



WATCH THE HORIZON

Whenever we begin to take on airs and think ourselves, now that we have obtained sobriety, just a bit better than anyone else, even superior to the next rehabilitated drunk, it is well to recall the account of the self-respecting pig who got up out of the gutter mire and walked away when the souse staggered over and flopped beside him.

That was us. Each of us. The story is pertinent whether we actually reached the physical gutter or not. We reached it morally and mentally and emotionally. We made pigs of ourselves one way or the other. Often it was in several ways.

As the saying goes "pigs is pigs" and remain so, but you can make a purse out of a sow's ear and you can make a good, respectable citizen out of a lush. We say "you can" advisedly. The drunk can, and must, want to get out of the muck. But he can't do it alone. The pig could and did get up and walk away. The drunk has to be picked up. He must want to be picked up. And only a power higher than himself can put him on his hind feet and teach him to walk again as a man who is made in the image of God.

A little bit silly, not to say indecent, isn't it, to be putting on this affectation? In the sight of God and before the law no man is better or worse than another. This is the thing to remember.

Naturally everyone finds his station in life and attains a certain social status. The economic level a person reaches most often determines what sort of neighborhood he lives in, what make of car he drives, where and how far he sends his children to school. This is fine and as high a level, within reason, as possible should be obtained. The important point to keep in mind is that this is the result of faith in a Higher Power more than any intrinsic merit that may dwell within the now clean shirt of the fellow who not so long ago was a shirtless companion of pigs.

Levels should be set high. Everyone should drive toward the horizon of their choice. But nothing binds men together like the common tragic experience of alcoholism. No economic or social distinction can intervene there. This is quite a different matter from members choosing their own friends within or without the group. Tastes very as people vary, like attracts like. The stamp collectors in AA will find more in common with the other stamp collectors than with the golfers and so on. This is the variety of the human personality that makes life interesting and enjoyable. It is the antithesis of the snobbery that comes with a total lack of humility and tolerance.

Just as inflation of the ego is a dangerous business, so is deflation of the ego. To underestimate one's powers, especially when faith in a Higher Power is held, is a wicked waste of talent. The thought that you cannot attain the other fellow's place or something equally as attractive to you, or that he is better than you are and probably wouldn't notice you, are false premises. Remember, he was there with the pigs, too. There is such a thing as loving yourself properly. This means having

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DIVIDED HOUSES DO NOT STAND

Unrest, it seems, is the watchword of our present day; in our cities, our nation and throughout the world. Peaceful, calm living seems not to be "in," and dissension, rebellion, fighting seems to be the "in" thing. Everyone seems to be catching the "bug" from the "hip" crowd and wanting to do their own particular "thing," to use a little of their so-called vernacular.

Yep! Everyone wants to — should — "do his thing." Seems as though it's even sort of ruffling the feathers of our beloved AA a little bit, and it seems a bit worrisome to think that a fellowship that has been so beneficial to so many and whose principles have been so thoroughly tested for nearly 35 years, should suddenly not seem to suit some people. Seems that some want to "do their thing," and if it goes far enough the Fellowship may suffer. Maybe it has already gone too far.

To pinpoint the concern is fairly easy. In our Greater Cleveland area we have some 200 AA meetings weekly, yet it appears that for some who wish to do their thing, this is not enough. New groups are still being started, while some of the older, long-standing groups in the same general areas are suffering in attendance with the resultant difficulty of keeping their doors open. Furthermore, not many seem to be rallying 'round to help.

As examples: Some of the long-established groups on the East side and West side that once drew 150, 100, 75 or 50 members each week, are struggling to stay above water and function. On the other hand, rarely does a month go by that we don't receive notice of another group or two being formed and holding

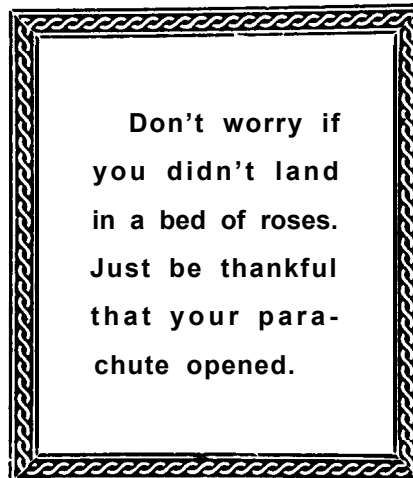
first meetings. It is a sickening thing to witness the dissolution of an old, tried and true group that has contributed so much to AA and touched the lives of so many, thus spreading the benefits of a sober life to untold thousands.

Without the meetings of the older groups, the old-timers, these past 30 years, **there would be no AA**, and those of us who have come to the fellowship in the intervening years would be **utterly lost!** It seems to this writer, before new groups are formed, that there should be some profound deliberation and consideration within the framework of three questions: "Is it good for AA as a whole?" "Is it good for the group?" "And is it good for the continued sobriety of the members concerned?" Further, "Can two weak groups meet the needs of one strong one?" "And are we placing principles above personalities?"

Do your thing! My grandmother's moustache! There is only **one** way to which we can do our thing! It behooves us to do it the AA way, and the AA way only works one way: God's Way! AA was founded and built on principles set forth by our Higher Power and those of us who are honestly, sincerely sober **know** it and are grateful to that Higher Power for AA, which has literally saved our lives. We have been given sobriety through His grace, not by doing **our** thing.

Why are there so many new groups starting? Have they met the test of the questions mentioned earlier in

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Harry D., Founder and Editor 1892-1966



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No. 4

MILL ENDS AND REMNANTS

Accompanying our telephone bill, which was received a few days ago, was the customary pamphlet which we always read for the gems oft contained therein. One of these:

"At this extra-friendly time of year, if **you** meet a man without a smile, give him one of yours."

We don't know that it would have changed things had it been read before the incident which we are about to relate, but it may have. Nevertheless, it all points up that we need be constantly on our guard, not only with respect to that first drink, but as concerns our reactions to things that occur from day to day.

Within the recent past at a late afternoon or early evening hour (the postoffice in our town was still open) having some business and personal mail to drop off, we endeavored to drive alongside the mailbox repository on sidewalk's edge so we could deposit the mail. However, illegally and discourteously, we might add, parked smackdab at the box was another car and its driver apparently awaiting someone who had gone into the P.O.

Irritability stiffed arm tolerance and patience and after a few blasts on the horn, to no avail, a kindly pedestrian took the mail and deposited it. Then to my further and later chagrin, as we pulled away and alongside of the miscalcitrant, we caustically thanked him for his discourtesy. To this he replied, "Aw shut up!"

Shortly after, during the balance of that evening and since we have been disconcerted, not by what was said to us, but by our reaction to a somewhat mild irritation. Nevertheless, we can't be too perturbed by the reaction in face of the healthier reaction to the reaction, so to speak, in that we recognized that we were wrong, and as AA taught us, promptly admitted it.

It is doubted that opportunity will be given to apologize to the individual to which we reacted, notwithstanding that he also was wrong, but the whole thing has alerted us to the need for acceptance of the things we cannot change whomever is right or wrong. So, it would appear that our best opportunity for indemnification will be in what we may do for someone else, as well as being aware of our need to be patient with everyone, regardless of circumstances.

It isn't easy, but it's friendly, by George!

IT'S TRUE

You cannot pray the Lord's Prayer . . . From the beginning to the end of it . . . And even once say "I"; . . . You cannot pray the Lord's Prayer . . . And even once say "MY"; You cannot pray the Lord's Prayer . . . And NOT pray for another; . . . For when you ask for daily bread . . . You must include your brother . . . For others are included . . . In each and every plea; From the beginning to the end of it . . . It does not once say "ME."

-Anonymous

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MINUTES OF CENTRAL COMMITTEE MEETING DECEMBER 2, 1969

Moderator Bill H., opened the meeting with the Serenity Prayer in which he was joined by the 23 group representatives present. Following reading of the Purposes of Central Committee by Vice Moderator John F., minutes of the November meeting were read and approved after amendment. Treasurer's report reflected a balance of \$373.88, including balance of \$64.20 in Institution Fund.

Committee reports followed:

1. ACTION COMMITTEE, Dick F., Chairman. Everything quiet.
2. AREAWIDE METING, Lou W., Chairman, related plans for December 5 meeting.
3. CENTRAL BULLETIN, George M., Editor, again emphasized the need for advance prompt advice of address changes. Also that every member get several new subscribers each month and that expiring subscriptions be renewed quickly. Called attention to the deadline of the 15th of each month for material to be published.
4. HOSPITAL COMMITTEE
Rosary Hall, Ray M., Chairman, reported Women's Ward not open due to shortage of nurses.
Serenity Hall, Bernie B., Chairman, related incident involving admission of patient with a community health insurance plan, and the need for physician's approval before admisions under such types of coverage.
5. INSTITUTION COMMITTEE
Warrensville Women, Lenore W., Chairman. Anne T. reported on Christmas party to be given December 23.
Brecksville VA Hospital, Ray M., reported Dr. Tucker at Brecksville would like to have about seven men to go to the Brecksville Group to act as AA counsellors in ward of about 63 men. Those interested should contact Gerry J., Secretary.
6. P.I.C., Dick P., Chairman, reported 153 speakers to non-AA meetings and groups were furnished by the Cleveland District Office during the first eleven months of 1969.

