostrum, Houston

SOMETHING TO CHEW ON

Unforgiveness and revenge are weaknesses of little minds.

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

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

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

No matter what your past has been, your future is spotless.

Never miss an opportunity to make other people happy — even if you have to let them alone to do it.

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

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

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

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

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

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

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

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



—Cleveland Press Mar. 1969



LEADERSHIP

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

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

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

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

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

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

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

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

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

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

—Central Bulletin, October 1961

ARE YOU IN THE RAT RACE?

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

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

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

We in AA can really learn an extremely valuable lesson if we will but take time to repeat the old cliché: "Take it easy!" and *then live it!* It

is so simple—"Take it easy"—live one day at a time—*one hour at a time*, if necessary, *but do it!* If we can master this lesson even halfway, our sobriety can become so much easier for us, and so can life itself!

We hear many times: "Be still, and know that I am God" This statement in itself teaches us a lesson. If we try to follow it, we will find ourselves being quiet for a time, striving to hear His will for us, and in that quiet moment or two, the mad, rushing world about us will be forgotten.

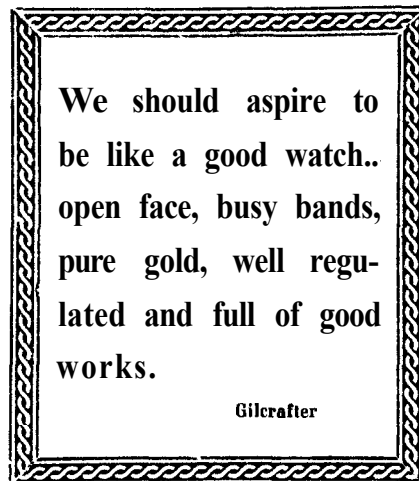
It seems rather ridiculous that we mortals should be in such terrible haste since we are not *really* going anywhere and after all, whoever said that our Father in Heaven was in a big hurry?

We hear that He is a patient God, and also that we are made in His Image. Watching people hurry-scurrying, willy-nilly, going nowhere and some members of AA worrying about staying sober for 20 years so they can die sober, we wonder?

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

"Nature does make mistakes; sometimes she puts all the bones in the head and not in theback."

"The world is a looking glass and gives back to every man the reflection of his own face."



We should aspire to
be like a good watch..
open face, busy bands,
pure gold, well regu-
lated and full of good
works.

Gilcrafter



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Harry D., Founder and Editor 1892-1968



Vol. 27

May, 1969

No. 8

MILL ENDS AND REMNANTS

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

While the foregoing has appeared in this column in the distant past, when coming across it recently in our collection of many such guidelines for **living** better, we have no hesitancy in sharing it on the premise that new or renewed stimulation may be experienced.

It would be presumptuous of us were we to add our prose here, for this is something that each of us needs to think through on our own.

Then respond, by George!

THERE IS LIFE IN SERVICE

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

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

-Archer Wallace

ON COOPERATION

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

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

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

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

The Purposes of Central Committee were read by Bill and the Minutes of the meeting of March 4, 1969 were read and approved.

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

COMMITTEE REPORTS WERE AS FOLLOWS:

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

2. **Areawide Meeting - Lou W., Chairman.** The March 23 meeting was a success. Receipts totaled \$27, net. Tentative date for the next meeting is Friday, June 13, 1969. Suggestions for a speaker-see Lou.

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

4. Hospital Committees:

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

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

5. **Institution Committee -Helen D., Representative.** Everything quiet.

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

OLD BUSINESS:

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

NEW BUSINESS:

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

The meeting closed with the Lord's Prayer.

Respectfully submitted,
Jean C., Sec. Treas.

TUESDAY'S CHILD . . .

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

"What are you doing?" Smith shouted.

"I'm arranging a welcome home party for you tonight."

"What?" yelled her husband. "On Tuesday?"

QUOTES FROM HERE AND THERE . . .

"He is not happy who does not think himself so."

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

"The road to success is dotted with many tempting **parking** places."

"No one wants to die but every one wants to go to heaven."

"When God measures man, he puts the tape around the heart and not the head."

PRAYER OF THE MONTH

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

GROUPS CHANGE MEETING

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

LORAIN AVENUE SATURDAY NIGHT GROUP (formerly Lorain Avenue Thursday Group) now meets at 9:00 P.M., on Saturday nights at St. John Bosco Church, 6466 Pearl Road, Parma Heights, Ohio. Al-Anon meets at same place and time.

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

DECISION

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

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

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

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

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

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

Even such matters as cleanliness, health, safety, comfort, pleasure, etc., are all matters of continuous personal decision. . . . The man who *knows* what he wants out of life, and who has the character to strive for only those things which are worth while, has an inestimable advantage over other individuals, both in the power of *decision* and the time required to make such *decisions*. In effect it gives him a much longer life to live than the man who does *not* know what he wants, as his life is fuller and more complete, more active and more interesting. The chief and most beneficial result, however, is that it enables him to secure so much more happiness out of life. Happiness is the real result that everyone is striving to attain and the man who knows what he wants can find that happiness more quickly and in much larger measure. (via TAC).

—Chit-Chat

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

DATES TO REMEMBER

- May 24**—Laurel Group Spring Dance, Brooklyn High School Cafeteria, 9260 Biddulph Road, Brooklyn, Ohio-8 P.M. to 12 P.M. Admission \$2.00 (Adults)
- May 4**—Grateful's 6th Anniversary, Sunday 2:00 P.M. 15837 Euclid Ave. Speaker: Howard O., Rocky River Group)
- May 4**—**Second** Quarterly Meeting, Northeastern Ohio General Service Committee, American Legion Hall, Brecksville, Ohio. Delegate's report of April General Service Conference. Members and guests invited.
- May 8-29th** Anniversary, The Brooklyn Group at St. James Lutheran Church Fellowship Hall, 4771 Broadview Road, S.W., Cleveland, Ohio. Speaker: Wyn W., twenty-eight year member from Hinckley Lake, Ohio. Time: 8:30 P.M.
- 10-18th** Annual Inter-Group Dinner, Statler Hilton Hotel, Cleveland, Ohio. Speaker: Chuck C., Laguna Beach, Calif. Contact Cleveland AA District Office or your group secretary for details.
- 16-18**—Punderson Conference, Punderson Lake, Ohio.
- 19-28th** Anniversary, West Side Women's Group—(AA's first women's group) 8:30 P.M., West Boulevard Christian Church, West 101st St. and Madison Ave., Cleveland, Ohio. Speaker: Anne P., Baltimore, Md. Meeting open to all members and guests.
- 23-25**—Cook Forest Conference.
- June 1**—Northeastern Ohio General Service Committee Open House, 3:00 P.M., American Legion Hall, Brecksville, Ohio. Speaker.

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

"DO YOU CARE ENOUGH?"

For a long time-in many areas-we hear the plaint . . . "AA has changed. It isn't like it used to be." Further inquiry reveals sadness and dismay on the quality of present-day SPONSORSHIP; an almost total ignorance of the TRADITIONS and utter indifference to their application: the format of AA meetings; the intermingling of AA Groups and Clubs and the numerous self-appointed power-drivers who operate AA groups and non-AA programs in the name of AA and speak publicly for AA.

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

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

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

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

Perhaps some of the confusion comes from the concept that everything changes-and some may feel the need to MODERNIZE AA-its format and objective. However, we believe that "principles" are not subject to clock or calendar . . . and AA is nothing more nor less than a set of principles.

Our other co-founder, Dr. BOB said it all when he pointed out that the 12 Steps are simply, LOVE and SERVICE.

The reason, we feel, that there has been such a change in the approach to sponsorship, is the fact that too many of us now don't CARE ENOUGH! It is too easy to shunt a newcomer into a treatment center and rationalize on the follow-up. In bygone days, if the sponsor, didn't care ENOUGH . . . to give of himself . . . of his time and his love . . . the alcoholic had no recourse except to return to drunkenness and oblivion. There were no treatment centers no referral centers, no hospitals or doctors who would bother with a sick alcoholic. And out of sheer gratitude, most alcoholics in AA WANTED to carry the message and CARED enough . . . to do whatever they could to-help.

AA seems to be suffering from a dangerous case of "human" shortcomings-egocentricity . . . selfishness . . . apathy and ignorance.

We feel too that it is serious enough for all of us to consider the very real possibility that this may be the seed that could blossom into the dissolution of our society. For the ONLY thing that CAN destroy AA . . . is US. Destruction can only come about through our disunity. This is why voluntary adherence and knowledge of the 12 Traditions is so ESSENTIAL to our existence, for there is NO authority that can legislate unity and singleness of purpose. We are subject only to one ultimate authority . . . a loving God, as He may express Himself in our group conscience. Our leaders are but TRUSTED SERVANTS . . . they do not GOVERN.

When we adhere to the unalterable principles of the 12 Steps voluntarily, truth and humility are essential in application, and positive results are inevitable. Deviation, or abandonment also bring inevitable results, but of a negative nature. The same set of principles is involved in our group adherence (merely a group of individuals)

to the 12 Traditions, calling for an even greater degree of humility and self-discipline. In this way the group-conscience is truly sensitized.

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

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

-RAILBEAMS, St. Paul, Minn.

MIAMI BEACH REGISTRATION BEGINS OCT. 15, 1969

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

IN PURSUIT OF HAPPINESS

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

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

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

-Anonymous

THAT'S SCARY!

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

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

CHOICE BITS

In company, guard your tongue; in solitude, your heart. Shadows are only obstructions of the sun's bright rays.

The man who does not read good books has no advantage over the man who cannot read them.

Anger is a wind that blows out the light of the mind.

Faint praise is sometimes strong censure.

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

Love never looks to see what it is going to get in return.

People all over the world are beginning to wonder if splitting the atom was a wise crack.



ANONYMITY

This is a word most of us couldn't pronounce back in those "fun" days of drinking. Now that we're sober, some of us have a hangup about it.

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

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

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

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

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

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

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

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

I AM RESPONSIBLE. When anyone, anywhere reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible.

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

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

"We Are NOT Alone"

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

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

It seems so tragic that Man in his never-ending quest for further knowledge, further supremacy over all things. Both animated *and* inanimate, should pass over the simple truths that he is taught from childhood. In his mad rush for things material he easily overlooks the spiritual things of this life that are paramount to his happiness and contentment. He fails to learn that possession of things material, and mastery over others will never, never make him the master of his own destiny.

Without these spiritual values, without the relationship necessary between himself and his Higher Power, man can only flounder in a sea of misconceptions and self-rationalization.

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

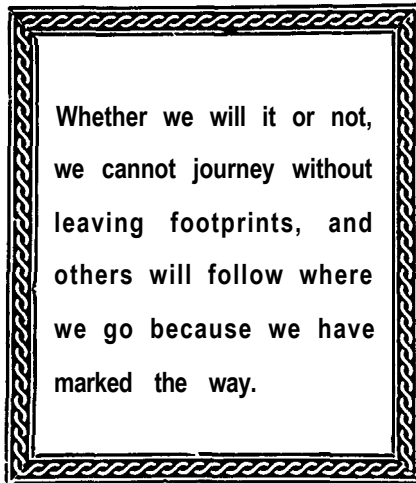
How terribly hard it is for some of us to give up and "let go and let God!" We struggle and battle endlessly with ourselves! Our nights are nightmares of worry and fear, drinking or not. The tiniest problems assume huge proportions. If we decide we have nothing to worry about, we immediately set about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

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

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

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

(Continued ON page four)



CENTRAL BULLETIN



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Harry D.. Founder and Editor 1892-1968



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MILL ENDS AND REMNANTS

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

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

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

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

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

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

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

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

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

Let's get with it, by George!

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

Therefore-I think and 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.

-Robert J. Burdette

MINUTES OF THE CENTRAL COMMITTEE MEETING MAY 6, 1969

Meeting was opened by Bill H., Moderator, with the Serenity Prayer and was attended by 24 group representatives. The purposes of Central Committee were read by the Moderator, and the Minutes of the meeting of April 2, 1969 were read and approved. The Treasurer's report reflected a balance of \$246.33, of which \$65.30 is Institutional Fund.

COMMITTEE REPORTS WERE AS FOLLOWS:

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

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

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

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

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

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

4. Hospital Committees

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

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

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

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

OLD BUSINESS: None
NEW BUSINESS: None

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

The meeting closed with the Lord's Prayer.

Respectfully submitted,
Jean C., Set-Treas.

GUIDEPOSTS FROM THE PAST

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

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

* * *
Nobody can ever waste a moment and get it back.

PRAYER OF THE MONTH

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

LOOK UP FOR STRENGTH

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

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

A MAN'S WORTH

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

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

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

A TEST OF FRIENDSHIP

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

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

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

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

When the will was read, it directed that his estate be divided equally among those who attended his funeral. Friends are much scarcer than we think!

MEMORIAM

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

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

SAM BOST of Cleveland, Ohio on May 4, 1969, was an active 14 year member of the Newburgh Group. He was a devote sponsor and was showing the way to a new member just a few days before he was stricken.

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

DATES TO REMEMBER

- June 1-Northeastern Ohio General Service Committee Open House, 3 :00 p.m., American Legion Hall, Brecksville, Ohio. Speaker.
- June 7-26th Anniversary-Lorain Ave., Saturday Night Group—8:30 p.m. at St. John Bosco Church, 6460 Pearl Road, Parma Heights, Ohio. Speaker: Judge Clyde D., Toledo, Ohio.
- June 13—Areawide Meeting-8 : 30 p.m., Jordan Hall, St. Vincent Charity Hospital. Speaker: Dr. Luke R., Youngstown, Ohio.
3rd Anniversary, Esquire Group, 4:00 p.m., Prince Hall, 1624 East 55th Street, Cleveland, Ohio. Speaker: Oscar A., Columbus, Ohio.
- June 21-Founders' Day, Akron Memorial Hall, Akron, Ohio.
- July 18-19-20—Ohio State AA Conference, Neil House, Columbus, Ohio.