There being no old business to be considered, new business conducted comprised election of 1970 officers for Central Committee. Those elected: John F., Moderator; Ray M., Vice Moderator; Jean C., Treasurer; Joedy M., Secretary.

Meeting was then turned over to John F., who thanked the retiring Moderator on behalf of Central Committee for a job well done, and then closed the meeting with the Lord's Prayer.

Joedy M., Acting Secretary

SOME QUESTIONS ONLY YOU CAN ANSWER

What has Alcoholics Anonymous gained by your membership? Have you been permitted to enjoy its privileges and to drink at the fountain of knowledge it has provided for you? What has been your contribution in return? Is there a single human heart happier today because of some good deed you have done?

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, 2083 E. 4th St., is open weekdays from 0 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 50'7, COMMERCIAL BUILDING
2056 EAST 4th ST., TEL. 621-1381

PRAYER OF THE MONTH

Thou that has given so much to us, give us one thing more — a grateful heart. Amen.

-Toledo Area News

DATES TO REMEMBER

- January 1-A HAPPY, SOBER AND PROSPEROUS NEW YEAR
- 5-Monday A.M. 12th Step Group, first meeting in new location. 10:30 A.M., First United Church of Christ, 2150 Warren Road, Lakewood, Ohio
- B-Central Committee, 8: 30 P.M., Room 362, Hanna Building. All groups urged to support new panel of officers.
- 16—15th Anniversary, Rosary Hall Alanon Group, 8:30 P.M., Jordan Hall, Charity Hospital. Speakers: Bob and Loretta H., Novelty, Ohio.
- 17-1 5th Anniversary, Plains Group, 9 : 00 P.M., Mentor Plains Methodist Church, Route 306 & Lake Shore Blvd., Mentor, Ohio. Speaker: Jess A., Akron, Ohio.
- 20-9th Anniversary, Suburban West Alanon Group, 8: 30 P.M., Our Savior Lutheran Church, 20300 Hilliard Rd., Rocky River, Ohio. Speaker: Carter R., Louisville, Ky.
- 24—10th Anniversary, Teamsters Group, 8 : 00 P.M., 2191 East 19th St. at Carnegie. Speaker: Eddie L., Teamsters Group.
- 27—7th Anniversary, Laurel Group, 8:45 P.M., Brooklyn High School Cafeteria, 9200 Biddulp Rd. Speaker: Freda K., Laurel Group.
- February 1-First Quarterly meeting, Northeast Ohio General Service Committee, 3:00 P.M., American Legion Hall, Brecksville, Ohio.
- 3-Central Committee, Room 362 Hanna Building, 8:30 P.M.
- 7—10th Annual Dance, sponsored by Alanon Inter Group Council, 8:00 P.M., Masonic Auditorium, 3615 Euclid Ave., Cleveland. Buffet-dancing-prizes.

EACH NEW DAY

Life is a journey and not a home; a road, not a city of habitation. And the enjoyments and blessings we have along the way are but little inns on the roadside, where we may be refreshed for a moment, that we may with new strength press on to the goal.

You will meet today, ten men or women; perhaps twenty, or perhaps a hundred. Every one of them will have his or her day brightened or darkened by the tone and manner of your greeting. You can put a little more spring into the step and a little more joy into the heart of every one of them by a cheerful salutation.

Every worthwhile accomplishment, big or little, has its stages of drudgery and triumph; a beginning, a struggle, and a victory.

A few wise friends with whom to counsel, a few good books to read and absorb, and with courage and faith we are well equipped for the facing of life's difficulties and disappointments, as well as its pleasures and successes.

Lives are made of chapters. After one is written it cannot be revised, but we can write a new chapter each new day.

S M I L E !

When his wife bought a fashionable new wig, the helpful husband informed their friends, "She's living under an assumed mane!"

* * * * *

A pedestrian tossed a nickel into a blind man's cup but refused to take a pencil. "Whether you take one or not," called the blind man, "pencils are now up to 10¢."

WHEN THE HONEYMOON IS OVER

At no time in a man's life does the world seem as right as it does during his honeymoon. He's wearing those rose colored glasses and all the world is bright and gay. His dreams have come true because he has found his place in life. From now on all will be progress and there will be no problems that he can't overcome. Everything is hotsty-totsy and he's lord of all he surveys. It's a good thing man is such a confounded optimist. (When he's born his mother gets all the compliments; when he's married, his wife gets all the presents; when he dies, his widow gets all the insurance.)

The new member of AA enjoys his greatest thrill during his HONEYMOON period, those first weeks and months when he is exalted by the wonders of a new life of sobriety. He has found the answer to a lifelong prayer, and the magic of a rational thought and action. But this honeymoon, like the other honeymoon, soon levels off from the milk and honey highway to the normal plateau of bacon and eggs, the job at the mill, the evening comics and twenty questions.

Boredom, memories of more hilarious nights, fading recollections of morning whim-whams, resentment, self-pity, envy, all of these deadly poisons get in their deadly work. This is the hour every member must face. This is the day when his sincerity and honesty will be measured. This is the time for an honest inventory, a fearless searching of one's mind and soul. The metal is in the smelting pot, and the residue will be determined by right thinking or wrong thinking. This is the most dangerous, most difficult hour. You'll either be honest with the man in the glass, or you'll be a dishonest man with merely a glass.

-from The Missing Link

HOSPITALS AND INSTITUTIONS

SUNDAY	
TRUSTY HALL-1000 ft. east of House of Correction	10:00 a.m. and 5:00 p.m.
MONDAY	
HOPEFUL—State Hosp. 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. 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. 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
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
LORAIN AVENUE-St. John Bosco Church, 6460 Pearl Rd.	9:00
OLMSTED FALLS-Community Church, 7863 Columbia Rd.	9:00
SUBURBAN WEST-Our Savior Church, 20300 Hilliard Rd.	8 :30
WEDNESDAY	
BEDFORD-Christian Church, 98 Warrensville Ctr. Rd.	10:30 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. 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 :30

LET THE MUD DRY

The story goes that there lived in a certain little town in Greece an old-fashioned man who was known for his neighbors and friends. He was good and kind and his influence was very great. When the people of the town needed help, invariably they would come to him.

A man of the village had been sorely offended, so he thought. He came to the philosopher boiling over with anger and indignation declaring that he was going to demand that the score be settled at once.

"My dear man," said the wise and prudent philosopher, "take the advice of an old man who loves peace. An injustice is like mud. It will brush off better when it is dry. Wait a little until you and he are cooled off. Then the thing will be easily mended."

There is one thing that fierce anger and wrath have never done, they have never adequately brought peace to a turbulent situation.

Our modern world is torn asunder by the hatreds and animosities of men. Men of hatred and antipathy live in a world of darkness. They love darkness rather than light because their deeds are evil. As some men ask for light, these men ask for darkness.

Hate naturally returns hate. Anger, anger. And distrust is met again with distrust. Only love will suffer all things. Love can bridge every chasm. For the lack of love homes are broken, hearts are torn and hopes dear to the hearts of men are strewn along the sands of time.

Is there a person who has not been injured, or offended, or slighted? It is the part of wisdom to let the mud dry. It is far better to call upon time for its healing, than "to get even" in the moment of anger. James was right when he said: "Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath." Slow! Let the mud have time to dry.

-Contributed

Rationalization is the device through which we become successful in lying to ourselves.

Talk to a man about himself and he will listen for hours.

THE IMMORTAL WILL SURVIVE

When Thoreau, the nature lover, saw the woodman's axe destroying the forest, he exclaimed, "Thank God, they cannot cut down the clouds!"

There are some eternal things that the destructive powers of men in all their fury cannot destroy. To think of these things is to achieve an inward quiet and peace, even in a war-torn world. The stars still shine. The sun still rises and sets. The mountains are not moved. Birds sing. Little streams dance merrily on their way. Flowers bloom and give perfume. The world goes right on being an everlasting beautiful place.

There are the indestructible qualities of the human spirit, too. Mother-love is immortal and though crushed to earth, will rise again. Courage and sacrifice glow with a new light in the midst of the blackouts of hope. Faith gallantly rides the whirlwind.

You cannot cut down the clouds! The spirit of man cannot be destroyed. The finest things of life are immortal — They will survive. -Contributed

BITS AND BITES

Happiness is — The three grand essentials to happiness in this life are: 1) something to do; 2) something to love; and 3) something to hope for.

Character — What you are when there is no one else looking.

I have learned silence from the talkative, toleration from the intolerant, and kindness from the unkind.

DIVIDED HOUSES DO NOT STAND

(Continued from page one)

the article? What part has personality conflicts paid? Is it so-called "unhappiness" with the established, or the "squares" in AA who adhere to the original tenets of the fellowship by which AA has survived? In AA there is no such thing as "survival of the fittest." AA is founded upon Three Legacies — RECOVERY (The Twelve Steps); UNITY (The Twelve Traditions); and SERVICE (The Twelve Concepts for World Service). Tradition No. 1, reads:

Our common welfare should come first: personal recovery depends on AA unity.

In speaking to the delegates at the 19th General Service Conference in April last, Dr. John L. Norris, Chairman of the General Service Board, said:

"Unity in AA assures our future and it sometimes seems that we concentrate too much on the "now," thinking, too often of AA as 'ours,' when perhaps we should remember more frequently that it is 'theirs' too. For 'they' are the legions of alcoholics yet to come.

We must always remember that AA is ours to give-away — to pass on — and that unless we do, we lose it. Other generations will need AA, as we need it now. Other people, other kinds of people who we are not reaching, need it now. So with the help of God, we must pass our Fellowship along, unimpaired and indivisible. AA unity today becomes, in a very real sense, our sober pledge to the future."

Dr. Norris added that "as long as our real concern was for all of AA rather than for personal or purely local desires, our decisions will be right and AA's future bright."

Let us have some real self-examination. By doing so we will overcome careless and childish divisiveness, thus avoiding the undermining current to a Fellowship that has given and will continue to give all of us so much.

WATCH THE HORIZON

(Continued from page one)

enough gumption to keep striving and putting a proper and fair estimate — neither over nor under — on your abilities.

We may not fly with the angels, if we keep our eyes on the proper horizons, but neither will we wallow with the hogs.

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ON EXPRESSING GRATITUDE

One of the most satisfying things we receive in AA is the humble gratitude that slowly fills our hearts as we continue, day by day, to live our program of recovery. A few of us are overwhelmed with this gratitude. Some of us aren't even aware of it. But as sober day succeeds each sober day, as we begin to garner the good harvest that comes from our AA planting, as we **come** to realize that the source of this bounty is a generous God, our hearts swell with quiet gratefulness.

Our return is rich. The seed we have planted is small — a mere willingness to be helped and in turn to help others. Our useless lives become useful. Our fears **give** way to serenity. Confusion is replaced with purpose. **Wishes become** actions. Existence becomes a daily adventure in living.

As we grow in spirit we reach down a helping hand to some still suffering alcoholic and aid him in climbing out of the morass which once confined us. And as we assist each person along the AA trail we further insure our own continued sobriety. For that has been the one thing that has made AA different from other organizations — the knowledge that service to others is vital in maintaining our own recovery.

The principal means of finding these persons to be helped is our central service office . . . the "down town office." Here come people daily, asking for help, either in person or by phone. Here come wives and loved ones of alcoholics, seeking suggestions and literature and counsel. Here, too, **come** AA's seeking help for their own problems.

We must maintain offices. There are bills for telephones, for lights, for postage and personnel.

There are many expenses connected with running any office. To meet these costs our neighborhood group contributions go far. There is a small return on sales of AA literature. There are direct contributions by individuals, who want to give more than the sums fixed by their own groups.

Nonetheless, these contributions don't quite carry the load. Of course, we could swing on some wealthy AA member to meet any deficit. Or we could go outside our organization for help. But that isn't the AA way. Every one should want to carry his share of the load, to the extent of his ability. And to help you do your part, the Cleveland Alcoholics Anonymous will begin its drive for funds for the maintenance of our District Office on Monday, February 2nd.

This then is an appeal to all of you good members to help keep our facilities for serving others and, incidentally, ourselves. No matter whether your contribution be large or small, it will be welcome and will help. It will give each of us a tangible outlet to share in a material way some of the gratitude welling up in our hearts for the good life we are enjoying by trying to follow the suggestions for a happy living which we first learned in AA. **In helping someone unknown to us is a joy, indeed!**

* * * *

"You work the program your way, I will work it my way, but let's stay sober together."

A NEW DAY - A NEW YEAR!

Believe it or not, it's just plain good to be sober in the morning! To me, there is no other time of the day I savor the rich feeling of being sober as I do when awakening after a good night's sleep and realize I'm sober and that I was sober last night.

There's a possibility this feeling of well-being and deep-seated gratitude may be more noticeable to those of us who went all the way down, and found ourselves with nothing left. We only stopped drinking after everything was gone, and some of us nearly drank ourselves to death in the process.

Somewhere there is a saying or a philosophy that we don't really **apprecitte** something until we lose it or ex-

perience a **great** deal of suffering to get it. Maybe a simple way for us to think about it would be: "You really don't know how nice it is not to be in hell until you've been there and back!" One of our area **AA**s has mentioned that if he ever wrote a book about his drinking life he'd call it "The Edges of Hell." The thought is very close to the truth, except many of us went past the edge and found ourselves in a virtual hell of our own making, and each individual's place there was a little different, some worse (mostly worse) than others.

It is indeed a rich feeling to know you are sober in the morning! Remember how we used to lay in a supply of booze for a week-end or a holiday, or gathering up four or five fifths in preparation for a specific drunk? We'd eye that cache of liquor and we had that "good satisfied feeling" that now we were all set and those several fifths or cases, or whatever, were like money in the bank.

AND, that's just what they were akin to: money in the bank. It seems that no amount of liquor laid away in reserve, nor any amount of money in the bank, can give us the real feeling of security and well-being that just being sincerely, honestly sober in AA gives us every day.

Some people probably have different times when their sense of "richness" strikes them. Maybe some find it at AA meetings among their many new friends, or in their work; or in newly acquired hobbies or activities that drinking never permitted. Some may find it in Twelfth Step work or in endeavoring to help others in every direction. There are countless ways in which to appreciate sobriety.

But for me — ? Well, it is sometimes hard to actually grasp the deep-down feelings I have at first awakening. I find myself always eager to arise and "get going." This is a new day, and it is a gift from my Craetor, who has, through His grace, enabled me to awaken sober, and I just don't want to miss any of it! This is the only day I really have, you know, and I have the ever-new desire each morning to do the best I can with this one.

Each morning sober, I find myself full of "great expectations"! To be sure, perhaps yesterday was none too special, and I didn't set the world on fire, but today! Ah, today is brand new and there's so much to do, and so much I can do today, that with me sober, it will just

(Continued on page four)

You cannot run away
from a weakness: you
must some time fight
it out or perish; and
if that be so, why
now, and where you
stand?

-Robert
Louis
Stevenson



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Harry D. Founder and Editor 1892-1968



Vol. 28

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MILL ENDS AND REMNANTS

Elsewhere in this issue is the service report of Cleveland AA District Office and the lead editorial relates an opportunity to express our gratitude in connection with the annual funding campaign. However, we wanted to do something additional, something more graphic, and following are samplings of a "day at the District Office."

Young married daughter telephoned from Detroit, Mich., was very upset and crying over her father's drinking problem. Latter lived in Cleveland. A "cold" call was made on him but he refused the help offered.

Two Cleveland firemen accompanied a 28-year old man to the office for help. This young man had broken his arm while drunk during the holidays and the arm was still in cast. He had stopped in fire station in connection with his work. He was receptive to help and is attending meetings.

Former member came into office in poor condition. Has been institutionalized many times for drinking and mental condition. Incoherent and being in limbo unable to communicate. Sad, sad case.

Suicide Prevention Center wrote for informative literature so they can familiarize themselves with AA program, adding they receive inquiries from alcoholics and/or problem drinkers.

Man telephones asking for AA for a drinking and narcotic problem. Three other men visited the office for help and following discussion were turned over to group secretary in their area. "Anonymous" called to make an appointment to talk to someone on Saturday, January 17. Office receives any number of calls regularly from men and women — "not for themselves," but for a "friend."

Thirty year old divorcee with several children called at office for help. She was sober, but spent every night from 7:00 p.m. to 2:30 a.m. in bars drinking. Office personnel talked to her and the young lady is now attending meetings and enjoying her new found friends.

High school students visited office for discussion with District Office Secretary on alcoholism the illness and how Alcoholics Anonymous assists people in recovering.

Young woman came to office after closing time — had been hospitalized months before, but stayed only three days. Elevator man suggested she telephone as one of the office staff would get the call on answering service. She gave him a three-quarters empty bottle of rubbing alcohol she had been drinking. No further word.

As mentioned, these are but samplings of the many, many calls that come to the office, and each one is handled with understanding and every help available is extended. There are many and numerous other ways in which AA help is offered to the alcoholic, both direct and indirectly, all of which adds up to a tremendous contribution by our District Office staff.