DISTRICT OFFICE SUMMER SCHEDULE

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

HOSPITALS AND INSTITUTIONS

SUNDAY	
TRUSTY HALL-1000 ft. cut of House of Correction	10:00 a.m. and 6:00 p.m.
MONDAY	
HOPEFUL—State Hosp. 4455 Turney Rd., New Chapel Bldg #1	8:00
TUESDAY	
BRECKSVILLE V.A. HOSPITAL-1000 Brecksville Rd.	7:00
FAWTHORNDEN HOSPITAL—Cottage #10, 606 Northfield Rd.	7:30
PROVEN WAY—Grafton Honor Farm, Rte. 75 2nd & 4th Tuesday	8:00
TRUSTY HALL-1000 ft. cut of House of Correction	8:00
WEDNESDAY	
CLEVELAND PSYCHIATRIC HOSP.—1708 Aiken at Seranton	6:30
FAIRHILL PSYCHIATRIC HOSP.-16600 Fairhill Rd.	1:00
VETERANS HOSP.-E. Blvd. near E. 106th St.	8:00
WARRENSVILLE-Women's Howe of Correction 4041 Northfield Road	8:00
THURSDAY	
TRUSTY HALL—1000 ft. cut of House of Correction	8:00
FRIDAY	
MAIN GROUP—House of Correction, 4041 Northfield Rd.	8:00

ALANON GROUP MEETINGS

SUNDAY	
GARDEN VALLEY—7100 Kinsman Rd. (2nd & 4th Bun.)	4:00
MONDAY	
BROOKPARK, PARMA—Redeemer Church, 6161 Smith Rd.	8:30
ELYRIA—Community Church, 660 Abbe Rd.	8:30
LAKEWOOD—Pres. Church, Detroit at Marlowe	8:30
STAG GROUP—Charity Hospital	8:00
VERMILLION—Church of Christ, State St.	8:30
TUESDAY	
CANTON—St. John's Cafeteria, 712 McKinley N.W.	8:00
EUCLID—Christian Church, 28001 Lake Shore Blvd.	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.
CHAGRIN VALLEY—Pres. Church, Rt. 306, Bainbridge	8:30
FAIRPORT HARBOR—Luther Center, Eagle St.	8:00
IGNATIA—Grace Church, E. 91st & Harvard	8:30
NORTH OLMSTED—Episcopal Church, 3760 Dover Center Rd.	8:30
NU-YOU—Highland Church, W. 114th St. & Detroit	8:30
TRINITY—Trinity Church (lower floor) 3525 W. 25th St.	8:30
THURSDAY	
CLEVE. HTS.—Pres. Church, Fairmount & Scarborough	9:00
LORAIN COUNTY—Lutheran Church, 3334 Wilson St.	8:30
NORTH CANTON—Northminster Pres. Church	8:00
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
SATURDAY	
LORAIN AVENUE—St. John Bosco Church, 6460 Pearl Rd.	8:30

HUMANITY NEEDS GOOD FELLOWSHIP

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

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

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

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

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

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

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

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

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

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

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

"We Are NOT Alone"

(Continued from page one)

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

NEVER, YET ALWAYS I MUST REMEMBER

Alcoholism is never benign-it is always malignant. Alcoholism is never merciful-but always misery and suffering. No other disease brings so much grief to other non-afflicted persons-mostly those loved the dearest, as well as misery and suffering to the victim.

The simple purpose of A.A. is to show how to enlist the aid of a Power greater than ourselves. This has to be my creed-one day at a time. I must never forget what brought me to A.A.

Alcoholism is never pretty—but always ugly; ugly rooms; ugly yards; ugly neighborhoods — bickering; arguing; cursing; yelling accusations.

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

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

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

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

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

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

THERE'S MORE TO IT THAN TALK

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

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

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

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

-from Chit-Chat, Robesonia, Pa.

TO MAKE OLD FRIENDS

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

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

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



HELP WANTED

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

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

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

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

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

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

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

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

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

In the story of the creation of the world in the Book of Genesis, we read that God looked over his work at the end of each day. At the end of the week, he looked over

(Continued on page four)

Now Doesn't THAT Make Sense

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

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

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

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

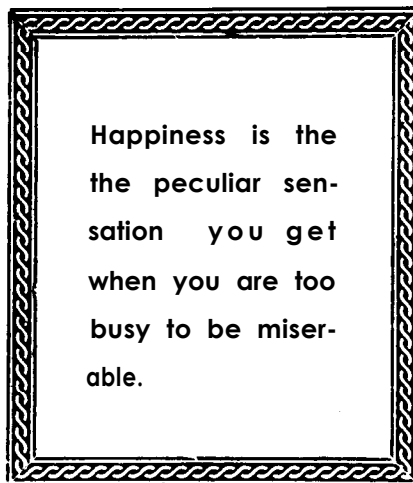
Today we are sober and things have improved **g** eatly. Our new way of life proves to us daily, weekly, that it has much more to offer than the old. We are usually surrounded by proof of every kind that it is better.

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

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

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

(Continued on page four)





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Harry D., Founder and Editor 1892-1968

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MILL ENDS AND REMNANTS

MATURITY

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

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

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

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

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

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

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

* * *

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

Such should be shared, by George!

MY SYMPHONY

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

THINKING OUT LOUD

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

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

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

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

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

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

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

-Edward B., Akron Intergroup News

UNFINISHED LAND

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

* * *

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

PRAYER OF THE MONTH

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

AN INDEPENDENCE DAY PRAYER

God bless America and keep us safe and free, Safe from "all our enemies" wherever they may be— For enemies are forces that often dwell within, Little acts of selfishness grow into lust and greed And make the love of power our idol and our creed . . . For all our wealth and progress are worthless as can be Without the FAITH that made us great and kept our nation free,

And while it's hard to understand the complexities of war,

Each one of us must realize that we are fighting for The principles of freedom and for the decency of man, But all of this must be achieved according to God's Plan . . .

So help us as Americans to search deep down inside And discover if the things we do are always justified, And teach us to walk humbly and closer in Thy ways And give us faith and courage and purpose to our days, And make each one of us aware that each must do his part

For in the individual is where peace must start . . . For a better world to live in where all are safe and free Must start with FAITH and HOPE and love deep in the heart of "ME."

-Contributed

WHAT IS AMERICA?

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

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

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

- Light

IN MEMORIAM

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

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

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

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

BE A BULLETIN BOOSTER. GET A NEW SUBSCRIBER

DATES TO REMEMBER

- July 3-West Side Morning Group, 11:00 a.m., Hungarian Lutheran Church (Rear), West 98th and Denison, observes 30th Anniversary of Warren C., Sr., who will be guest speaker. All are urged to attend this memorable meeting.
- 4-Independence Day
- 18-19-20—Ohio State AA Conference, Neil House, Columbus, Ohio.
- 19—Parma Group will observe its 23rd Anniversary, 8: 30 p.m., at PARMA COMMUNITY HALL, Ridge Rd. and Ridgewood Dr., Speaker: Warren C., Sr.

CULTURE

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

DISTRICT OFFICE SUMMER SCHEDULE

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

HOSPITALS AND INSTITUTIONS

SUNDAY	
TRUSTY HALL-1000 ft. east of House of Correction	10:00 a.m. and 6:00 p.m.
MONDAY	
HOPEFUL-St&e Hosp. 4466 Turney Rd., New Chapel Bldg #1	8:00
TUESDAY	
BRECKSVILLE V. A. HOSPITAL—1000 Brecksville Rd.	7:30
HAWTHORNDEN HOSPITAL-Cottage #10, 806 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.	1:00
VETERANS HOSP.-E. Blvd. near E. 106th St.	8:00
WARRENSVILLE—Women's House of Correction	
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
STAG GROUP-Charity Hospital	8:00
VERMILLION-Church of Christ, State St.	8:30
TUESDAY	
CANTON-St. John's Cafeteria. 712 McKinley N.W.	8:00
EUCLID-Christian Church. 28001 Lake Shore Blvd.	8:30
OLMSTED FALLS-Community Church. 7863 Columbia Rd.	9:00
SUBURBAN WEST-Our Savior Church. 20200 Hilliard Rd.	2:30
WEDNESDAY	
AKRON-Arid Club. E. Market St.	1 1 8:30
CHAGRIN VALLEY—Pres. Church, Rt. 306, Bainbridge	8:30
FAIRPORT HARBOR-Luther Center. Eagle St.	8:00
IGNATIA—Grace Church. E. 91st & Harvard	8:30
NORTH OLMSTED-Episcopal Church. 3760 Dover Center Rd.	8:30
NIT-YOU-Highland Church. W. 114th St. & Detroit	8:30
TRINITY-Trinity Church (lower floor) 3626 W. 25th St.	8:30
THURSDAY	
CLEVE. HTS.—Pres. Church. Fairmount & Scarboro	9:00
LORAIN COUNTY-Lutheran Church, 3834 Wilson St.	8:30
NORTH CANTON—Northminster Pres. Church	8:00
WEST SIDE—St. Mark's Church. 16300 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
R O S A R Y HALL—Charity Hospital, E. 2 2 nd & Central	8:30
SATURDAY	
LORAIN AVENUE—St. John Bosco Church, 6460 Pearl Rd.	8:30

HOW TO BE LAZY AND LOVE IT!

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

—*Montana Allied Al-Anon*

Now Doesn't THAT Make Sense

(Continued from page one)

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

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

This kind of thinking really shows just how much sense we have acquired, now that we are sober and sensible, and at peace, serene and contented, which are the things they tell us come with sobriety!

Were we concerned about the kids not respecting their elders? Perhaps if WE grew up, they might improve — eh?! Was it we who said so positively, "Now doesn't **that** make sense?! We are always so sure we are right. But really, are we? Maybe making sense is not the same as having some! Or does that make sense? Hmmm?"

HELP WANTED

(Continued from page one)

his whole week's work. That's a good program for us, too. A daily inventory of the things done that day, and a weekly inventory of the things done in the whole week. In the weekly inventory, we get a better picture of our troublesome tendencies, and we can dedicate ourselves to the task of conquering at least one evil tendency in the week to come.

In this way, the help of the Supreme Power enables us to grow in a new life. We win strength by a series of daily acts.

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

THE AA WAY

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

STEP NUMBER ONE

Whose voice it was I could not tell, and I asked, "Just who are you?"

He said, "You are standin on

STEP NUMBER TWO

I had found a Friend who could help me out, I know He could set me free.

I trusted in Him, whoever He was, and He led me to

STEP NUMBER THREE

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

He showed me to

STEP NUMBER FOUR

Then I said to this Friend, "Whoever you are, I'd be better dead than alive. For I am a cheat, a liar and thief."

He said, "You're standing on

STEP NUMBER FIVE

With you as a Friend, a helper and guide, I can rise from this terrible fix. I'll go as you say, if you'll lead the way.

He said, "You are now on

STEP NUMBER SIX

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

"You are standing on

STEP NUMBER SEVEN

I harmed my wife, my children, my friends, but will amend before it's too late. Then a voice by my side so gently replied,

"You are standing on

STEP NUMBER EIGHT

I will make amends wherever I can, when the power to do so is mine. Again came the voice more clear than before,

"You are standing on

STEP NUMBER NINE

I'll admit I've been wrong, but want to go right, and stand as a man among men. Again came the voice of the man of my choice,

"You are standing on

STEP NUMBER TEN

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

Then He led me to

STEP NUMBER ELEVEN

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

I hear Him say, "You are now on

STEP NUMBER TWELVE

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

—from The Silent Rostrum

Behind every argument is someone's ignorance!

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



SELF-RELIANCE

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

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

And I wonder that this should be so.

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

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

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

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

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

Self-reliance gone wrong is reliance on our ability to achieve dictatorial might, to triumph over the rules, conventions and usages that society in general has found useful in enabling its millions of members to live together. It becomes defiance and scorn; it is uncooperative; it lacks consideration of others. It produces a stubborn refusal to recognize our failings, even to **recognize** our inability to achieve our ends.

Man differs from the animals in that he has received for his responsible use a bit of the divine intellect, with which he may reason, with which he may reflect upon his **experiences** and upon the laws of life. Man has a **power** of **will** that is supposed to enable him to deal with the thousands of situations that arise in life, to make choices and to seek that which is good.

In the **wrong** use of our little share of the divine intellect, we make individual gods of ourselves, standing without God. We have mistaken the little that has been revealed to us as the whole; we think we have learned enough to be able to go alone. Too frequently, we strike out upon our own because we don't care for the restraints that have been put upon us from birth. We stretch the rules a little, to give us greater latitude, and then we strike out on our own tangent. Thus, we cut ourselves off from the source of revelation and we lose the strength of our lives. We boast, "of whom shall I be afraid," and end by being afraid of ourselves, or **responsibility**, of every problem that confronts us.

In the right use of our little share of divine intellect, we recognize that what we have is but a tiny speck of the whole of divine knowledge. That speck we may in-

(Continued on page four)

AND HOW ARE YOU TODAY?

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

Today, "How are you?" means a great deal to me.

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

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

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

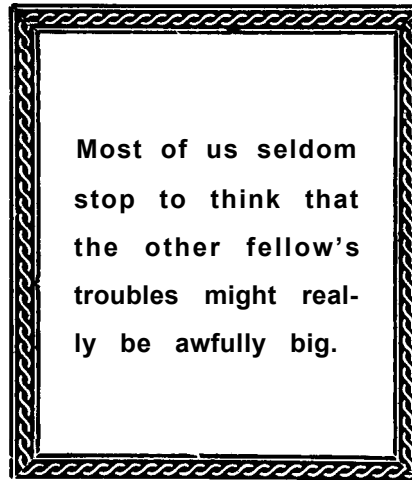
Soooo! How am I? How was I at seven o'clock this morning when I awakened, preferring to stay in bed, and not go to work! How did I treat those around me at such an early hour? Was I cheerful like the lark singing at sunrise because he is glad he's alive, or was I ready to snap at the first person who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

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

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

Tonight, when I went to my AA meeting, how was I? When I smiled and shook hands did I really want to do so, or just so I didn't look or seem "different"? When

(Continued on page four)





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Harry D., Founder and Editor 1892-1968



Vol. 27

August, 1969

No. 11

MILL ENDS AND REMNANTS

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

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

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

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

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

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

Let's not be lunartics, by George!

IN THE MAIL BOX

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

Note: Pad of subscription blanks has been forwarded.