To paraphrase somewhat — "When anyone, anywhere, reaches out for help, we want the hand of AA always to be there. And for that WE ARE RESPONSIBLE."

We now have splendid opportunity to show it, by George!

BE A BULLETIN BOOSTER GET A NEW SUBSCRIBER

MINUTES OF CENTRAL COMMITTEE MEETING OF JANUARY 6, 1970

Moderator John F. opened the meeting with Serenity Prayer in which he was joined by the 28 group representatives present. Purposes of Central Committee and The Twelve Traditions of AA were read by Ray M., vice Moderator, following which minutes of December 2, 1969 were read, and approved as amended. Treasurer's Report reflected a balance of \$450.01.

Committee Reports were as follows, with nothing of moment from Action Committee (Dick F., Chairman); Central Bulletin (George M., Editor); or from Institution Committee (Warrensville Women, Lenore W., Chairman); (Hawthorne Hospital); or (Brecksville Hospital, Ray M. Chairman).

Area-wide Meeting: Lou W., Chairman, discussed plans for next meeting — date to be announced.

Hospital Committee: Rosary Hall: Ray M., Chairman, reported Rosary Hall has lowered period of re-admission from five to three years. Women's ward still not open.

Serenity Hall: Bernie B., Chairman, thanked all concerned for cooperation of sponsors in 1969, adding it is hoped that even better jobs can be done this year.

P.I.C. Committee: Dick P., Chairman, reported 161 speakers to non-AA meetings supplied by District Office during 1969.

OLD BUSINESS: None

NEW BUSINESS: Discussion included desirability of not sending cash remittances in mail, the misuse of group secretary lists; program for assisting in the opening of ward for women alcoholics at Rosary Hall; and redistribution of copies of Purposes of Central Committee.

The meeting was closed with the Lord's Prayer.

Joedy M., Secretary

SERVICE REPORT

At the meeting of Advisory Group on January 13, 1970, Cleveland District Office Service Report revealed that 1,682 calls for help were turned over to groups in the area for follow up. These turnover calls are the greatest number in the past five years and 28.3% of the total represented calls for help from women. In the five years 1965-1969 calls turned over for follow-up averaged 1486 with the same 28% being from the distaff side.

It is interesting to note from the comprehensive report covering the nearly 25 years that the District Office has been operating (Feb. 8, 1945 through Dec. 31, 1969) there have been a total of 24,284 calls for help received and transmitted to group secretaries for contact and help. Using the gauge of 80% recovery it means that AA population has been increased by nearly 19,500, and on the basis of the minimal average of six lives having been touched as a result of these recoveries, we are talking about 117,000 people having benefited.

In addition to the foregoing basic function, the Cleveland AA District Office supplied speakers to AA and non-alcoholic groups on an average of 189 per year for the past five years. In 1969 the total was 260 of which 176 were for non-AA groups. An average of 658 free sets of informative literature have been furnished on request, and paid literature requests averaged 848 in each of the past five years. Additionally, during 1969 an estimated 10,975 calls were received from relatives, friends and employees concerning problem drinkers.

NOW YOU KNOW

I would likx to closx with this xxamplx of just how important YOU rxally arx. All thx kxys on my tpyx-writrx work finx xxxcpt this onx darn kxy.

I havx bxxn aiming to do somxthng about it for somxtimx, but you all know how busy wx arx. Thx rx-sults can happxn whxn you do not join in and do. Likx my tpyxwritrx, you may only bx a small part of thx total, but you arx important.

SUPPORT THE DISTRICT OFFICE

PRAYER OF THE MONTH

O Lord, help us to be able to receive your gift of a new life. Open our eyes to see you coming to us along the corn mon-place ways of life. Open our ears that we may hear the sound of your coming, even when you are in the person of a neighbor, a friend, or anyone who ministers to our real needs. Amen.

SIMPLICITY

The THREE greatest masterpieces of Literature, it is said, are the Lord's Prayer, the Twenty-Third Psalm, and Lincoln's Gettysburg Address. Incidentally, recall their wording:

"Our Father which art in heaven, hallowed be thy name."

"The Lord is my shepherd; I shall not want."

"Four score and seven years ago."

Not a three-syllable word in them; hardly any two-syllable words. All the greatest things in human life are one-syllable things — love joy, hope, child, wife, trust, faith, God. All great things are simple.

ABIDE — JOURNEY — RETURN

To something greater, stronger, purer than yourself.

Abide a time

To reinforce your strong resolve

To find a deep and kindred bond

To start your life reborn

To something greater, stronger, purer than yourself.

Journey out

To make your life a force

To let your light so shine

To keep the promise of your prayer

To something greater, stronger, purer than yourself.

Return with joy

To share your new found strength and love

To give to all who see your light

To prove a living testament

-Alanotes, Minneapolis

BAFFLING — TO SAY THE LEAST

1. Why is it that many individuals, after numerous visits as a patient to detoxification centers and hospitals, continue to follow the downward path with all the misery that accompanies it?

2. Why is it that many a person (non-members), after an encounter with an active alcoholic, heads for the nearest bistro to help erase the sight of what he has just viewed?

3. Why is it that many a so-called "pro" says "it can never happen to me" when, in fact it has already happened?

4. Why is it that so many well-informed nurses and doctors, with years of experience in the field of alcoholism, are suddenly compelled to seek help themselves?

I only raise these questions — I do not propose to answer them. They frequently provide excellent fodder for discussion groups. The answers can be both varied and interesting.

—S.N., Nutley N. J. in Silent Rostrum

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:

GEORGE M. DeLURY on December 19. A 20 year member of Crossroads Group.

EDWARD A. HARDY on December 22. A long time member of Garfield Heights Group.

CHARLES L. FERNALD on January 6. A 20 year plus member of Twenty Four Hour Group.

DATES TO REMEMBER

February 1-First Quarterly Meeting, Northeast Ohio General Service Committee, 3:00 p.m., American Legion Hall, Brecksville, Ohio.

3—Central Committee, Room 362 Hanna Building, 8:30 p.m.

7—6th Anniversary, Bayview Group, 8:30 p.m., Bay Presbyterian Church, Lake and Columbia Roads, Bay Village, Ohio. Speaker: Johnny J., Weirton, W. Va.

7—10th Annual Dance, sponsored by Alanon Inter Group Council, 8:00 p.m., Masonic Auditorium, 3615 Euclid Avenue, Cleveland.

March 3—Central Committee, Room 362 Hanna Building, 8:30 p.m.

May 9—19th Annual Cleveland Intergroup Dinner.

FORGET FAULTS

If you would increase your happiness and prolong your life forget your brother's faults. Forget the slander you have heard, forget the temptations, forget the fault-finding, and give more thought to the cause that provoked it. Forget the peculiarities of your friends, and only remember the good points that make you fond of them. Forget all personal quarrels you may have heard by accident, and which, if repeated, would seem a thousand times worse than they really are. Obliterate everything disagreeable from yesterday; start out with a clean sheet for today, and write upon it, for sweet memory's sake, only the things which are lovely and lovable.

WAY TO HAPPINESS

"Keep your heart free from hate, your mind from worry. Live simply. Expect little. Give much. Fill your life with love. Scatter sunshine. Forget self-think of others. Do as you would be done by. Try this for a week and you will be surprised.

-Norman Vincent Peale in "Confident Living."

HOSPITALS AND INSTITUTIONS

SUNDAY

TRUSTY HALL-1000 ft. east of House of Correction 10:00 a.m. and 5:00 p.m.

MONDAY

HOPEFUL-State Hosp., 4455 Turney Rd., New Chapel Bldg. #1 8:00

TUESDAY

BRECKSVILLE V.A. HOSPITAL-1000 Brecksville Rd. 7:30

HAWTHORNEDEN HOSPITAL-Cottage #10, 305 Northfield Rd. 7:30

PROVEN WAY-Grafton Honor Farm, Rte. 75, 2nd & 4th Tuesday 8:30

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

WEDNESDAY

CLEVELAND PSYCHIATRIC HOSP.-1708 Aiken at Scranton 8:30

FAIRHILL PSYCHIATRIC HOSP.-12200 Fairhill Rd. 1 : 0 0

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 : 0 0

ALANON GROUP MEETINGS

SUNDAY

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

MONDAY

BRDOKPARK -PARMA-Redeemer Church, 6151 Smith Rd. 8:30

ELYRIA-Community Church, 680 Abbe Rd. 8:30

LAKEWOOD—Pres. Church, Detroit at Marlowe 8:30

NOW THERE'S HOPE-First Pres. Church, Nela & Euclid Ave. 8:30

STAG GROUP-Charity Hospital 8:00

VERMILLIDN-Church of Christ, State St. 8:30

TUESDAY

EUCLID-Christian Church, 28001 Lake Shore Blvd. 8:30

LORAIN AVENUE-St. John Bosco Church, 6400 Pearl Rd. 9:00

OLMSTED FALLS-Community Church, 7853 Columbia Rd. 9:00

SUBURBAN WEST-Our Savior Church, 20300 Hilliard Rd. 8:30

WEDNESDAY

BEDFORD—Christian Church, 98 Warrensville Ctr. Rd. 10:30 a . m .