MINUTES OF THE CENTRAL COMMITTEE MEETING JULY 1, 1969

The meeting was opened by Bill H., Moderator, with the Serenity Prayer in which he was joined by the 25 group representatives in attendance.

The purpose of Central Committee were read by the Moderator and the Minutes of the meeting of June 3, 1969 were read and approved. The Treasurer's report reflected a balance of \$223.02, of which \$67.20 is Institutional Fund.

COMMITTEE REPORTS WERE AS FOLLOWS:

1. **Action Committee** — Dick F., Chairman. No report.
2. **Areawide Meeting** — Lou W., Chairman. The June meeting was a success, with close to 200 in attendance. Lou extended thanks to all for making this possible. He is open to suggestions for a speaker for the next meeting.
3. **Central Bulletin** — George M., Editor. Subscriptions are always needed, and members are reminded to send renewals and any changes. **promptly.** Group secretaries and chairmen are not using the form provided for transmitting speakers list. This is desirable.
4. **Hospital Committees:**
Rosary Hall, Ray M., Chairman. Alcoholic patients may be admitted to Rosary Hill through the old emergency entrance, and patients may be visited by sponsors any time except during meetings or when otherwise involved in hospital procedure. Women will not be-admitted until further notice.
Serenity Hall, Bernie B., Chairman. No items to report.
5. **Institution Committee** — Helen D. Nothing to report.
6. **P.I.C.** — Dick P. 87 speakers to non AA meetings and groups were supplied by the District Office from January 1 thru June 30, 1969.

OLD BUSINESS: None

NEW BUSINESS:

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

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

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

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

Meeting closed with the Lord's Prayer.

Respectfully submitted,
Jean C., Sec. Treas.

DISTRICT OFFICE SUMMER SCHEDULE

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

PRAYER OF THE MONTH

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

DATES TO REMEMBER

- August
- 6—12th Anniversary, Parma Heights Group, 8:30 p.m., Parma Memorial Hall, Ridge Road at Ridgewood, Parma, Ohio. Speaker: Ed B., Akron, Ohio.
 - 12-21st Anniversary, Medina Group, 7 : 00 p.m., St. Paul's Church, East Liberty Street, Medina, Ohio. Bring a covered dish and own table service; meat, rolls, etc., furnished. Speaker: Phil G.
 - 18—1st Anniversary, Vermillion Al-Anon Group, meeting jointly with AA Group, 8:30 p.m., Congregational Church. Speakers: Mr. & Mrs. Mose Y., Hartsville, Ohio.
 - 22-23-24—16th Annual Chautauqua Tri-State Assembly, Chautauqua Lake, Nek York (between Mayville and Jamestown, N.Y., on Route 17). Registration \$2.00, plus gate fee of \$2.00 per person which includes parking. Saturday, 23rd is OHIO DAY. Write: P.O. Box 96, Meadville, Pa., 16335.
 - 25-29th Anniversary, Friendship Group, 8:30 p.m., 24600 Lakeshore Blvd., Euclid, Ohio. Speaker: Charlie P., Chardon, Ohio.
 - 29-27th Anniversary, Gordon Square Group, 8:30 p.m., West Boulevard Christian Church, W. 101st and Madison, Cleveland, Ohio. Speaker: Father S., Rosary Hall.
- September 5-7—Cook Forest Conference, Cook Forest, Pa., Write: 600 N. Chestnut St., Scottsdale, Pa.

DOAN MEN'S GROUP

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

SATURDAY IS NOW TUESDAY

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

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

—Ray Lyman Wilbur

IN MEMORIAM

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

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

SURRENDER

Nowhere in the twelve steps do you find the word "SURRENDER."

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

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

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

-Alanotes, Minneapolis

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. 4466 Turney Rd., New Chapel Bldg #1	8 :00
TUESDAY	
BRACKSVILLE V.A. HOSPITAL—1000 Bracksville Rd.	7 :30
BAWTHORNDEN HOSPITAL—Cottage #10, 806 Northfield Rd.	7 :30
PROVEN WAY—Grafton Honor Farm, Rb. 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	1 :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	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, 6151 Smith Rd.	8 :30
ELYRIA—Community Church, 680 Abbe Rd.	8 :30
LAKWOOD—Pres. Church, Detroit at Marlowe	8 :30
STAG GROUP—Charity Hospital	8 :00
VERMILLION—Church of Christ, State St.	8 :30
TUESDAY	
CANTON—St. John's Cafeteria, 712 McKinley N.W.	8 :00
EUCLID—Christian Church, 26001 Lake Shore Blvd.	8 :30
OLMSTED FALLS—Community Church, 7853 Columbia Rd.	8 :00
SUBURBAN WEST—Our Savior Church, 20200 Hilliard Rd.	8 :30
WEDNESDAY	
AKRON—Arid Club, E. Market St.	11 :30 a.m.
CHAGRIN VALLEY—Pres. Church, Rt. 806, Bainbridge	8 :30
FAIRPORT HARBOR—Luther Center, Eagle St.	8 :00
IGNATIA—Grace Church, E. 91st & Harvard	8 :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 (lower floor) 8525 W. 26th St.	8 :30
THURSDAY	
CLEVE. HTS.—Pres. Church, Fairmount & Scarboro	8 :00
LORAIN COUNTY—Lutheran Church, 3334 Wilson St.	8 :30
NORTH CANTON—Northminster Pres. Church	8 :00
WEST SIDE—St. Mark's Church, 16600 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
SATURDAY	
LORAIN AVENUE—St. John Bosco Church, 6460 Pearl Rd.	8 :30

35th ANNIVERSARY CONVENTION

A current "flyer" tells us the site is Miami Beach, Florida, and the three glorious days, JULY 3-5, 1970 for "AA's Greatest Get-Together." Headquarters hotel: Hotel Fontainebleau. Al-Anon headquarters (right next door) : Eden Roc Hotel. Meetings will be held in Convention Hall, which seats 18,000. Registrations and hotel reservations may be made on official forms beginning October 15, 1969. Registration will be \$6.00. Opening Dance and Show \$4.00. Housing assigned on a first-come, first served basis.

HOW TO TAKE LIFE

Take it just as though it was, as it is, an earnest, vital and **important** affair. Take it as though you were born to the **task** of performing a merry part of it, as though the world awaited your coming. Take it as though it was a grand opportunity to do and achieve, to carry forward great and good schemes, to **help** and cheer a suffering, weary, it may be, heart-broken brother. Now and then a man stands aside from the crowd, labors, earnestly, steadfastly, confidently, and straightway becomes famous for wisdom, intellect, skill, or greatness of some sort. The world wonders, admires, idolizes; and it only illustrates what others may do if they take hold of life with a purpose. The miracle or the power that elevates the few is to be found in their industry, **application**, and **perseverance** under the inner prompting of a brave and determined spirit.

-Mark Twain

AND HOW ARE YOU TODAY?

(Continued from page one)

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

If I believe that a good AA is a happy AA and an active AA, was I trying to be one and not **just** acting like one? How was I?

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

SELF-RELIANCE

(Continued from page one)

crease by keeping in contact with the source, by seeking greater revelation of the divine will.

Man has learned much through the ages about the divine will, and he has learned much about how to live. He has learned about the great virtues, which are prudence, temperance, justice and fortitude, and about the greater virtues, which are faith, hope and charity. He has learned, too, about the defects in **good**, which are evil, and how to overcome them.

All this is part of our instruction on how to live, and how to find happiness. Through it, we can find **self-reliance** that we can rely upon in a troubled world because it is derived from a wisdom that is greater than our own.

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

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

The second-floor tenant called the party living below and shouted: "If you don't stop playing that blasted **saxo** phone, I'll go crazy."

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

THE GREAT DECEIVER

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

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

Alcohol in some respects gives the **appearance** of being a food, yet it has no nutritional value, neither does it contain any minerals, vitamins or other substance necessary for **maintaining** health.

Alcohol satisfies the desire for food to the extent that it supplies calories and hence reduces the intake of foodstuff essential to health. Alcohol is commonly understood, referred to and considered as a stimulant, yet it is in no sense a stimulant, but a depressant — an anesthetic. Alcohol makes a person feel stimulated and he fancies himself to be more effective both **intellectually** and **physically**, but **scientifically** and conclusively established, his competency in **mental** and physical matters alike is definitely less. Alcohol exalts the ego while the nerve centers which have to prove the exaltation are slowly put to sleep.

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

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

Alcohol gives a man a feeling of heightened **perception** and creative ability, whereas his mental processes are immediately impaired and the reaction time of his unconscious or involuntary reflexes is lengthened 5 to 10%. (One drink makes a difference of 15 feet in stooping a car going at the rate of 35 miles per hour.) Alcohol leads man to believe that its effect makes him more skillful, whereas it leads **quickly** to decrease of physical strength and endurance- and **as** a matter of experimental fact, his work is always of poorer quality:

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

Alcohol is the only narcotic which can be taken in the form of a beverage. It numbs that portion of the brain which makes **one conscious** of proper and improper behavior. It appears to help people have a "**gay**" time when in reality **it** only permits them to act in a manner in which they would be ashamed to act if sober.

Alcohol in the beginning has an especial appeal or attraction to a person who feels frustrated, inadequate or unsure of himself, but in the end it robs him of all will power to control his drinking or to make any semblance of constructive adjustment to reality.

Alcohol is the only drug which can supply the two contradictory motives of evaluation and narcosis. The exaltation motive is an expression of the will to live, to create **and** to act, while the narcotic motive is an expression of fatigue, a longing to escape from life and an urge for rest.

Alcohol is the Great **Deciver!**

-Reprinted from "Here's How," Circa, 1960



RESPECT

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

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

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

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

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

We had to find a way, and through AA we found it. And in finding it we realized that when we started developing our own self-respect we **gradually** were earning the respect of others, possibly **not** as rapidly as we wished it — but it came gradually. Sometimes it came reluctantly, as if the memory of past abuses of that confidence and respect which we ordinarily could and did demand was to poignant to forgive and forget.

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

We finally realized that in order to receive the respect of others we had to act decently, conform to moral and social laws and to learn to contribute something of ourselves to society. This was contrary to our egocentric minds, but what we learned through bitter experience was that we had to train our thoughts until they became normal and natural.

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

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

With God's help, we can succeed.

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

A man should never be ashamed to own he has been in the wrong, which is but saying in other words that he is wiser today than he was yesterday.

-Alexander Pope

THE S. P. & R. RAILROAD

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

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

Nope! No big, drastic, sudden changes have come our way! We still slave away at the same humdrum, low paid job we had and the mortgage on the house just never seems to come down enough to notice. Fat chance of getting rich with taxes and cost-of-living still rising. **No**, for us things really haven't changed, or so we find ourselves thinking. It's OK for him to talk about his success, but so much good fortune for us. **No**, we always were losers and we probably always will be. Too bad, but that's life; some get it; some don't.

Sound familiar? Very few people in AA can honestly say "**No**." We are all guilty to a certain extent of feeling unlucky or left out, or just plain unfortunate. No matter how good we may **really** have it, we can still find things to complain about or over

to worry about, we'll find something. True?

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

Not every one in AA will get rich or be afforded a new job with money spilling all over the place. Very few will be so fortunate, actually, and then only if they really get cracking and work for the material things they'd like to have. Good fortune usually doesn't just **happen**. It comes as a result of hard work, and seldom overnight either. Funny! That's how sobriety comes. It doesn't just "happen." We have to work for it.

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

Negative thinking, self-pity, resentments are so damnably easy for us. We can throw a "pity party" for ourselves at a moment's notice. We can resent someone or thing so easily. But snapping ourselves out of such

(Continued on page four)

CENTRAL BULLETIN



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Harry D., Founder and Editor 1892-1968



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No. 12

MILL ENDS AND REMNANTS

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

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

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

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

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

"No temptation has come your way that is too hard for flesh and blood to bear. But God can be trusted not to allow you to suffer any temptation beyond your powers of endurance. He will see to it that every temptation has a way out, so that it will never be impossible for you to bear it."

And another, which is a sustaining area with respect to my program of living and my responsibilities to it, to fellow man and AA members universally, reads in part:

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

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

There is peace in enlarged horizons, by George!

BY LINES

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

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

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

MINUTES OF CENTRAL COMMITTEE

MEETING, AUGUST 5, 1969

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

COMMITTEE REPORTS WERE AS FOLLOWS:

1. Action Committee — Dick F., Chairman. Everything quiet.

2. **Areawide Meeting** — Lou W., Chairman. Flyers for the September 12 meeting were distributed. Each group secretary will receive a flyer together with the customery announcement for the next Central Committee meeting. Each representative present was asked to talk up the **Areawide** meeting in order to insure a good attendance.

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

4. Hospital Committees:

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

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

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

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

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

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

The District Office received a request from Fr. Raymond Finnerty, St. Clair Church for "28" AA sneakers for an educational program which will begin weekly, the first week of September, 1969 and will end in May, 1970. Fred N., **Mayland Group**, will be in charge and the District Office will assist him throughout the program.

Two AA members present mentioned the tremendous interest shown by the boys and girls attending their respective PIC talks and that the experiences were quite rewardine.

OLD BUSINESS: none

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

Dates to remember:

Areawide Meeting, Jordan Hall, Friday, September 12, — 8:30 p.m.

The meeting was closed with the Lord's Prayer.

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

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

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

-AA Way of Life

PRAYER OF THE MONTH

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

FIFTH PUNDERSON CONFERENCE

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

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

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

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

ON PATIENCE AND SUCCESS

To anyone who knows and understands the humble craving of every human being to be recognized, to be somebody, to triumph in **some** way, however small, it seems strange that more people do not go after the many small victories which are so easy to achieve and which make life a thousand times more **satisfactory**.

In the face of headline making successes, reported on the financial pages, in the sport section and on the acade- mic, military and scientific front, perhaps most people tend to low rate their own potential for personal victory at the personal level. It seems so tiny by comparison. And this really is too bad, because these minor succes- ses do more to enrich character and illuminate a life than any but the worthiest of publicized triumphs.

To grow the finest dahlias in the 5100 block of Whoosis Street isn't the point. After all this gets recog- nition only in the block, and what I am talking about isn't even that **competitve** and gets no more recognition from anyone except yourself.

To file and forget a nerve wrecking day without com- plaining to your husband (or your wife), knowing that the therapeutic benefit you get from kicking will upset your partner — to refrain from parental criticism when the child has failed miserably — to pass up an opportu- nity to say, "I told you so" — these are small and too often neglected building blocks of a better world for yourself and those around you.

Sometimes a friend will expound a veiw so utterly at variance with your own that it seems as an act of vio- lence against reason, logic and the **public** as well. If you can clamp your mouth shut at times like this, knowing that your own beliefs, while valid for you, are not neces- sarily a working gospel for another person, you will have scored a rather large small victory.

To realize suddenly that a discussion is degenerating into a quarrel, and to swallow your most brilliant and bitter response, knowing you have lost the argument, but saved the peace — that is one of the most significant minor triumphs you will ever experience.

One of the reasons why most of us never know this sort of victory is that it requires a nonaction rather than an action, and this is contrary to our nature. We are nervously active people, with contention built into us.

(Continued on page four)

DATES TO REMEMBER

- September 2—Central Committee Meeting, 8 : 30 p.m., Hanna Building. All groups should be represented.
- 9— 6th Anniversary Proven Way Group, **Grafton Honor Farm, Grafton, Ohio**, Route 76, south of Route 82. 8:30 p.m., Men only. Bring a gift for inmate mem- ber. Speaker: Neal C., Cleveland, Ohio.
- 12— **Areawide Meeting**, 8: 30 p.m. Jordan Hall, Charity Hospital. Speaker: Eliza- beth B., Holis, N.Y.
- 13— 12th Anniversary L.S.I. Group, 8 : 00 p.m., 17600 Broadway, Cleveland, Ohio. Speaker: Jim R., Edgelake.
- 24-7th Anniversary Sheffield Lake Group, 8:30 p.m., St. Thomas School (rear), Harris Road, Sheffield Lake, Ohio. Speaker: Father S., Charity.
- 26-28—Punder-son Park Conference, Punder-son State Park. Write P.O. Box 68, **Newbury, Ohio**. See item elsewhere in this issue.

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 main- tains a **24-hour** telephone service which responds to calls made after the office is closed. The telephone num- ber is **CHerry 1-7387**.

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.....	8:00
TUESDAY	
BRECKSVILLE V.A. HOSPITAL—1000 Brecksville Bd.	7 :00
HAWTHORNDEN HOSPITAL—Cottage #10, 805 Northfield Rd.....	7 :00
PROVEN WAY—Grafton Honor Farm. Rte. 75	
2nd & 4th Tuesday	8:00
TRUSTY HALL—1000 ft. east of House of Correction	8:00
WEDNESDAY	
CLEVELAND PSYCHIATRIC HOSP.—1700 Aiken at Scranton ..	8:30
FAIRHILL PSYCHIATRIC HOSP.—12200 Fairhill Rd.	1 :00
VETERANS HOSP.—E. Blvd. near E. 106th St.	a 900
WARRENSVILLE—Women's House of Correction 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, 6151 Smith Rd.	8:30
ELYRIA—Community Church, 680 Abbe Rd.	8:30
LAKEWOOD—Pres. Church, Detroit at Marlowe	8:30
STAG GROUP—Charity Hospital	8:00
VERMILLION—Church of Christ, State St.	8:30
TUESDAY	
CANTON—St. John's Cafeteria, 712 McKinley N.W. --	
EUCLID—Christian Church, 28001 Lake Shore Blvd.	8:30
OLMSTED FALLS—Community Church, 7662 Columbia Rd.	9:00
SUBURBAN WEST—Our Savior Church, 20800 Hilliard Rd.	8:30
WEDNESDAY	
AKRON—Arid Club, E. Market St.	11:30 a.m.
CHAGRIN VALLEY—Pres. Church, Rt. 306, Bainbridge	8:30
FAIRPORT HARBOR—Luther Center, Eagle St.	8:00
IGNATIA—Grace Church, E. 91st & Harvard	8:30
NORTH OLMS TED—Episcopal Church, 3760 Dover Center Rd. ..	8:30
NU-YOU—Highland Church, W. 114th St. & Detroit	8:30
TRINITY—Trinity Church (lower floor) 2626 W. 25th St.	8:30
THURSDAY	
CLEVE. HTS.—Pres. Church, Fairmount & Searboro	9:00
LORAIN COUNTY—Lutheran Church, 2224 Wilson St.	8:30
N O R T H C A N T O N—Northminster Pres. Church	8:00
WEST SIDE—St. Mark's Church, 16800 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
SATURDAY	
LORAIN AVENUE—St. John Bosco Church, 6460 Pearl Rd.	8:30

WHAT DOES AA NOT DO??

AA DOES NOT (1) furnish initial motivation for alcoholics to recover, solicit members or try to persuade anyone to join AA; (2) keep membership records or case histories; (3) engage in or sponsor research; (4) join "councils" of social agencies, although AA members. **Groups** and service offices frequently **cooperate** with **them**; (5) follow-up or try to **control** its members; (6) make medical or psychological diagnoses or prognoses; (7) provide drying-out or nursing services, hospitalization, drugs or any medical or psychiatric treatment; (8) offer spiritual or religious services; (9) engage in education or propaganda about alcohol; (10) provide housing, food, clothing, jobs, money, or other social services; (11) provide domestic or vocational counseling; (12) accept any money for its services, or any contributions from NON-AA sources.

THE LETTER 'E'

The letter "e" is said to be the most unfortunate letter in the alphabet, because it is always out of cash, forever in debt, never out of danger, and in torment all the time. All of which is true. Still, it is never in war, always in **peace**, and always in something to eat. It is the beginning of existence, the commencement of ease, and the end of trouble. Without it there would be no life or heaven. It is the center of honesty and is **always** in love. It is the beginning of encouragement and endeavor, and the end of failure.

ON PATIENCE AND SUCCESS

(Continued from page three)

We have too high an opinion of our opinions. We are overly generous in sharing our superior mental gifts with those less enlightened. To keep one's mouth shut seems almost a selfish act when it is so full of such wondrous wisdom.

Impatience is a common trait. We want to go places in the quickest way. One of the major causes of traffic accidents is a driver crowding too close to the car ahead. The only reason for crowding is that the rear driver "can't wait." It is the impatient driver who endangers not only his own life but that of others.

"Rome was not built in a day," but most of us take too little time to think things through for ourselves. Our impatience often affects us physically, mentally and spiritually. Many members of AA, who had been sober a long time, went back to the bottle as a result of not applying the good old medicine "patience."

Most alcoholics when they sober up want quick **success**, and they are usually impatient with normal progress. But there are no short cuts, no free rides, and the hard way is usually the best way. There is nothing more important for the new man in AA than a desire to stay sober and a generous amount of patience.

One of the greatest lessons all of us must learn is that we must be patient as we go through life, patient with people who sometimes misunderstand us and patient with our progress for success.

-LONG BEACH, CALIF.

via Nov. 1968 Akron Inter-Group News

THE S. P. & R. RAILROAD

(Continued from page one)

thinking is NOT easy, and the best answer, then, would appear to be: trying to get into such a thinking state in the first place.

A very lovable Episcopal minister in an Ohio parish used to say: "You are on the S. P. & R. Railroad! Easy to buy a ticket and get on, but the train never seems to stop, and it's tough to get off safely."

Yep! The old S. P. & R. Railroad — self-pity and resentment line. These two little traits can really wreck havoc in our lives. Seems that we can never be too cautious about them. Best way we know to keep them under control is count our blessings and just be glad we are sober. Will Rogers had a good philosophy for resentment: "I never met a man I didn't like." Try it!

THE CHARM OF AA

by **Fulton Ousler**

Down at the very bottom of the social scale of AA Society are the pariahs, the untouchables and the outcasts, all **underprivileged** and all known by one excoriating epithet: **RELATIVES**. I am a relative. I know my place. I am not complaining but I hope no one will mind if I venture the plaintive confession there are times . . . or many, many times, when I wish I were an alcoholic. By that I mean I wish I were in AA. The reason for this is I consider the AA people the most charming in the world.

Such is my considered opinion. As a journalist, it has been **my** fortune to meet many of the people who are considered charming. I number among my friends; stars and lesser lights of the stage and cinema: writers are my daily diet. I know the ladies and gentlemen of both political parties; I have been entertained at the White House; I've "broken bread" with kings and ministers and ambassadors and I say, after the catalog, which could be extended, that I would prefer an evening with my AA friends to any person or group of persons I have indicated. I have asked myself why I consider so charming, those alcoholic caterpillars who found their butterfly wings in AA.

The AA people are what they are and they were what they were because they are sensitive, imaginative, possessed of a sense of humor and awareness of universal truth. They are sensitive, which means they are easily hurt, and that helped them to become alcoholics. But when they have found restoration, they are still as sensitive as ever; responsive to beauty and to truth and eager about the intangible glories of this life. This makes them charming companions. They are imaginative and that helps make them alcoholics. Some of them drank to flog ambition on to greater efforts. Others guzzled only to black out unendurable demons that rose in their imaginations. But when they found their restoration, their imagination is responsive to new incantations and their talk abounds with color and light and that makes them charming companions, also.

They are possessed of a sense of humor. Even in their cups they have been known to say damnably funny things. Often it was being forced to take seriously the little and mean things of life that made them seek escape in a bottle. But when they found their restoration, their sense of humor found blessed freedom and they were able to reach a God-like status where **they** could laugh at themselves; the very height of self-quest. Go to the meetings and listen to their laughter. At what are they laughing? At ghoulish memories over which weaker souls would cringe in useless remorse. And that makes them wonderful people to be with.

They are possessed of a **sense** of universal truth. That is often a new thing in their hearts. The fact that this at-oneness with God's universe had been awakened in them is sometimes the reason they drank. The fact that it was at last awakened in them is **most** always the reason why they were restored to the good and simple ways of life. They have found a Power greater than themselves, which they **diligently** serve. And that gives them a charm that never was elsewhere on land or sea. It makes you know that God Himself is really charming, because the AA people reflect His memory and His forgiveness.

-from Chit-Chat, Robesonia, Pa.

HOW WE LEARN

God educates men by casting them on their own resources. Man learns to swim by being tossed into life's maelstrom and left to make his own way ashore. No youth can learn to sail his life craft in a lake sequestered and sheltered from all storms, where other vessels never come. Skill comes through sailing one's craft amidst rocks and bars and opposing fleets, amidst storms and swirls and countercurrents. Responsibility alone drives man to toil and brings out his best gifts.



LONELINESS

Job, the most harrassed man of the Bible, was not an alcoholic. He was a spiritual man, a family man and a respected member of his community. The rush of misfortune which overwhelmed him, however, brought out some reactions which are typical of the alcoholic.

Job's calamities were due to circumstances. They were visited upon him as a test. Herein, it might be said, he differed from the alcoholic because the drinker's troubles are all of his own making.

This is only superficially true. Maybe the alcoholic's problems are a test, too. Circumstances — those of character defects and personality — create his problems and impel him to do what he does. The Almighty works in mysterious ways. His wonders to perform. In the case of Job, according to what we read in the Bible, it was by direct intervention; in the case of the alcoholic by indirection.

Job, like the alcoholic, was angered by what happened to him. He harbored resentment. He went through much soul searching, he demanded his rights and the preservation of his dignity as an individual. He Anally arrived at the extreme point where, in defensive thoughtlessness, he sought to order things about. Ever experience these feelings?

His three closest friends reasoned and remonstrated with him. They only made him more stubborn and defiant. They despaired of helping him. He was determined and, despite his sufferings, his awareness that he was injuring himself, he insisted on doing things his own way. Did you ever entertain such notions?

Job came to this state of mind we are told by Samuel Terrien in his beautiful study of this character, "Job: Poet of Existence," by "refusing to bless the name of the Diety, in revolting against the faith of his childhood and of his community, in separating himself even from his dearest and most intimate friends, in losing willfully even more than he had lost unwillingly, in repudiating his reputation of honor among his fellow men."

These might be the entries in the case record of an alcoholic today. They brought the inevitable feeling of complete loneliness and isolation. It is a feeling heavily mixed with fear. There is no one to turn to, no one to hang on to in this terrible wilderness of the spirit. Only a great void exists and despair is the all-encompassing emotion.

This sense of loneliness, we think, is the most terrifying experience of alcoholism. We had no sense of belonging, either to God or fellow man. We repudiated our family and friends. We inhabited a world of our own, a realm of phantoms that have not substance, nor can they give comfort, but are only silent, grimacing wraiths that appear only to vanish from our disturbed minds and leave a gray desolation.

We got to the point so sharply expressed by Edna St. Vincent Millay:

It is utter
Terror and loneliness
That drive a man to address the Void as "Thou."

(Continued on page four)

ENTHUSIASM-100 PROOF

Our busy world today is full of organizations of all sizes, shapes and descriptions and purposes. Some flourish. Some flounder. Some have internal disorder and constant controversy. Some with very idealistic purposes and goals have serious areas of discord. In AA there is a notable lack of such active disagreements. The answer is simple: we are here to help one another in any way possible toward our one goal — sobriety.

AA continues to grow. If this were not so, it, too, might be troubled. True, we have minor differences of opinion, and the oldtimer does not always see eye to eye with the newer people. BUT, if AA is to continue its growth, it has to come through these same newer people, and their opinions and ideas must be considered.

Many wise people today believe that more young people should have their "say" in the running of our country, and it follows then, that in our beloved AA, if we older people wish to help the younger alcoholics find what we have found, we must accept the young person as a young person with an alcoholic problem, and do all we can to show him AA and how it works.

For years older heads in AA have been somewhat leery of young people. In many cases their apprehensions have proved correct, for make no mistake, it is much, much tougher for a young man or gal, full of the sap of life, to admit that a bottle of booze is bigger than they!

All the more reason then for all the more help from we older members who amazingly enough were just like them 15 or 20 years or more ago, and we did not admit alcohol had us licked! No, we were

valiant, and we stayed too long at the Fair, and fought and fought and fought with alcohol; with the world; with ourselves; with our Higher Power, and — surprise!, we lost the battle.

Now, at 40, 50, 60 — we have finally surrendered and life has assumed a reasonable, normal sense of proportion for us. We find sobriety enjoyable, and most preferable to drinking.