CHAGRIN VALLEY-Pres. Church, Route 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

CLEVELAND HTS.—Pres. Church, Fairmount & Scarboro 9 : 0 0

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 8:30

THE BIG GAME

I am giving you the ball, son, and naming you the quarterback for your team in the Game of Life. I am your coach, so I'll give it to you straight! There is only one schedule you play. It lasts all of your life, but consists of only one game. It's a long game with no time out and no substitutions. You play the whole game — all your life.

You'll have a great backfield. You're calling the signals, but the other three in the backfield with you have great reputations. They are Faith, Hope and Charity.

You'll work behind a truly powerful line; from end to end, it consists of Honesty, Loyalty, Devotion to Duty, Self-Respect, Study, Cleanliness and Good Behavior. The goal posts are the Pearly Gates of Heaven.

God is the referee and the sole official. He makes all the rules and there is no appeal from them. There are ten (10) rules — you know them as the Ten Commandments, and you play them strictly in accordance with your own religion. There is also an important ground rule. It is: "Do unto others as you would have them do unto you."

In this game, if you lose the ball, you also lose the game. Here is the ball son. It is your immortal soul. Hold on to it. Now, son, get in there and pitch. Let's see what you can do with it, for after all, it is your LIFE! God bless you and the best of luck!

ACTION

The following is reprinted from Cleveland Press' Action Line of Wednesday, January 7, 1970 :

"MY HUSBAND CONTENDS THAT A PERSON WHO IS ABLE TO CARRY ON DAILY ROUTINES AND NOT MAKE HIS FAMILY FINANCIALLY IS NOT AN ALCOHOLIC, NO MATTER HOW MUCH HE DRINKS. I CONTEND THAT A PERSON WHO HAS TO DRINK TO MEET DAILY CHALLENGES IS USING ALCOHOL AS A CRUTCH AND THAT YOU DON'T HAVE: TO BE INTOXICATED 24 HOURS A DAY TO BE AN ALCOHOLIC. WHO IS RIGHT? —J.G.

Experts agree that it is very difficult to determine which individual may or may not be an alcoholic. We're told the dowager who may only have two or three ponies of brandy a day can be as much of an alcoholic as the helpless wino who sleeps under the bridge. There is a booklet published by Alcoholics Anonymous titled "Who Me?" containing 40 questions that can be answered yes or no. Taken honestly, the test can be a great help in determining whether or not a person has a drinking problem — but it must be taken honestly. Free copies of it are available by writing a request to Alcoholics Anonymous, 2063 E. Fourth St., Cleveland, Ohio 44114."

As a result of the foregoing and as this is being written a week after appearing, the Cleveland AA District Office has had in excess of 125 mail requests, 6 telephone calls and one office visitor seeking the pamphlet in question. This is Public Information action in high degree. Additionally, it is carrying the message to the still suffering alcoholic, which is the prime function of all our service entitles such as the District Office.



--Cleveland Press Mar. 1969

THE BEATING

"Some guys sure take an awful beating," remarked a visitor, as we sat in a typical AA fellowship confab in our office. "During the last month I've had three new babies 'go under for the second time,' and in every case the alibi was that they couldn't believe they were alcoholics. Sometimes I wonder whether I'm at fault. But I can't quite admit that. I believe in my heart that I gave each a most convincing analysis of the AA program and how a person could check himself to see whether he qualified. To me it was obvious that each did need the program and judging from my inquiries, their families and business associates agreed also. They were on the AA beam for a short while — then boom — off they went on the old tangent, only to crawl back for help in getting out of another troublesome jam. It's getting me down!"

How often we've seen this happen! Are we becoming so smooth in our presentation of the program that we unconsciously give the impression that we are professionals? Have we lost that precious "common touch"? Do we preach to them?

Sometimes we fear that many of us could plead guilty to any and all of these charges. And the longer our record of complete sobriety is extended, our prospect, unable to conceive of a life without drink, subconsciously classifies us with those who would deprive him of the drinks he desperately needs in order to live — his family, preacher, doctor and friends, — and so closes his mind to our subtle advances.

Our hearts go out to these resisters, and we are inclined to blame ourselves for our failure in penetrating the wall of resistance which they themselves have erected through fear and misunderstanding. Fear of censure and ridicule. A sense of shocking realization that they — "supermen" — had failed to lick it themselves.

Can we blame him? We don't think so. Can we blame ourselves? Not if we've done the best we could. Then why wasn't he successful?

Possibly the answer is in the public's attitude. Since AA was catapulted into such prominence, we've heard doctors, preachers, and many laymen above average intelligence question our "absolute abstinence program" and whether this one or that one was really an alcoholic or not. The average lay person's definition or conception of an alcoholic would be that of a continually helpless, sodden, filthy derelict. They, — family, well-meaning friends, some doctors and some ministers — undermine everything, by pontifically stating that this party definitely is NOT an alcoholic.

Our friends mean well. But they don't know! They haven't seen us suffering the screaming nightmares, the horrible, fear-drenching blackouts, the shakes in the comparative isolation of our homes. They haven't felt our fears or witnessed our tears.

Eventually, if they live through successive bucking of the inevitable fact that alcohol has made their lives unmanageable, they will submit.

Would that we could save them much anguish.

A NEW DAY — A NEW YEAR!

(Continued from page one)

have to be a good day!

Then, too, I am aware suddenly that I need some **real help** if I am really to perform today to the best of my ability. I realize that I had many days before, but I never used them for anything but the endless search for more booze. Now I pray, and **somehow I know** the help I seek **will** be there. I just know that if I ask His help to stay sober, I just **won't** take a drink this day! Ten million dollars in the bank could **not** give me the feeling I have when I know that He is there to help me when I ask.

So, it's a new day! It's a New Year! I sip my coffee and read my little "black and blue books" and spend a few minutes praying to Him, and then I start off down the road of my new day to whatever He may have in store for me. I'm certain with His help I'll be sober to meet it. It's a pretty good feeling, I'll tell you! Try it!



EASTER

This is the most solemn time of the year and it might be an excellent idea to dwell a little while on those days we spent in our alcoholic hell. How long is it since we put out the last fire? How often were we careless and had our fingers burnt? How many years did we spend in torment? Why were we there? How did we get out? It might bolster our resolutions if we did a little meditating. We might ask ourselves if we got out of our "alcohol" under our own power or if we had some outside help. It's a cinch we didn't get out on our own, so where did the help come from? From our sponsors? Well, yes, but where did he get his help? We feel it won't be too much of a strain on our thinking to realize that the ultimate came from a power greater than ourselves and that could be generated by another alcoholic, even a reformed alcoholic.

Most of us will agree that the source of this power lies somewhere outside ourselves, outside any of us; that the source of this power is the same which gave us the philosophy upon which we base our new life.

This week of Easter, March 29, we commemorate the tragic death of a Man who was willing to die so others might live. His teachings were not based on heroics. He counseled men to base their lives on charity, obedience, faith and good works. Our experience must have convinced us that it was only when we had woven these qualities into our pattern of living that we were released from our man-made hell. And we should be convinced that as soon as we try to live without them, we invariably condemn ourselves to the same torment we once escaped.

Easter Sunday is the day on which a Christian world observes the anniversary of the only occasion when death met defeat, the climatic chapter to the story of the Redemption. Too many of us miss the significance. For the ladies it is a day to display fancy spring ensembles. For many of us it is the day when we can forget all about those Lenten resolutions, that is, for those few who have not forgotten about them the day after Ash Wednesday. A lot of clergymen are spending hours after hours in frantic preparation for sermons powerful enough to give their twice a year congregations religion enough to last until Christmas.

But for about 425,000 of us, men and women, including every one of us, this day should have a deeper significance. We were granted a special kind of redemption from slavery, and a special kind of resurrection to a joyful way of life. This is not only the day when we can dismiss the restrictions we placed upon ourselves in voluntary resolutions. It is a day to re-affirm ourselves in the ways of security and hope, and bow our rebel will in humble gratitude.

If we pause in proper reflection, Easter will have real meaning for us, and we will share in the triumph of 1900 years ago when death met its sole defeat.

-The Missing Link.

The loveliest feature in human life is amiability, the most potent, wealth: the sublimest, mercy; the most luxurious, charity; the most stimulating, love; and the most desirable, self-respect.

-Contributed

The little "Black and Blue" Books

As has been mentioned over and over again by long-time members of Alcoholics Anonymous, we can all get sober; indeed, it is physically impossible to stay intoxicated, but we must be able to maintain sobriety. In short, once we are sober, can we stay sober?

Our attendance at meetings soon introduces us to the "tools" of sobriety — mainly meetings, the Twelve Steps, the Four Absolutes, the Twelve Traditions. We're taught, meeting-by-meeting, about group therapy, activity, speaking at meetings and sponsorship. We learn about ourselves through others like us. We hear about inventories and meditation and prayer. We learn about belief in a Higher Power, even though we may not be too sure ourselves.

We still hear about it. We hear many things. Some we can grasp, comprehend and use almost at once. Other things come more slowly, and as we attend more meetings, hear more members talk, pick up the seemingly time worn cliches, we begin to grow. Growth for some, as a matter of fact for many of us, is slower than we like. Yet for some growth seems to be almost instantaneous. Swiftiness of growth in AA does not, however, seem too important, for occasionally some who seem to grow so rapidly "graduate" and find themselves in troublous waters again.

If we watch closely, we can see that sobriety is not an over-night affair. **Getting** sober may only require a few days, but, alas, it appears that **staying** sober requires the remainder of our lifetime, and **then** only one 24-hour period at a time.

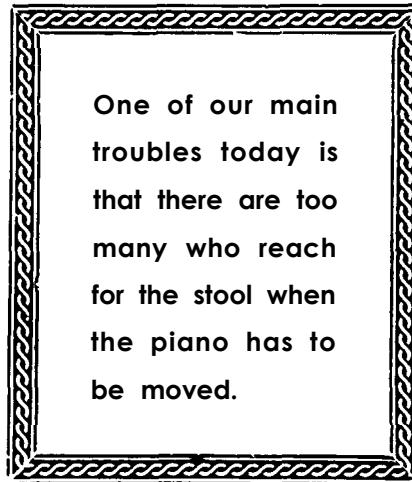
Mathematics is simply a matter of 1 and 1 are 2, and so it is with sobriety. One hundred pennies constitutes one American dollar and one hundred 24-hour periods amount likewise to exactly one hundred days. If we elect to take a drink on the 23rd day, however, we are again at zero, and must begin over. **There is no middle of the road** between drinking and sobriety. Thus our sobriety suddenly **assumes** very, very serious proportions **if we are sincere**, and everything we can pick up, every tool, every suggestion, every idea handed down to us throughout AA's history becomes equally important and vitally necessary to our goal of **staying sober**.

For a good many years we have had a very fine tool in the little black "Twenty Four Hours A Day" book. We use it faithfully every day, either early or late, to give us the discipline we need to begin or end our day. It makes us stop for a few minutes to think and to meditate. We are confronted day by day through this little unimposing book with the many facets of alcoholism, and **how to live without alcohol**. It affords us encouragement and warnings. It can comfort and chastise. It can light our way, and can cast shadows upon the negative, bad thinking into which we can slip. It talks about personal character defects, and about the benefits to be reaped through AA and sobriety.

There is so much packed into these 365 small pages it is actually staggering. Were we but able to see at once all that there is for us between those two black covers!

Now, our little black book has a companion, a com-

(Continued on page four)





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Harry D., pounder and Editor 1892-1968



Vol. 28

March, 1970

No. 6

MILL ENDS AND REMNANTS

No matter how hard we have tried to thicken the shell or the armor about our unusually thin skin, which is malady of the alcoholic, criticism will occasionally penetrate the armor to some degree and dent it to the extent that the barbs tingle a little. Sometime ago one of our wiser members observed that this is the price of leadership. This knowledge has helped, but now and then again the barbs sting.

In this area we recently read an article on being afraid of critics, and the author's opening advice was not to be afraid, because the woods are full of critics. It was pointed out that critics have never written a play or a great composition, few have ever mastered a musical instrument or attained a place in the world of art. Not many have ever carried the responsibility of a parent, the authority of a judge, or the obligation of responsibility for the economic security of great numbers.

It is suggested that we not shy away from critics, for most are merely whistling in the graveyard of uncertainty and indecision of their own design, chipping others into pieces in order to cover up and distract attention from their own shortcomings, and there is immediate panic if they are turned upon by other critics.

More often than not critics are hiding their own inferiority complexes, and when we come to realize that the average critic is just an ordinary fault-finder, the more quickly we are going to recognize that this opinion isn't of much value nor is any ensuing displeasure on his part of any lasting consequence.

One of our favorite essayists is the author of The Royal Bank of Canada Monthly Letter and in the current letter he writes with respect to the topic under discussion in this column:

"'Good' and 'bad' are not two labels which can be applied definitely to certain things and acts. Something that is good in one set of circumstances may be bad in another. Almost every situation we have to deal with is mixed both in the causes that have brought it about and in the values it embodies.

Criticizing people is unhealthy for the critic. He develops such a keen scent that amid a thousand excellences he smells out a solitary defect and holds it up to mockery. He becomes a scavenger. When Churchill was building a wall he put one critic in his place. Told that the wall was crooked, Churchill said, 'Any fool can see what's wrong. But can you see what's right?'

There is no surer sign of a great mind than that it refuses to display intolerance of annoying expressions, but straightway ascribes them to the defective knowledge of the speaker, and so merely observes without feeling them."

The writer goes on to say that there are some people who are wont to believe that their competence in one area of endeavor gives them ability to pronounce verdicts in totally different areas. He tells about Appelles, the celebrated Greek painter, who gave an answer to one of these know-alls, and it is used to this day. A cobbler having found fault with the drawing of a shoe buckle in one of the artist's paintings, went on to criticize the drawing of the legs. Appelles said: "The cobbler should stick to his last."

Maybe I should have, by George!

MINUTES OF CENTRAL COMMITTEE MEETING FEBRUARY 3, 1970

Moderator John F., opened the meeting with the Serenity Prayer in which he was joined by the 19 Group Representatives present. Following reading of the Purposes of Central Committee and AA's Twelve Traditions, minutes of January 6 meeting were read and approved. Treasurer Jean C., reported balance on hand of \$439.52, which included \$64.20 in Institution Fund.

Committee reports included :

1. ACTION COMMITTEE — Dick F., Chairman, related follow-up to mis-use of Secretary's List and assurance of future cooperation.
2. AREAWIDE MEETING — Lou W., Chairman, reported next areawide meeting will be held in Jordan Hall of Charity Hospital at 8:30 p.m., Friday, March 20. Speaker: Maureen P., of Ashland, Ohio.
3. CENTRAL BULLETIN — George M., Editor, asks that all secretaries announce and solicit subscriptions to the Bulletin to assure a continued build up in circulation.
4. HOSPITAL COMMITTEE: Rosary Hall, Ray M., Chairman, discussed status of question of opening of women's ward. Serenity Hall, Bernie B., Chairman, reported everything working smoothly.
5. INSTITUTION COMMITTEE — Warrensville Women (Lenore W., Chairman) ; Hawthornden Hospital and Brecksville VA Hospital (Ray M., Chairman) had nothing of moment to report.
6. P.I.C. — Dick P., Chairman, reported 27 speakers for non-AA and group meetings furnished in January. Old business discussed included question of group autonomy when no traditions violations ensue.

New business encompassed a discussion of the District Office Funding Campaign which will run through March 3; report that Purposes of Central Committee are being reproduced for mailing shortly to all group secretaries; a suggestion for increasing attendance at Central Committee meetings and report that a few tables are available for Intergroup Dinner to held May 9.

Meeting adjourned with the Lord's Prayer.

Joedy M., Secretary

A CREED FOR LIVING

To love justice, to long for the right, to love mercy, to assist the weak, to forget wrongs and remember benefits, to love the truth, to be sincere, to utter honest words, to love liberty, to wage relentless war against slavery in all its forms, to love wife and child and friend, to make a happy home, to love the beautiful in art, in nature; to cultivate the mind, to be familiar with the mighty thoughts that genius has expressed, the noble deeds of all the world, to cultivate courage and cheerfulness, to make others happy, to fill life with the splendor of generous acts, the warmth of loving words, to discard error, to destroy prejudice, to receive new truths with gladness, to cultivate hope, to see the calm beyond the storm, the dawn beyond the night; to do the best that can be done, and then be resigned — this is the religion of reason, the creed of science. This satisfies the brain and heart.

COMPENSATION

Every sweet has its sour; every evil its good. Every faculty which receives pleasure has a penalty put on its abuse. It is to answer for its moderation with its life. For every grain of wit there is a grain of folly. For everything you have missed, you have gained something else; and for everything you gain, you lose something. If riches increase, they are increased that use them. If the gatherer gathers too much, nature takes out of the man what she puts into his chest; swells the estate, but kills the owner. Nature hates monopolies and exceptions. The waves of the sea do not more speedily seek a level from their loftiest tossing than the varieties of condition tend to equalize themselves. There is always some leveling circumstance that puts down the overbearing, the strong, the rich, the fortunate substantially on the same ground with all others.

-Ralph Waldo Emerson

PRAYER FOR THE MONTH

Lord, Thou knowest how very busy I shall be this day; I may forget Thee: but do not Thou forget me.