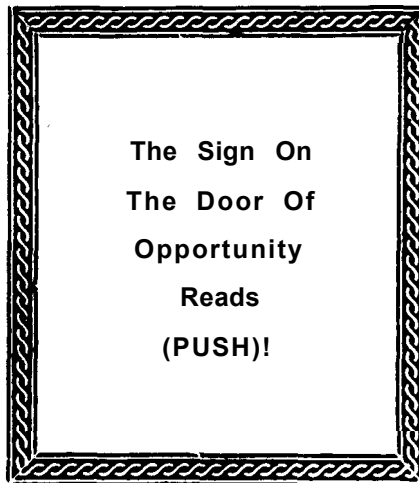
Now, also, we can easily assume a pose of grandeur, look down our noses and say, "He's too young! It'll never work!" Or: "Hasn't been hurt badly enough, yet! Needs to bump his head some more!"

In reality, who are we to judge? X number of years of sobriety does not make us wise or sages! We must stop and think. Life today is hectic; far faster a pace than when we were 25. The availability of alcohol, drugs, the whole list, is greater today. Life has accelerated and the alcoholic is propelled into heavier drinking or usage faster.

Today's young 25-year old alcoholic may have already suffered more than we did in all of our drinking. This is a stark naked fact, and it tells us in stark naked words: HE NEEDS HELP!

There is an announcement elsewhere in this issue of a new Young Peoples Group which will meet weekly in the central city. These young people are looking for a rapport within AA that can be found principally among

(Continued on page four)



CBNTBAL



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. 28

October, 1969

No. 1

MILL ENDS AND REMNANTS

New every morning is the love
Our wakening and uprising prove;
Through sleep and darkness safely brought,
Restored to life, and power, and thought.

In these four lines written in 1822 the poet John Keble captures the essence of that which we wish to share this month.

Most of us at one time or another in our drinking years stared into the usual mirror of the back bar or perhaps only into the mirror of our half-stupored minds and dreamed of heroics of one kind or another.

One member of AA relates that his favorite dream of heroics — his ride on the glory train — envisioned the baseball game in which he hit a home run in the last of the ninth inning of a tie ballgame with two outs and the count three balls and two strikes.

Our frequent and favorite daydream of heroics and the glory road was the same setting as that of our friend, but we were the opposing pitcher who fired the high hard one past him for a strikeout to send the game into extra innings.

It isn't unusual in our sobriety in AA to have daydreams — not of heroics but of accomplishment: not of glory — for there is none such in our humble way of life, but perhaps of a touch of greatness to the extent that we may help others.

This then leads us to recall a number of conversations with fellow members of AA on various occasions some time back, when through the strength of and as a result of our sobriety we felt our untapped resources and latent talents would produce some work, some deed, some effort bordering on greatness.

It was in sincere discussion that these innermost feelings were revealed — not in any manner of egotism or self-aggrandizement, for that bespeaks the glory road of which we want no part; rather, it was the feeling of the great Force in our sober AA life in granting us the power and the wisdom to carry it out.

These thoughts have been much *in* our mind and meditations. How and where will this greatness express itself? What untapped resources, what latent unexpressed talent would be released?

And then quietly, peacefully and serenely came the understanding and knowledge that true greatness is un-witnessed and unrealized for today; and today we are only on the threshold of greatness. Every new morning we border on greatness by our performance, our effort and our example just for this day. Therein lies the measure of the expression — restored to life, and power, and thought.

As our poet opened our column, we close then with his last two lines:

And help us, this and everyday
To live more nearly as we pray.

So may it be!, by George.

A good way to widen the straight and narrow path would be for more people to walk on it.

MINUTES OF CENTRAL COMMITTEE MEETING, SEPTEMBER 3, 1969

The meeting was opened by Bill H., Moderator, with the Serenity Prayer and was attended by 30 Group Representatives. Purposes of Central Committee were read by the Vice Moderator and the Minutes of the meeting of August 5, 1969 were read and approved. Treasurer's report reflected a balance of \$178.13, of which \$84.20 is Institution Funds.

COMMITTEE REPORTS WERE AS FOLLOWS:

1. **Action Committee** — Dick F., Chairman. Everything quiet.

2. **Areawide Meeting** Lou W., Chairman. Everything all set for the September 12 meeting. Members were urged to talk it up at meetings to insure a good attendance.

3. **Central Bulletin.** George M., Editor — Clare W., representing. Speaking for the Editor, Clare mentioned that the October issue will mark the 28th year of publishing the Central Bulletin. Subscriptions are always needed, and members are urged to send renewals and any address changes promptly. Articles for publication in the Bulletin will be greatly appreciated — except poems.

4. **Hospital Committees :**

Rosary Hall — Ray M. Chairman. Everything quiet.

Serenity Hall — Bernie B., Chairman. Everything quiet.

Brecksville Hospital — It was agreed the best and surest way to enter a patient in the hospital is to drive him directly to the hospital. It was mentioned that many times patients walk out of the hospital before the specified time required for treatment without an official release, and in this connection the question arose as to whether or not said patient could be readmitted, officially. Bill H., Moderator and **John F.**, Vice Moderator will check into this and report at next Central Committee.

Hawthornden Hospital — George M. represented this Group and indicated that if certain changes take place Hawthornden Hospital Group will resume activities.

5. **Institution Committee** — Lenore W., Garfield Tuesday Group will be the new secretary of this Group. A letter of resignation as Secretary of this Group was received by the Moderator from Helen D. who had to quit due to working hours. The Group meets in the Women's House of Correction, Wednesday, 8:00 p.m. Visitors are welcome.

The Workhouse — Joe G. representing. The program is for men and women run on a 30 day voluntary basis for help with their drinking problem — Discussion followed.

6. **PIC** — Dick P. 123 speakers to non-AA Groups and non AA Meetings were supplied by the District Office from January 1 thru August 31, 1969.

The District Office received a request from Dr. Edwin Nichols, Co-ordinator of Special Services for the Cleveland Job Core Center for Women, for AA speakers to talk to about 400 women in ages from 16 to 22 years, Thursday, August 21 at 2:00 p.m. — June W. accepted, and the District Office will furnish additional AA members to assist her in this project.

OLD BUSINESS: None

NEW BUSINESS: Jim S. mentioned it has been the custom in the past whenever the balance in Central Committee falls below \$100 notices be sent to all Group Secretaries for contributions. This will be done soon.

The meeting closed with the Lord's Prayer.

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

I am the place where God shines thru, For He and I are one, not two; I need not fear, nor fret, nor plan, He wants me where, and as I am. If I'll just be relaxed and free, He'll carry out his plan thru me.

-Hope Group Bulletin, Florida

A PRAYER

(Based on Psalm 90)

Lord, thou hast been our dwelling place in all generations. Before the mountains were brought forth, or ever the earth and the world were made, Even from everlasting to everlasting, thou art God. We thank thee having brought us safely to this day of our lives and for having taught us to live one day at a time in thy work. We pray that thou will guide our footsteps tomorrow, and help us as we help ourselves, help us as we help others to do thy will. And we pray that thou wilt extend thy special mercy to afflicted as we have been but who have not yet been brought from darkness. Amen.

Editor's Note: This, our Prayer of the Month, appeared in center box on Page 1 of the first Central Bulletin, October, 1942.

OUR BIRTHDAY

It is noteworthy that this is the 325th edition of the CENTRAL BULLETIN, which was launched in October, 1942. In other words, as revealed below the masthead on Page 1, this issue is the first of our twenty-eighth year of publication, an achievement for which a great many persons are justly grateful.

This is believed to have been (a claim that has never been refuted), the first journal in AA, and as a matter of record, in writing us on the occasion of our Twentieth Anniversary, seven years ago, no less an authority than our Co-founder, Bill W., wrote: "the first publication of its kind ever to appear in AA."

An editorial in that October, 1942 edition stated: "The chief justification for this bulletin will be to further the work of AA" and it has been to that end that the efforts of Central Bulletin have been dedicated.

At the time of its first appearance, the fellowship had shown tremendous growth in the Cleveland area (as it has since), our nation was at war and our fledgling members were going into the armed services or relocating to jobs in other cities, hence the need for the communication pioneered by Central Bulletin.

It is interesting to inject here that our paper continues to carry the message to those in the armed forces, as witnessed by a recent letter from a subscriber in Viet Nam who shares his copies with buddies serving with him.

There have been innumerable nameless people who have made this uninterrupted twenty-seven years of publication possible, and while they remain anonymous, it is fitting and proper to acknowledge their devotion.

Many of them have gone to their rewards of another life, but their contributions have been timeless and we are grateful that we can share them and benefit from them as we do from time to time. Their experience, strength and hone continues to throw light across our paths.

In his communication at the time of Central Bulletin's Twentieth Anniversary, Bill W., further stated:

"May your good journal continue to carry the message in the language of the heart so long as God shall wish our fellowship to endure."

This, too, is our prayer.

Do it that very moment . . . Don't put it off — Don't wait . . . There's no use in doing a kindness . . . If you do it a day too late.

IN MEMORIAM

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

RAY J. BRAENEL of W. 25 Street, Cleveland, passed away August 13.

DATES TO REMEMBER

- October 5-Fall Open House Meeting, Northeastern Ohio General Service Committee, American Legion Hall, Brecksville, Ohio. Speaker: Everyone welcome. 7-Central Committee, 8:30 p.m., Room 438, Hanna Building. T-Young Peoples Group, inaugural meeting, 8:30 p.m., First Methodist Church. Euclid Avenue at East 30th St. Speaker: Bill C., Wickliffe. 11-Redwood Group, 21st Anniversary, 8:30 p.m., Euclid Lutheran Church, East 260th and Forestview Ave., Euclid, Ohio. Speaker: Les S., Lakewood Men's. 14-Mid-Town Group, opening meeting, 8:30 p.m., Trinity Cathedral Parish Hall, Prospect Avenue and East 22nd St. Speaker: Murray S., Southwest Sunday. 22-TC 1005 Group, 4th Anniversary, 8:30 p.m., Progressive Hall, 5615 Stumph Road, Parma, Ohio. Door and other prizes. Speakers: John D. and Marge K. 31-Euclid Friday Group, 26th Anniversary. Fish fry 7:00 p.m., 50¢ each. Meeting right after dinner. Speaker: Frank M., Shaker. November 1-Laurel Group, Hardtimes Dance, 8:00 p.m., Brooklyn High School Cafeteria. \$2.00 per person. Buffet, prizes. 1-Painesville (Ohio) Thursday Group changes meeting place to Salvation Army, 69 Pearl Street.

HOSPITALS AND INSTITUTIONS

Table listing hospitals and institutions with their locations and hours. Includes TRUSTY HALL-1000 ft. east of House of Correction, HOPEFUL-State Hosp., BRECKSVILLE V.A. HOSPITAL, FAIRHILL PSYCHIATRIC HOSP., VETERANS HOSP., WARRENSVILLE-Women's House of Correction, etc.

ALANON GROUP MEETINGS

Table listing Alanon group meetings with locations and times. Includes GARDEN VALLEY-7100 Kinsman Rd., BROOKPARK, PARMA-Redeemer Church, ELYRIA-Community Church, LAKEWOOD-Pres. Church, STAG GROUP-Charity Hospital, VERMILLION-Church of Christ, etc.

TIMELESS PRAYER

Let me do my work each day, and if the darkened hours of **despair** overcome me, may not I forget the **strength** that comforted me in the **desolation** of other times. May I still remember the bright hours, that found me walking over the silent hills of my childhood, or dreaming on the margin of the quiet river, when a light glowed within me and I promised my early God to have courage amid the tempest of the changing years.

Spare me from the bitterness and sharp passions of unguarded moments. May I not forget that poverty and riches are of the spirit. Though the world knows me not, may my thoughts and actions be such as shall keep me friendly with myself. Lift my eyes from the earth and let me not forget the uses of the stars. Forbid that I should judge others lest I condemn myself. Let me not follow the clamor of the world, but walk humbly in my path.

Give me a few friends who will love me for what I am, and keep ever burning before my vagrant footsteps, the kindly light of hope. And though age and infirmity overtake me, and I **come** not in the sight of the castle of **my** dreams, teach me to be thankful for life, and for time's olden memories, that are good and sweet and may the evening twilight find me gentle still.

HELPING MANKIND

The only question for us to ask, is what does duty require; and not what will be the result and our reward if we do our duty.

Not all men have the same capacity of understanding. Each man will attain to only a large portion of truth as he is **capable** of digesting.

It was the philosophy of Emerson that if you would desire to succeed you should help mankind as a whole. In his Essay on Compensation he uses the expression, "Put God in Your Debt."

There is considerable evidence that if you give mercy, love and right, the same shall return to you.

Let us develop the brain, but also civilize the heart. Let us do what we can for the destruction of ignorance, poverty and crime. Let us do our best to satisfy the hunger of the mind. Let us seek to ascertain the secrets of nature, in order to make the invisible forces the tireless servants of the human race, and thus fill the world with happy homes.

-Light

LONELINESS

(Continued from page one)

And then we realize that neither circumstances, nor people, nor Providence are to blame — that we alone are at fault. We turn and ask for help and the void appears. There are friends. We return to those things we deserted and once despised, finding in them the basis of belonging, of filling a niche in the universe. We have found sobriety and our minds are cleared and like **Job** we find again a reason for living in faith restored.

Note: Above editorial by the late Spencer I. appeared in Central Bulletin October 1957.

NEW CENTRAL CITY GROUPS

First meeting of the new Young Peoples Group will be held on Tuesday, October 7, 1969, at First Methodist Church, Euclid Avenue and East 30th Street, Cleveland. Time is 8: 30 p.m., for this and all subsequent Tuesday evening meetings. Speaker: Bill C., Wickliffe Group.

While formation of this under 36 group to meet in the central city is to enable younger members of the fellowship to share their strength, experience and hope, all meetings are open and visitors are welcome. This is a fine opportunity for older members to learn and listen, and, when called upon, to help.

A week later on Tuesday, October 14, another group — the Mid-Town Group — will hold its first 8:30 p.m., meeting in Trinity Cathedral Parish Hall on Prospect Avenue at East 22nd Street, where there is ample lighted parking. Speaker at the open meeting: Murray S., Southwest Sunday.