-Sir Jacob Astley's prayer before the Battle of Newbury from Targets For Thought, Dublin, Ireland

TODAY IS THE DAY OF OPPORTUNITY

Today is the full bloom of life. The petals of yesterday have shriveled into the past and tomorrow is an unopened bud, a bud that may be blackened by the frosts of fate. And the future is but a seed not yet planted — of unknown quantity.

Today is a new page in the book of life. Upon it, and upon it only, can we write a record of our accomplishments. It awaits our pen, but once turned, it is gone forever.

Yesterday is a page turned. We cannot add one line to it, nor erase one word from it. It is closed forever and can affect the new page only as it has affected our hearts and our courage. Our mistakes and fears of yesterday need not be carried forward in the ledger of life. The past holds no mortgage on today.

Today is a loaded gun — yesterday a spent bullet. Tomorrow is our target. On it will be recorded our aim of today.

Yesterday is gone, tomorrow unknown. But today — today is ours, an unmeasurable treasure house of golden opportunities, a sea of unfathomed possibilities, a forest of budding prospects.

Today is the first clear note in our song of life. It is the color tube from which we will tint our future.

There are 14 good working hours in today, and 10 hours for thought and rest. No man has yet discovered the limit of accomplishment that may be crowded into them.

And they are ours — today.

FLYING THE TRUE COLORS

There are two kinds of great men. Some by the sheer brilliance of their intellectual genius, are lifted to great heights; but others, much less highly endowed, find greatness in another way. They perceive in their generation the movements of thought and life to which the future belongs, identify themselves with them and stand for them.

The first kind of greatness, individual brilliance, is the gift of destiny to a very few. The second kind of greatness, identifying oneself with the movements of one's time, is open to all. If a cause is to have success, it must have witnesses who will speak up for it and be devoted to it.

Some flagstuffs are very tall and prominent, and some are small, but the glory of a flagstaff is not its size; it is the colors that it flies. A very small flagstaff flying the true colors is far more valuable than a very tall one with false colors. When a man is done with life. I should suppose that the most satisfying thing would be the ability to say, "I may be ashamed that I was not a better, taller, straighter flagstaff, but I am not ashamed of the colors that I flew."

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 happiness shared:

THOMAS MEYLEN of Eastlake, Ohio, on August 24, 1969, after 23 years of sobriety.

JOHN MARTIN, a 20 year member of West Side groups on February 6.

TONY SOKOLOWSKI, on February 10, a 12 year charter member of L.S.I. Group.

DATES TO REMEMBER

- March 1-Committee Members Meeting Northeast Ohio General Service Committee 3:00 p.m., American Legion Hall, Brecksville, Ohio.
3-Central Committee Meeting, Room 362 Hanna Building, 8:30 p.m.
16-5th Anniversary, Humble Group, 8:30 p.m., Beachland Presbyterian Church, Lake Shore Blvd. and 18100 Canterbury. Speaker: Father Joe, Doan Men.
20-Areawide Meeting, 8: 30 p.m., Jordan Hall, Charity Hospital. Speaker: Maureen P., Ashland, Ohio.
May 9-Intergroup Dinner, Statler Hilton Hotel, Cleveland, Ohio.

HOMEMADE HAPPINESS

One of the reasons why people are unhappy — perhaps the chief reason, is that they have never learned how to be happy. They think of happiness as one big total and wait, not too hopefully, for it to come to them. Nobody has ever taught them that a life-time of happiness is simply an aggregation of little happiness — small ones that anybody can have if he will make the effort necessary to get them.

Norman Douglas wrote, "The happiest life, seen in perspective, can hardly be better than a stringing-together of odd little moments." If you aren't as happy as you'd like to be, use your ingenuity to create these moments.

There are lots of ways. Deliberately try to make some one else happy. Out of a clear sky, do a small kindness for somebody. Surprise a friend with a bit of praise. Show appreciation, when it is least expected. Start a pleasant rumor about a person, whose reputation will be bettered because of what you say. Keep your eyes open for opportunities to encourage others. You'll think of many other ways to capture these "odd little moments" once you put your mind to it!

HOSPITALS AND INSTITUTIONS

Table listing hospital and institution hours for Sunday, Monday, Tuesday, Wednesday, and Thursday. Includes entries like TRUSTY HALL-1000 ft. east of House of Correction and BRECKSVILLE V.A. HOSPITAL.

ALANON GROUP MEETINGS

Table listing Alanon group meetings for Sunday, Monday, Tuesday, Wednesday, and Friday. Includes entries like GARDEN VALLEY-71W Kinsman Rd. and BROOKPARK - PARMA-Redeemer Church.

**AMERICAN BAR ASSOCIATION AND
AMERICAN MEDICAL ASSOCIATION ADOPT
NEW PRINCIPLES RE TREATMENT OF
ALCOHOLICS**

The American Bar Association has approved a 'Joint Statement of Principles Concerning Alcoholism' drafted in conjunction with the American Medical Association, which recognizes that **alcoholism is an illness** and affirms that alcoholics are entitled to the same rights as are accorded other persons with illnesses . . . The statement, approved by the ABA House of Delegates, asserts that **alcoholism is a major health problem** and is due to multiple causes beyond the control of the individual. It declares that alcoholics should receive the same privileges in law and the same opportunities for medical treatment as are accorded to persons with other diseases.

Formal approval of the statement by the AMA Board of Trustees came earlier this year. The Joint Statement was drafted by the Committee on Alcoholism of the ABA Section of Criminal Law and a counterpart AMA group. In its report to the ABA House urging adoption, the Criminal Law Section noted that alcoholism has placed a crushing burden on the criminal justice system. "One of every three arrests in the U. S." said the report, "is for the offense of public drunkenness." The gravity of the problem has been recognized by the Supreme Court which specifically suggested that cooperation between the medical and legal professions is the only effective way of meeting the challenge.

The ABA-AMA statement declares that:

- (1) Alcoholism should be regarded as an illness in medical and hospital care insurance contracts, and should be subject to benefits comparable to those which apply to other chronic illnesses.
- (2) Medical schools and hospital training programs should develop courses of instruction in the prevention, causes, diagnosis and treatment of alcoholism.
- (3) General hospitals, both public and private, should accept patients diagnosed as alcoholics on a non-discriminatory basis.
- (4) State governments should adopt new comprehensive legislation covering the problems of alcoholism, including provisions for adequate rehabilitation services and for civil, rather than criminal, commitment for treatment.
- (5) Legislation should provide for civil commitment in cases where the defendant is acquitted of a crime on the ground of alcoholism.
- (6) Statutes which provide that public intoxication is a crime should be eliminated.

The resolution calls on state and local bar associations, and medical associations to appoint committees on alcoholism to consider problems of the disease in their geographic areas and recommend affirmative action to ABA and AMA. Areas in which the state and local committees might take action include the development of adequate community facilities for treatment, cooperation with local authorities in conducting special educational programs for alcoholism prevention, and urging the adoption of model state legislation relating to the legal rights and medical management of alcoholics.

-As reported in Chit-Chat, Robesonia, Pa.

VOICE FROM THE CORN

"I'm made to be eaten . . . not to be drank, — To be threshed in a barn, not soaked in a tank. — I come as a blessing when put in a mill, — But a blight and a curse when brewed in a still. — Made up into loaves your children are fed, — But made into drink, I'll starve them instead. — In bread I'm a blessing, as all of you rule, — In drink I'm a master (the drinker's a fool!) — Remember my warning! My power I'll employ, — If eaten, to strengthen: if drank, to destroy."

-Alanotes, Minneapolis

SUPPORT THE DISTRICT OFFICE

**HOPE AND FAITH KEEP ONE YOUNG
(AND SOBER)**

It has been truly said that youth is not entirely a time of life. It is a state of mind, a temper of the will, a quality of the imagination. We do not grow old by living a number of years. We grow old by deserting our ideals and usefulness, by losing the will and the faith to accomplish. Years may wrinkle the skin and grey the hair, but give up interest and work wrinkles the soul. We are as young as our faith and hope, as old as our fears and despairs. If we would stay young, keep an unbounded faith in the future. Let's remember that all worthwhile things were built by people who work, not by those who quit working!

TONE UP YOUR MORAL MUSCLES

Patrick Henry, who declared his views on the blessing of liberty so forthrightly at a time when such declarations were considered something of a hazard to one's neck, also pointed out that PRINCIPLES are something a nation cannot keep in mothballs if it is ever to amount to anything.

If this is true of nations, is it not equally true of the individuals that make up such nations? Each of us has his own code of conduct, however flexible it may be at times. In theory, at least, we Americans STAND for certain things.