SOMETHING FOR NOTHING

There is a beautiful notion afloat in our literature and in the minds of our people that men are born to certain "natural rights." If that were true, there would be something on earth which was got for nothing, and this world would not be the place it is at all. The fact is, that there is no right whatever inherited by man which has not an equivalent and corresponding duty by the side of it, as the price of it.

The rights, advantages, capital, knowledge, and all other goods which we inherit from past generations have been won by the struggles and sufferings of past generations; and the fact that the race lives, though men die, and that the race can be heredity accumulate within some cycle its victories over Nature, is one of the facts which make civilization possible. The struggles of the race as a whole produce the possessions of the race as a whole. Something for nothing is not to be found on earth.

The most lovable quality that any human being can possess is tolerance. It is the vision that enables one to see things from another's viewpoint. It is generosity that concedes to others the right to their opinions and their own peculiarities. It enables us to let people be happy in their own way instead of our way.

-Exchange

TRUSTEESHIP

Every man is the trustee of the life entrusted to him. How he discharges this trust is his personal test. God gives him a free hand; otherwise it would be no test. Many people never realize that they have such a responsibility — such an opportunity.

Dr. Albert Schweitzer urges us to show more reverence for animal life. We ought to show more reverence for human life — how we live our part of it. Through the conduct of our lives we make — or can make — an anonymous contribution to mankind's eternal progress. It may not be **spectacular**, but it counts. The very act of trying to be better persons entitles us to feel that — in some measure at least — we are honorably discharging the responsibility entrusted to us.

-Contributed

EUTHUSIASM — 100 PROOF

(Continued from page one)

others in their own age areas. They are well within the boundaries of what AA suggests, as provided in the Twelve Traditions. They have no radical changes in mind. They welcome the advice and counsel of older **AAs**, and they will welcome **all AAs** to their meetings.

There will be opinions. Some will say: "It's been tried before and it didn't work!" That could be; maybe because this person and others like him made no effort to help the "younger set." These young people show enthusiasm and perhaps enthusiasm is just what AA in Cleveland and elsewhere needs.

This writer is with them. We can **all** use a good doubleheader of 100 proof enthusiasm.

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THANKSGIVING

In the heart of every member of Alcoholics Anonymous, at the start of every day, during the trials and tribulations of the business hours, and in the quiet of the evening, should be the constant prayer, "Thank You, God, for sobriety."

Other people may put different reasons for thankfulness first, but the alcoholic can never escape — nor does he desire to — his debt of gratitude to God for making him whole again.

Without sobriety there could be little in our lives for which to be thankful. A moment of retrospect will prove this. All the blessings we have obtained since placing our hitherto unmanageable lives in the keeping of the Higher stem from the greatest personal blessing, deliverance from alcohol.

And the subsequent blessings have been numerous. They may not have been spectacular. They may not have brought us the wealth or position we desire as mundane creatures. There may even have been reverses and delays in **achieving** what we believed to be our just reward for sobriety.

The first thing to remember is that sobriety is the primary reward. The second point to bear always in mind is that if we have not developed as far as we believe we should the fault is to be found within ourselves and not in others or in circumstances.

By thanking God for what we want, as though we already had it, we make its realization possible. The Nazarene prayed that way when he said, "Father, I thank Thee that Thou hast heard me. And I know that Thou hearest me always." A prayer of thanksgiving is the highest form of faith.

The Thanksgiving season is an appropriate time for all of us to take counsel with ourselves and to have a quiet, private session with our Maker on this topic. It is time to give thanks for everything and it follows as the day succeeds the night that, when we are grateful for what we have and what we righteously desire, more follows without our asking. We have attained that confidence in the goodness and power of the Almighty which brings peace of mind and material rewards as well.

We must remember that true prayer is not the submission of a bill of particulars of what we would like to have, but an expression of humble gratitude for what we already have and what we are. It is, as someone expressed it, "a continuous, unbroken act of praise and thanksgiving."

When we learn to give thanks for the little things, in addition to the great miracle of sobriety: when we can find happiness in the small act of a friend or neighbor, in the smile and decent word of a stranger, showing that all men are the **children of God**, we have **truly learned** now to pray. We will find that the affairs of our lives begin to harmonize. We find that we reciprocate. That we get joy in giving happiness, in being pleasant as well as in receiving joy and having other people be pleasant to us.

It is then that we abandon the negative approach to a wider spiritual experience and take on a positive attitude. By thanking God for what has been done, and ask-

(Continued on page four)

WE SURE DO TRY!!

It **appears** that if there is one thing AA does not have, it is a surplus of "quiet" people! If we stop and think, we've never really seen such a congregation of "talkers," "thinkers" and people who just literally "love to get into the act"! in theatrical circles — the stage, movies or TV, they would class us as a host of "hams," and isn't this so true

Funny thing about it, though, the hams in the theatrical world usually seem to be fairly successful, and though their audiences find them amusing, sometimes almost to the point of boredom, they still keep popping up, and are again and again in demand. They're not the best, but they try!

We might draw such a conclusion or two from such an analogy. It seems the people who love to "get in the act" do so out of love for the profession. In the actor's case: his love of the theatre and a desire to give of himself that others may find enjoyment. In the case of sober AA members usually the reason is their sincere desire to not only show the others that AA does work but that it works (as one old-timer used to put it:) beautifully! They really hope that they can, through their efforts, help someone else find the pleasure they are deriving from living a happy sober life. If they appear to some to be a little bit "hammy," really who cares? It is generally pretty hard to conceal a real desire to be of help to others who suffer from our common malady — alcoholism.

Not long ago the Twenty Four Hour Book dealt with the effectiveness of a short, to-the-point talk by a sincere AA. We agree, but there

are some people who find it tough to say in a few words just how they feel about their sobriety. To be a member of AA and in turn, possibly a speaker at a meeting or meetings, does **not** require the member to be a polished, audience-pleasing public speaker. In truth his talk may actually be of greater benefit to himself, and if others benefit — wonderful!

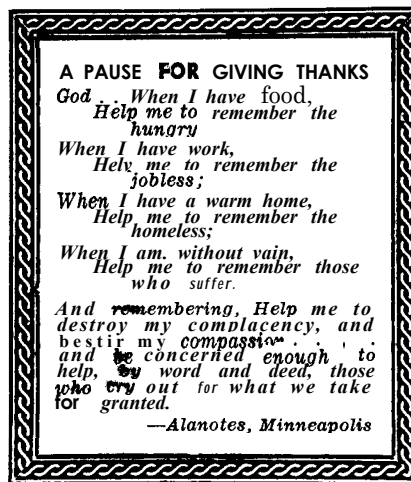
Speaking at meetings will usually instill in a member the feeling of having discharged a responsibility asked of him, and that he is more a real part of AA. In short it is good for him. Were it not, AA would not have survived for 30 plus years.

It is a funny thing, too, you know; the people who most strongly criticize a speaker generally turn out to be worse themselves, or perhaps have sidestepped the responsibility of leading a meeting and will steadfastly refuse to do so when asked.

Plainly then, criticism of a member's lead or talk might well be reserved for his sponsors or some old-timer close to him. Feelings are hurt easily we know and not all members may have learned to develop the "rhinoceros hide" that seems to be rather **valuable** around some AA meetings when the "needles" come out of their cases.

When it comes right down to it, however, we all **really do** love the "hams" among us! No matter how windy or boring they may become, we can easily see

(Continued on page four)





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Harry D., Founder and Editor 1892-1968



Vol. 20

November, 1969

No. 2

MILL ENDS AND REMNANTS

Since AA's first International Convention in Cleveland in 1950 when The Twelve Traditions were confirmed (they were first published in 1946), November of each year has been observed as Traditions Month.

It is fitting, therefore, they be reproduced in this column at this time:

THE TWELVE TRADITIONS

ONE: Our common welfare should come first; personal recovery depends upon AA unity. **TWO:** For our group purpose there is but one ultimate authority . . . a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants . . . they do not govern. **THREE:** The only requirement for AA membership is a desire to stop drinking. **FOUR:** Each group should be autonomous except in matters affecting other groups or AA as a whole. **FIVE:** Each group has but one primary purpose . . . to carry its message to the alcoholic who still suffers. **SIX:** An AA group never endorses, finances or lends the AA name to any related facility or outside enterprise, but problems of money, property and prestige divert us from our primary purpose. **SEVEN:** Every AA group ought to be fully self-supporting, declining outside contributions. **EIGHT:** Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers. **NINE:** AA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve. **TEN:** Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy. **ELEVEN:** Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films. **TWELVE:** Anonymity is the spiritual foundation of all our Traditions+ ever reminding us to place principles before personalities.

May we suggest also that during the month of November each of us re-read and study the book — "Twelve Steps and Twelve Traditions" in order that we may acquaint ourselves with "the principles and forces that have made Alcoholics Anonymous what it is." We sincerely commend to your review the article entitled: "ME and My Traditions" on Page 7 of the November 1969 issue of AA Grapevine.

These are not to be taken lightly, by George!

A SMILE

Nothing on earth can smile but man. Gems may flash reflected light, but what is a diamond-flash compared to an eye-flash and a mirth-flash.

Flowers cannot smile; this is a charm that even they cannot claim. It is a prerogative of man; it is the color which love wears and cheerfulness and joy — these three. It is a light in the windows of the face, by which the heart signifies it is at home and waiting. A face that cannot smile is like a bud that cannot blossom, and dries on the stalk. Laughter is day and sobriety is night, and a smile is the twilight that hovers gently between both — more bewitching than either.

MINUTES OF CENTRAL COMMITTEE MEETING OCTOBER 7, 1969

Meeting, at which 27 Group Representatives were present, was opened with the Serenity Prayer by John F., Vice Moderator, who then read the Purposes of Central Committee. Minutes of September 3 meeting were approved as amended. Treasurer's report reflected a balance of \$143.38, of which \$74.20 is in the Institution Fund.

Committee reports were as follows:

1. **Action Committee** — Dick F. Chairman. Use of mailing lists for sending merchandise brochures to group secretaries handled for correction and discontinuance. News item erroneously reporting that proceeds from a play on alcoholism as going to AA, instead of Cleveland Center on Alcoholism, handled for correction and apologies extended.

2. **Areawide Meeting** — Lou W., Chairman. Next areawide meeting will be held on December 5, 1969, 8:30 P.M., Jordon Hall, Charity Hospital. Speakers: Jerrie and Harold D. of Mansfield, Ohio.

3. **Central Bulletin** — All members urged to be a Bulletin booster and get new subscriptions. George M., Editor, reports that failure to notify of change of address prior to mailing continues as an unnecessary expense, and drain upon reserves.

4. **Hospital Committee** —

Rosary Hall, Ray M., Chairman. There is still shortage of nurses to complete the staff for women's ward.

Serenity Hall, Bernie B., Chairman. Everything on quiet side.

Brecksville VA, Matters discussed included sponsorship of patients on release, time and place of AA meetings in the hospital, attendance and whether AA's permitted to visit ward. Dick F. and John F., will check and report further at next Central Committee meeting.

Hawthorne Hospital, George M., Representative. Everything quiet.

5. **Institutiona. Committee** — Lenore W., Chairman. Nothing to report.

6. **P.I.C. Committee** — Dick P., Chairman. 134 speakers to non AA groups at dnon AA meetings were supplied by the District Office in first nine months of 1969. OLD BUSINESS: Inasmuch as balance in treasury is less than \$100.00, as in past each group will be requested to remit \$5.00 to the fund, and statements will be forwarded with announcement of next meeting.

NEW BUSINESS: Discussion was had of newspaper article on cigarette smoking and Smoke Watchers International, which relies on group dynamics similar to AA.

Discussion ensued with respect to the Young Peoples Group and motion carried that Central Committee give this new group its unqualified support. Cleveland District Office Operating Committee took similar action.

The meeting closed with the Lord's Prayer.

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

CLEVELAND AA DISTRICT OFFICE

The Cleveland AA District Office is open to anyone, male or female, who is seeking an answer to an alcoholic problem. The office, located in Room 203, 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.

CLEVELANDALANONOFFICE
ROOM 507, COMMERCIAL BUILDING
2056 EAST 4th ST., TEL. 621-1381

PRAYER OF THE MONTH

Almighty God, forgive me for extolling my many accomplishments, and forgetting you in my successes. Help me to be continually dependent upon Thee in all things, and may your goodness envelop me forever. Amen.

DATES TO REMEMBER

NOVEMBER IS GRATITUDE MONTH

- November 2-Fourth Quarterly Meeting, Northeastern Ohio General Service Committee, 3:00 P.M., American Legion Hall, Brecksville, Ohio.
- I-Central Committee, 8: 30 P.M., Room 3 62, Hanna Building.
- 6-Allendale Group's Annual Chicken Dinner (Sold Out). Meeting 8: 30 P.M., Speakers: Bill and Lil T., Buffalo, N.Y.
- 8-Night and Day Group, 8th Anniversary, 10:00 P.M., St. Paul's Episcopal Church, 15837 Euclid Ave East Cleveland, Ohio. Speaker: Dick P., Parma Saturday Night Group.
- 10-Orchard Grove Group, 30th Anniversary, 8:30 P.M., Our Lady of Mt. Carmel, W. 70th and Detroit Ave., Cleveland. Speaker: Clarence S., St. Petersburg, Fla., a 32-year member formerly of Cleveland AA.
- 24-Borton Group, 30th Anniversary, 8 : 30 P.M., Forest Hills Pres. Church, Lee and Monticello Blvd., Cleveland Hts., O., Speaker: Tom McG., Edgelake Group.
- 27-Thanksgiving Day.
- 27-West Side Morning Group, 11:00 A.M., Hungarian Lutheran Church, W. 98th and Denison (rear). Speaker: Harry W., Mayfield, Ky., (formerly of Cleveland), who has lead this Thanksgiving Day meeting for 28 years. He's the man who gives away his marbles.
- December 1-Early Early Group, 15th Anniversary, 8:30 P.M., St. Malachi's School Auditorium, 2459 Washington St., Cleveland, Ohio.
- %-Central Committee
- 3-North Olmsted Group, 9th Anniversary, 8:30 P.M., Episcopal Church of the Advent, 3760 Dover Center Road. Speaker: Tom K., Barberton.
- 5-Areawide Meeting, 8:30 P.M., Jordon Hall, Charity Hospital, E. 22nd and Central, Cleveland, Ohio. Speakers: Jerrie and Harold D., Mansfield, Ohio.

IN MEMORIAM

To the families and friends of those listed we extend sincere sympathy and our prayers that their bereavment may be tempered by reflective thoughts upon the happiness shared:
 FRED FRIEDEL, a 21 year member, passed away August 10.
 CLIF W. HOPKINSON, a 29 year member and co-founder of what is now the Edgelake Group, passed away on September 27.
 JOSEPH F. GAFFNEY, a former Cleveland member, recently in Shreveport, La.

HIGH BOTTOM — LOW BOTTOM

A bottom . . . no matter how low . . . is only a bottom. What matters is how you have dealt with that bottom; how you have used it as a foundation for a new way of life. It is not necessarily an axiom that those who have fallen to great depths will grow spiritually to great heights. Granted, they have further to grow, but a low-bottom drunk may now achieve the spiritual growth of a high-bottom. It all depends on how the experiences are used. If suffering is properly used — no matter how great or how small that suffering — spiritual growth will result. If it is not properly used, no growth of any kind will accrue.

Tom B., Charlotte, N.C. via Silent Rostrum

AA's 35th ANNIVERSARY

As we go to press, the first registration and housing form are in the mail for AA's 35th Anniversary Convention to be held July 3-4-5, 1970, in Miami Beach, Florida. Housing will be on a first-come first-served basis, and reservations, accompanied by registration forms and fees must be sent to Box 459, Grand Central Station, New York, N.Y. 10017.

This convention, the theme for which is "UNITY," promises to be a memorable international get-together for AA's and their families. Expected attendance from "overseas" is 2500.

It just doesn't pay to be in a hurry — you pass up much more than you catch up with.
 —Montapert

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. 4466 Turney Rd., New Chapel Bldg #1	8 :00
TUESDAY	
BRECKSVILLE V.A. HOSPITAL-1000 Brecksville Rd.	7 :30
HAWTHORNDEN HOSPITAL-Cottage #10, 306 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, 6151 Smith Rd.	8:30
ELYRIA-Community Church, 680 Abbe Rd.	8:30
LAKEWOOD—Pres. Church, Detroit at Marlowe	8:30
STAG GROUP-Charity Hospital	8:00
VERMILLION-Church of Christ, State St.	8:30
TUESDAY	
EUCLID-Christian Church, 28001 Lake Shore Blvd.	8 :30
OLMSTED FALLS-Community Church, 7863 Columbia Rd.	9 :00
SUBURBAN WEST-Our Savior Church, 20300 Hilliard Rd.	8 :30
WEDNESDAY	
BEDFORD-Christian Church, 96 Warrensville Ctr. Rd. . . .	10:30 a.m.
CHAGRIN VALLEY-Pres. Church, Rt. 306, Bainbridge	8 :30
FAIRPORT HARBOR-Luther Center, Eagle St.	8:00
IGNATHIA-Grace Church, E. 91st & Harvard	8 :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 (lower floor) 3626 W. 26th St.	8 :30
THURSDAY	
CLEVE. HTS.—Pres. Church, Fairmount & Scarboro	9 :00
LORAIN COUNTY-Lutheran Church, 3334 Wilson St.	8:30
NORTH CANTON-Northminster Pres. Church	8:00
WEST SIDE-St. Mark's Church, 15300 Puritas Rd.	1:30
FRIDAY	
EAST CLEVELAND-Y.W.C.A., Lee Blvd. at Euclid	1:30
ROSARY HALL-Charity Hospital, E. 22nd & Central	8 :00
SATURDAY	
LORAIN AVENUE-St. John Bosco Church, 6460 Pearl Rd.	8:30

GET A GOOD NIGHTS SLEEP

Some three hundred years ago, a statesman who had some responsibility for world affairs could not sleep at night. His wakeful servant saw the lighted candle in his master's bedroom. Knocking softly, he entered and found the man pacing the floor. When the disturbed servant asked what he could do, the statesman shook his head, as he paced back and forth.

"It is the terrible problems of the world that keep me awake. You can do nothing about them."

"Sir," the humble servant asked, "who watched over the world before you came into it?"

"Why, God, of course."

"And sir, will God watch over the world after you have gone from it?"

"Certainly, the statesman answered."

"Then, sir, why don't you let Him watch over it just long enough for you to get a good night's sleep?"

The statesman went to bed and slept.

ON LIVING

Nothing that is worth doing can be achieved in our lifetime; therefore we must be saved by hope. Nothing which is true or beautiful or good makes complete sense in any immediate context of history; therefore we must be saved by faith. Nothing we do, however virtuous, can be accomplished alone; therefore we are saved by love. No virtuous act is quite as virtuous from the standpoint of our friend or foe as it is from our standpoint. Therefore we must be saved by the final form of love which is forgiveness.

-Reinhold Niebuhr

GIGGLES

Arriving back at his new automobile, the gentleman observed a front fender caved in. A note on the windshield, read: Sorry about the fender, old man, but I never could judge distance too well. A crowd of onlookers is now watching me write this note. They think I'm giving you my name and address, I'm not!

The AA language includes a multitude of one-line quotes, philosophies, etc., many of which are extremely apt-often hitting the right spot at just the right time. Here are some good ones:

"Worry is the property of Management."

"AA is a kit of tools which fits all kinds of nuts."

"Happiness is not in having what you want, but wanting what you have."

-from Chit-Chat

TODAY IS ALL!

O Father, guide these faltering steps today, Lest I should fall! . . . Tomorrow? — Ah, tomorrow's far away, Today is all. . . . If I but keep my feet till evening time, Night will bring me rest; . . . Then, stronger grown, tomorrow I shall climb With newer zest. . . . Oh, may I stoop to no unworthiness, In pain or sorrow, . . . Nor bear from yesterday bitterness On to tomorrow! . . . Then, Father, help these searching eyes today The path to see; . . . Be patient with my feebleness — the way is steep to Thee!

-Contributed

WE SURE DO TRY!!

(Continued from page one)

they are sincerely desirous of being as helpful to the program, and to others, as is possible. Perhaps they even go overboard sometimes in an effort to get their feelings across, and it might just be so, because they're afraid they might be a little inadequate in trying to talk or write about something so priceless as sobriety and our divinely inspired program, so freely given by He who surely loves us all!

The simple beauty of the things and ideas that He gives us is so great that it is often beyond the ability of mere mortal men to describe them or demonstrate them as simply or beautifully as they are given. But we try!

CHARMING IS THE WORD FOR ALCOHOLICS

by Fulton Oursler

Down at the very bottom of the social scale of AA society are the pariahs, the untouchables and the outcasts, all underprivileged and all known by one excoriating epithet — relatives. I am a relative. I know my place. I am not complaining. But I hope no one will mind if I venture the plaintive confession that there are times, oh many times, when I wish I had been an alcoholic. By that I mean I wish I were an AA. The reason is that I consider the AA people the most charming in the world.

Such is my considered opinion. As a journalist it has been my fortune to meet many of the people who are considered charming. I number among my friends stars and lesser lights of stage and cinema; writers are my daily diet; I know the ladies and gentlemen of both political parties; I have been entertained in the White House; I have broken bread with kings and ministers and ambassadors; and I say, after that catalog, which could be extended, that I would prefer an evening with my AA friends to any person or group of persons I have indicated.

I asked myself why I consider so charming these alcoholic caterpillars who have found their butterfly wings in Alcoholics Anonymous. There are more reasons than one, but I can name a few. The AA people are what they are, and they were what they were, because they are sensitive, imaginative, possessed of a sense of humor and an awareness of universal truth. They are sensitive, which means they are hurt easily, and this has helped them become alcoholics. But when they have found their restoration, they are still as sensitive as ever: responsive to beauty and to truth and eager about the intangible glories of this life. That makes them charming companions. And they are possessed of a sense of universal truth that is often a new thing in their hearts. The fact that this at-one-ment with God's universe had never been awakened in them is sometimes the reason why they drank. The fact that it was at last awakened is almost always the reason why they were restored to the good and simple ways of life. Stand with them when the meeting is over and listen as they say the "Our Father."

They have found a Power greater than themselves which they diligently serve. And that gives a charm that never was elsewhere on land or sea; this makes you know that God Himself is really charming, because the AA people reflect His mercy and His forgiveness. They are imaginative and that helped to make them alcoholics. Some of them drank to flog their imagination to greater efforts. Others guzzled only to black out unendurable visions that rose in their imaginations. But when they have found their restoration, their imagination is responsive to new incantations, and their talks abound with color and light and that makes them charming companions too.

They are possessed of a sense of humor. Even in their cups they have been known to say damnably funny things. Often it was being forced to take seriously the little and mean things of life that made them seek escape in a bottle. But when they have found their restoration, their sense of humor finds a blessed freedom and they are able to reach a god-like state where they can laugh at themselves, the very height of self-conquest. Go to meetings and listen to their laughter. At what are they laughing? At ghoulish memories over which weaker souls would cringe in useless remorse. And that makes them wonderful people to be with by candlelight.

-from Chit-Chat, Robeson, Pa.

THANKSGIVING

(Continued from page one)

ing only that His will be expressed through us, that the affairs of our 24 hours, including continued sobriety, be placed in His hands, we find a new happiness wherein every day is a day of Thanksgiving and spiritual and material abundance wait us.



THE RE-BIRTH

This is the season of rebirth in the forces of nature, when the dying sun reaches its lowest point and begins to retrace its steps. There is still a period of darkness and trial that we call winter, but the growth of the heat as the sun continues on its new course finally enables vegetation to burst out anew, to grow and to thrive. As spring advances into summer, we see nature in the fullness of life.

This too is the season of spiritual rebirth, the season in which the spirit of man is born again, the season in which the spirit of man receives the grace that enables him to "cast away the works of darkness and put on the armor of light."

The season is of particular significance to us, since we have been reborn again in a special sense. We were reborn when we accepted the fact that we had become alcoholics, that we were powerless over alcohol and our lives were unmanageable. In our rebirth, we turned to a power greater than ourselves. In the due season, we observe the beginning of spiritual growth. That growth will continue and give us seed for greater growth as long as we continue in that growth.

We have to cultivate our new growth by turning continuously to the Divine Power. We have to cultivate our new growth by daily inventory, by rooting out the weeds of pride, of covetousness, of envy, of anger, of sloth, of gluttony, of lust. Any one of these weeds, left to thrive, will crowd out our new growth. Finally, we have to develop our new growth by giving something of ourselves to others.

Those of us who are new in this new way of life, still have to learn the first steps in personal control. We have to be thorough and honest with our inventories and diligent in our work. We must avoid the temptation of making an exception, whether an exception in taking "one little drink," or an exception in some kind of wrong-doing.

Those of us who are not new in this new way of life, still have to learn. Some of us still have to learn the first steps, still have to learn not to make exceptions. Others of us may have reached the level at which we can learn something on the positive side of good.

Pride and covetousness and gluttony and anger and envy and sloth and lust are the great sins that we have to watch all the time. We must learn too, to develop in the virtues. When we have learned prudence and temperance and justice and fortitude, then we may know also faith and hope and charity.

As we light the lights of this Christmas season and thus celebrate our rebirths, our newness of life, may we feel the blessing that comes to us from God the Father Almighty, and may we face the new year with determination to continue our growth in the things that are good.

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DOIN' WHAT COMES NATURALLY

Not long back one of the larger breweries had a television commercial which dealt with "the natural man." Like all commercials, while it didn't run too long, it was quite monotonous. Nevertheless, audio-video advertising makes its mark on the mind, and it wasn't too long until someone in AA was heard to talk about drinking being the "natural" thing for an alcoholic.

The natural thing? Can you ever recall feeling "natural" the next morning when you were dying for a drink with which the "get well," or when your head was hanging over the sink, and you were a very unnatural shade of green, and your dear wife was saying, naturally, "Why do you do this to yourself?"

To be sure, one must conclude that our drinking came "naturally" to us. It's just about all we ever did. But to really believe that our drinking was natural is akin to insanity. To begin with only necessary, good things are really natural for man, and alcohol is or never was a necessity, a really good thing in the life of man, especially not for we alcoholics.

It would follow then simply that our drinking was just about the most unnatural thing we could do, and oh, how we rebelled against giving it up or making the attempt to do so. Absolutely not! Our drinking was the natural thing to do and we were natural men!

We were so "natural" we ended up in gutters, jails, mental hospitals, divorce courts, penitentiaries and in all manner of situations that, of course, must be natural places or situations for us to be in. Naturally!

Alcoholics Anonymous teaches and has shown us how to live normally, or as nearly normally as possible. We are people with an incurable illness, and as long as we refuse to accept treatment for it, it will prevent us from living normal, natural lives. There was **nothing** natural about the lives we led as practicing alcoholics. We were going headlong against nature and the result could only be what it usually was: Chaos.

Once we attain some sobriety we begin to learn a little about how to live in accordance with nature. For some it came easily, for others it was, and is, a long, slow road. For all of us it has or must become a life-long pursuit, for our "old friend" alcohol will always be there, waiting.

In Emerson's essay on spiritual laws, he talks about **Belief** and Love. He speaks of obedience. He states "by contenting ourselves with obedience we become divine. Belief and love — a believing love will relieve us of a vast load of care. O, my brothers, God exists. There is a soul at the center of nature and over the will of every man, so that none can wrong the universe."

A few sentences later, he writes: "The whole course of things goes to teach us faith. We need only to obey. There is guidance for each of us and by lowly listening we shall hear the right word."

Here we have words and thoughts from a man who lived and thought a hundred years ago. Words, thoughts which are in beautiful agreement with the teachings and principles of AA.

(Continued on page four)

**That the abiding joys
of the Christmas Season
may come in good
measure to you and
yours, followed by a
New Year filled with
an abundance of all
good things, is the sincere
wish of —**

Central Bulletin Foundation



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Harry D., Founder and Editor 1892-1968



Vol. 28

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No. 3

MILL ENDS AND REMNANTS

Researching and thinking out materials for these monthly columns is one of the compensations that makes the effort worthwhile, and this month is no exception, although the effort has not been so great, for in the Central Bulletin of December 1949, we found the following, which had been submitted by Robert E. B., of Wednesday Lee Group:

CHRISTMAS SPIRIT

Christmas is not a holiday or a season, but a Spirit,— a Spirit that should be in our hearts at all times. We as members of Alcoholics Anonymous have a fine set of principles which can be applied to making this Spirit eternal. What I have to offer does not require perversion of them. Rather the application of them, I believe, is in a strict sense the true Christmas Spirit.

Here they are. I hope you will agree with me:

We admit that because of that Child born nearly two thousand years ago in Bethlehem, our lives have become more beautiful.

We believe that only because of His power we can acquire the sanity to feel the Spirit of Christmas.

We decide that by obeying His will as we understand it, our Christmas Spirit will be unending.

We search fearlessly in our hearts for the evil He would have cast out, thereby making room for the Christmas Spirit.

We admit, not only to Him, but to ourselves and to others our wrongdoings, cleansing our soul for the Spirit of Christmas.

We humbly ask Him to remove our defects of character, also ask Him to erase our shortcomings, enabling us to put behind us those childish thoughts of Christmas as a day of revelry and allow us to think as grown men and women of what constitutes the true Spirit of Christmas.

We are willing and we do make resitution wherever possible to those people we have harmed, thus becoming imbued with the real Spirit of Christmas.

We continually take personal inventory of ourselves, admitting when we are wrong, thus allowing us to acquire the humility to accept the Spirit of Christmas.

We improve our conscious contact with God through prayer and medication, going directly to the true source of the Christmas Spirit for real understanding.

Having had this enriching spiritual enlightenment, we try to carry this Christmas Spirit to others at all times and to practice these principles in all our affairs, for such is the Spirit of Christmas.

Christmas IS sharing, by George!

WINTER SOLSTICE

Today's Yule Log, other Christmas fires, even our tree lights, are thought by some to hark back to the days when our remote ancestors built huge fires during the brief daylight of the winter solstice because they feared the warning sun might darken forever. When the days began to grow longer, there were great celebrations by these ancients, who felt that their earthly fires had helped revive the sun.

MINUTES OF CENTRAL COMMITTEE MEETING NOVEMBER 4, 1969

Moderator Bill H., opened the meeting with the Serenity Prayer in which he was joined by the 28 group representatives present. Following reading of the Purposes of Central Committee and The Twelve Traditions of AA by Vice Moderator John F., minutes of the October meeting were read and approved. Treasurer's report disclosed a balance of \$218.38, of which \$64.20 is balance in Institution Fund.

Reports of the Action, Institution and Hospital Committees revealed little of moment, although in case of latter as concerned Rosary Hall, Chairman Ray M., reported the Women's Ward has not opened due to nurse shortage. It was suggested that this be mentioned at home groups in case qualified persons would be interested.

Areawide Meeting — Lou W., Chairman, reported that program all set for meeting at Jordan Hall on December 5 and members are urged to publicize to assure good attendance.

Central Bulletin — George M., Editor, urged that they be notified of address changes prior to actual move, thus avoiding expense of return postage. Further, AA population in greater Cleveland being what it is, circulation of the Bulletin should be double or triple present volume and every member and subscriber is being urged to get new subscribers.

P.I.C. Committee — Dick P., Chairman, reported 153 speakers to non AA meetings and groups were supplied by the Cleveland District Office in the first ten months of 1969.

There was no old business and under the heading of new business, attention was called to election of Central Committee officers at the December 2, 1969 meeting. Additional new business discussed covered more legible preparation of group announcement cards; the suggestion to secretaries that they destroy old Secretary lists upon reissuance; a lengthy discussion ensued with respect to AA literature; and the proposed chartered round-trip plane trip from Cleveland to the 35th Anniversary International Convention in Miami, Fla. July 3-4-5, 1970. Also discussed was visits of non-AA members to certain AA groups with suggestion that when in doubt contact District Office for clarification.

Meeting was adjourned with the Lord's Prayer.

Respectfully submitted,
Jean C., Sec. Treas.

A READER WRITES . . .

My deepest gratitude to all of you for the many copies of the Bulletin for the past years. They have been so much help in maintaining my sobriety and many, many others out here in the Far East and Vietnam.

I present copies to our Manila Group, which we started three years ago and it is doing terrific. I share the copies with the other members and the Chaplains here at Danang, Vietnam. We meet three times a week here, if the enemy does not interfere.

I went to Sidney, Australia, for six days and attended seven meetings while there. The people overwhelmed me with their kind hospitality, so would like to return some of my appreciation with presenting this one AA couple with a year's subscription to the Bulletin. I know our friends down under are always happy to get any literature pertaining to AA.

I have been an Internationalist for five years, and your paper, plus all the other material has helped in keeping me sober a day at a time. Thanks so much; God bless you all.

Love in the Fellowship,
(Name withheld, of course)

Editor's note: This one letter makes all of the time and effort worthwhile, and leads us to add that our non-subscribers are surely missing a bet. Subscription for the Sydney couple has been duly entered.

A CHRISTMAS PRAYER

Let us pray that strength and courage abundant be given to all who work for a world of reason and understanding; that the good that lies in every man's heart may day by day be magnified; that men will come to see more clearly not that which divides them, but that which unites them; that each hour may bring us closer to a final victory, not of nation over nation, but of man over his own evils and weaknesses; that the true spirit of this Christmas Season — its joy, its beauty, its hope, and above all its abiding faith — may live among us; that the blessings of peace be ours — the peace to build and grow, to live in harmony and sympathy with others, and to plan for the future with confidence. Amen.

THANKSGIVING YEAR 'ROUND

There is an element of greatness in a feeling of gratitude, for the man who does not recognize his obligation for blessings that come into his life is indeed a man of small mind and heart.

Real appreciation should always find a way of expression. It is a mark of nobleness to show gratitude for the bounties of Providence, and for the friendships and favors that enrich and benefit us.

Thanksgiving means simply being thoughtful and kind. -Rays of Sunshine

DATES TO REMEMBER

- December 1-Early Early Group, 15th Anniversary, 8 : 30 P.M., St. Malachi's School Auditorium, 2459 Washington St., Cleveland, Ohio.
2-Central Committee, 8:30 P.M., Room 362, Hanna Building.
2-Helpful Group, first meeting, 8:00 P.M., First United Church of Christ, 2150 Warren Road, Lakewood, Ohio. Speaker: John M., Brookpark.
3-North Olmsted Group, 9th Anniversary, 8:30 P.M., 3760 Dover Center Road. Speaker: Tom K., Barberton.
4-Painesville Group, 10th Anniversary, 7: 30 P.M. Dinner after meeting. Speaker: Father S., Lakewood Men.
5-Areawide Meeting, 8 : 30 P.M., Jordan Hall, Charity Hospital, E. 22nd and Central, Cleveland, Ohio. Speakers: Jerrie and Harold D., Mansfield, Ohio.
6-Trinity Group, 22nd Anniversary, 8 : 30 P.M., 3525 W. 25th St., Cleveland, Ohio. Speaker: Wyn W., Wednesday Lee.
T-Southwest Sunday Group, 6th Anniversary, 8 : 30 P.M., Berea High School, Bagley and Eastland Roads, Berea, Ohio. Speaker: Clarence S. (Cleveland's "First") of St. Petersburg, Fla.
15-Fresh Start Group, 1st Anniversary, 8:00 P.M., 4807 Cedar Ave., Cleveland, Ohio. Speaker: Tom A. Solidarity.
25-MERRY CHRISTMAS
31-Clark Group, Annual Adults, New Year's Eve Dance, 8:00 P.M. — 1:00 A.M., Masonic Temple, E. 36th-Euclid Ave., Cleveland, Ohio.
January 1-A HAPPY, SOBER AND PROSPEROUS NEW YEAR

IN MEMORIAM

To the families and friends of those listed we extend sincere sympathy and our prayers that their bereavment may be tempered by reflective thoughts upon the happiness shared :
BILL RADKE, a member of Lakewood Armory Group, passed away in October.

BENEDICTION

May not strife disturb thy clays, nor sorrow disturb thy thoughts, and may the pillow of peace kiss thy cheek, and the pleasures of imagination attend thy dreams; and when length of years hath made thee tired of earthly joys and the curtains of death gently close around the scene of thy existence, may the angels of God attend thy bed and take care that the expiring lamp of life shall not receive even one rude blast to hasten its extinction; and finally may the blessing of God wash thee to enter into the land of everlasting happiness.

CLEVELAND AA DISTRICT OFFICE

The Cleveland AA District Office is open to anyone, male or female, who is seeking an answer to an alcoholic problem. The office, located in Room 205, Frederick Building, 2063 E. 4th St., is open weekdays from Q 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

Table with columns for Day (SUNDAY, MONDAY, TUESDAY, WEDNESDAY, THURSDAY, FRIDAY) and Institution Name, Location, and Time. Includes TRUSTY HALL, BRECKSVILLE V.A. HOSPITAL, FAIRHILL PSYCHIATRIC HOSP., etc.

ALANON GROUP MEETINGS

Table with columns for Day (SUNDAY, MONDAY, TUESDAY, WEDNESDAY, THURSDAY, FRIDAY) and Meeting Name, Location, and Time. Includes GARDEN VALLEY, BROOKPARK, LAKWOOD, etc.

SECOND CHANCE

If you should happen to let the New Year arrive without making a new set of resolutions, don't give up. You'll have other opportunities.

You should be able to come up with some fine resolutions before Feb. 18, which marks the start of the new year in China; March 21, Persia; April 1, Siamese; April 26, Mohammedan ; or Aug. 29, Alexandrine.

SEEDS AND FAITH

Our seed and faith acts very much like the flower seeds we plant. It takes root, grows, blossoms and ripens to full bloom when we nurture it with our steadfastness in Him, and by our human efforts to help the seed of faith in its blooming. There is absolutely no plausible reason why we should fret that it may not bloom, any more than we worry about sweet pea seeds we plant. Our faith in the sweet pea seed is so great that we put poles and strings along the row for the vines to climb, long before their first shoots are visible.

FRANKLIN'S CREED

A great many people who are not identified with any religious group believe in God. It is impossible for them to go along with the time-honored creeds and rituals of the sects with which they are familiar. They find it difficult, however, to put their own convictions in words. Such people might like to know that they have something in common with Benjamin Franklin; but he was able to throw his beliefs into sharp focus.

"Here is my creed," he wrote. "I believe in one God, Creator of the Universe. That He governs it by His Providence. That He ought to be worshipped. That the most acceptable service we can render Him is doing good to His other children. That the soul of man is immortal and will be treated with justice in another life, respecting its conduct in this life."

STEP TWO

"Came to believe that a Power greater than ourselves could restore us to sanity."

Taking the Second Step is our first attempt at the re-establishment of Faith for us who no longer had tiny. The promise of Hope for those who believed they were hopeless, and Belief again that God would help us, we who were so long Helpless.

An awareness of the Fatherhood of God through the brotherhood of man. (AA)

Learning that God is Infinite and can not be divided by any denominator or any given number.

Teaching us Serenity, which is the absence of inner conflict over those things which we can not control. Those are best left in God's hands and not ours for solution.

Let our Credo be "God I believe, help Thou mine unbelief."

Ernie L., In *Ah-Notes*

COMPLETE SURRENDER

"Humble yourselves therefore under the mighty hand of God." I Peter 5:6.

Is it not a fact that some of us who are bearing crosses are doing so "under protest," bearing our crosses in a spirit of suppressed rebellion against the gracious will of God? Such cross-bearing surely has no virtue and is displeasing in God's sight.

"Humble yourselves under the mighty hand of God," says Peter in the text above. In days of trial and trouble, when our human wisdom would dictate to God or would sit in judgment on His will, we are to silence our soul's complaints and surrender ourselves wholly, unreservedly, unconditionally, to His will.

We are to remember that it is the hand of our loving Father that is fashioning our life. Our fate, our destiny is but as clay in the hand of the Master Potter, and since we know He loves us, we know that He will shane our lives according to the directions of His tender mercy. Whether for the present He sends us joy or sorrow, success or failure, health or sickness, we know that He loves us and that He never makes mistakes. His judgments may be unsearchable and His ways past finding out, yet we know that His thoughts toward us are thoughts of peace and love.

Complete surrender to His loving care is the only path to peace. In every sorrow there is a strengthening angel waiting to come to those who in humble faith have learned to say: "Father, not my will, but Thine be done." Let us, then, day by day, surrender ourselves ever more and more completely to the gentle leading and tender care of Him of whom we know: He loves us!

—C.B. 1947

A JOURNEY

Life's journey is filled with excitement — but, also encounter. It is packed with thrills — but, trouble appears also. It is mingled with joy — but sadness also weaves its pattern. Life is dotted with open doors — but there are also the closed doors which man must face. All in all, it is an adventure. An adventure to be pursued with caution, courage and commitment.

—C, Neil Strait.

KNOWLEDGE

Knowledge is not a couch whereon to rest a searching and restless spirit; nor a terrace for a wandering mind to walk upon with a fair prospect; nor a tower of state for a proud mind to raise itself upon; nor a sort of commanding ground for strife and contention; or a shop for profit and sale; but a rich storehouse for the glory of the Creator, and the relief of man's estate.

-Bacon

DOIN' WHAT COMES NATURALLY

(Continued from page one)

Later in this same essay, he talks about the natural direction in which men will travel. He speaks of talent and ability. He says we will go in the direction which is easiest for us. To again quote: "There is one direction in which all space is open to him."

For we alcoholics the way of sobriety opens all space, all things to us. We can do or be just about anything if we stay sober. If not, then we all know the results. We fall again into our non-natural path to destruction.

One cannot conceive of a loving God who would desire us to destroy ourselves. It is simply against the laws of nature.

The ideas set forth by Emerson are magnificent. Belief, love, following the course of nature. Faith. We hear all these ideas at AA meetings. Perhaps we tend to complicate them. We are prone to analyze everything. Simply, then, if we just stop and think. "I believe, I love, I want to live naturally." We might find it far easier than it would appear. Staying sober is not really as tough as one thinks perhaps — if we just "do what comes naturally."

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