To make sure our moral muscles are not becoming flabby we ought to take time out now and then to measure our day-to-day performance in terms of the standards we have set ourselves. We may discover we are a little out of training. Our self-respect depends upon how well we LIVE UP to our principles. -Light

EDITOR'S LAMENT

The typographical error is a slippery thing and sly; . . . You can hunt till you are dizzy, but it somehow will get by. . . . Till the forms are off the presses, it is strange how still it keeps; . . . It shrinks down in a corner and it never stirs or peeps. . . . The typographical error, too small for human eyes, . . . Till the ink is on the paper, when it grows to mountain size. . . The remainder of the issue may be clean as clean can be. . . . But that typographical error is the only thing you see.

THE LITTLE "BLACK AND BLUE" BOOKS

(Continued from page one)

panion bound in a blue cover. If you do not have one, you ought to acquire one, and the sooner the better. Its title is most apropro: "The Eye Opener." Written in a slietlv different manner, it contains bits and pieces of just plain good AA philosophy and common sense, spiced with some fine wit or humor, and one finds pleasure in just "browsing" through it. There have been no strong suggestions made on "how" to use it, whether to read it at random or to use it one day at a time, as with the Twenty Four Hour book, but it is done by date at a page or thought for each day of the year. It appears then, that it is a good idea to use it just that way: one day at a time.

The two books can be used most effectively together. So using them requires a few moments each day and whatever time one chooses to consume in digesting them or meditating upon their daily messages. They can be returned to nicely later in the day and it is startling how good and fresh the words will be to the mind.

Another tool, then, has been added to our supply of "tools for sobriety," and this one, too, is recommended by this writer. Within its pages can be found droll wit and humor interlaced with good, homespun, philosophy, making it good to have and use in any AA's home, be it a single sleeping room or a mansion.

It's just wonderful to settle down in the morning with a cup of steaming coffee and see the little "Black and Blue- Books" awaiting you, instead of being just plain black and blue from too many years and too many bottle- and too many lost battles with alcohol.



A VERY OLD STORY

So you think you are a special case? That no one ever had a problem with drinking until you blessed the world with your presence? That history has conspired to save all the headaches of alcoholism for you?

Well, you're a nice guy and right now you look a mess, but at least you want to do something about it. That's the main point in **your favor**. And you **tell** me you have **tried** but can't do anything about it on your own. We all know that. We've all tried it. But you can do something to end this torture by turning to the same Higher Power that led the rest of us out of the morass.

Warnings? Good advice? Don't be looking back. Don't get a martyr complex. People have been warned — they are every day — against tuberculosis and cancer. Yet they get it. You're still laboring under the prevailing public misconception that the alcoholic is some sort of moral leper. Only in recent years has part of the public come to realize that the old idea about the drunk is a hangover from the Dark Ages.

No, my friend, there's nothing special about you. From the dawn of time man has wrestled with this disease. The strange part is that not until our time was an effective way to arrest it found and that is in the program of Alcoholics Anonymous.

But just to put you at your ease and show you that your trouble is not either new or peculiar to you let me tell you a legend about Noah. That's right, the fellow who built the Ark to ride out the flood. That, you will admit, was a long time ago.

After the flood, when Noah was trying to get the world started again, he was one day planting a vineyard. Satan appeared on the scene. He was nosing around.

"What are you planting?" the devil asked.

"A vineyard," Noah casually replied.

"What is its nature?" Satan wanted to know.

"Its fruits are sweet whether fresh or dry, and wine is made from them, which gladdens the heart," the industrious Noah said.

"**Come** now," said Satan in his most ingratiating tones, "let us two form a partnership in this vineyard."

"Very well," said Noah who was too busy to pay much attention to the implications of his agreement.

Right away Satan brought a sheep and slew it under the vine. Then in turn he brought a lion, a pig and a monkey, slew each and let their blood drench the soil of the vineyard.

This is how it came about that before a person drinks wine he is like a sheep and quiet like a lamb.

When he drinks it in moderation, he is strong like a lion and feels as though there is none to equal him in the world.

When he has drunk more than enough, he becomes like a pig, wallowing in filth.

When he is intoxicated he becomes like a monkey, dancing about, uttering obscenities before all and unaware of what he is doing.

These characteristics have been true of all who imbibe wine since the flood. It's an old, old legend. But now we know how to overcome them, and that is old too — by just turning to the **same** Higher Power that saved Noah and the inhabitants of the Ark from destruction.

I'VE BEEN THINKING

There's a three inch card going the rounds that would really do us all a world of good if we'd just do what it says: **THINK!**!

In the first place, if you are in AA and you are sober you should be grateful beyond description that you're **able** to think. Now that you've thought about **that** for a minute **or** two, **let's** go on to a few **things** picked up here and there that are quite interesting, and fun to think about.

They are here for your use. If you're in AA and sober, and you are not thinking you'd do well to start. Inactive minds, like inactive "anythings" get rusty, and don't work too well. It seems that staying sober in AA requires a fairly smooth-working operation, and clear thinking is an important part of it. So, like an oil or gasoline additive put into your car, some of these ideas and thoughts might well smooth out your operation, and turn your sobriety into a more interesting and happy one.

Think about egotism. Weren't we the awfulest gang of know-it-alls? **Some** of us **still** are, and it's a sharp challenge to try to **correct** our cocksure attitudes and to **try** to learn a **little bit** about humility. Someone has said: "Knowledge is proud because of what she knows. Wisdom is proud because of what she **does not** know." Try this on for size! It presents us with a double challenge: The effort to humble ourselves, and the search for more knowledge. We can never learn all there is about staying sober, nor about alcoholism, but thinking about it and **trying** makes for a more interesting sobriety.

A small paragraph in a magazine or newspaper caught the writer's eye not long ago. It read: "Great minds discuss ideas. Average minds discuss events. Small minds discuss people. What size is your mind?"

Here's one for you to think about, especially if you've been participating in gossip lately, or criticizing **some**-one. It's food for thought when you're taking someone's inventory. Maybe if we find ourselves busy discussing people, we ought to limit it to our own inventories, and just plain **THINK**.

Thought about love, lately? Here's one for all of us who have made more mistakes throughout our drinking lives than we care to remember: "Without mistakes there is no forgiving. Without forgiving, there is no love." This is a "**jim-dandy!**" Next time that guy calls you after he has gone out and got his nose wet again, think about this one! You might remember another favorite AA phrase — "But for the grace of God." This is something to think over. Seems if we want to learn anything about love we just better learn how to forgive others and **ourselves** too!

Notice how people talk about happy sobriety? This word "happy" or "happiness" seems to be one of the **most** elusive, least understood things around. The best answer this writer has come across is certainly not new — Seneca said it centuries ago: "Happiness is being content with what you have." Here's one to eschew! Are you content with what you have? Are you content with being sober? Or, would you rather be sick and shaking

(Continued on page four)

Faith gets the
most;
Humility keeps the
most;
but,
Love works the
most.
—Moody

CENTRAL BULLETIN



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Harry D. pounder and Editor 1892-1968



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MILL ENDS AND REMNANTS

"Four things come not back — the spoken word, the spent arrow, the past life, and the neglected opportunity." (Arabian Proverb)

There are considerable areas provided in these few words for much thought provoking meditation and inventory taking to enable sidestepping the pitfalls that experience has taught us are areas to be avoided.

It is doubted that any of us can claim never having said anything that would better have been left unsaid, whether said while in our cups or even on thoughtlessly careless occasions since attaining sobriety. Nevertheless, having been voiced such words cannot be recalled, although we have been taught that amends can be and need be made — promptly.

In the areas of spent arrows — wasted efforts in emphasizing the wrong things, and the past life in which we dissipated most, if not all of the things we had going for us and during which we used people to our own ends without consideration and unmercifully. Yet, notwithstanding all of these past shortcomings through AA we have been granted the grace to rectify past mistakes through living the program to the best of our abilities.

However, not detracting from the need for continued improvement in the first three things mentioned, it occurs to us that "neglected opportunity" is of uncommonly great importance. Opportunity presents itself in many ways each day, and we often allow these opportunities to pass us by, never to come our way again.

This need not be so though, for in our way of life we are offered many opportunities each day for self-improvement and service to our fellow AAs and to fellow man.

Daily opportunity also presents itself in the ability to improve our knowledge of AA and the good things of life and in improving our ability to communicate with others both inside and without the fellowship.

Let us develop our capacities for service, let us not neglect our opportunities to serve, but step forward, attend our meetings and take note of the opportunities that are before us.

To serve is to survive, by George!

DISTRICT OFFICE NOTES

Indications are that the 19th Annual Intergroup Dinner will be staged before another capacity crowd in the ballroom of Cleveland's Statler Hotel. There will be a reception at 6:00 p.m., with dinner being served at 7:00 p.m. Speaker for this May 9th affair is John K., of Southdown, Ontario, Canada.

At this time, however, we have been asked to announce that the deadline for remitting for or returning tickets which are out on consignment is April 18, on which date they must be in the hands of the Cleveland District Office people.

As we go to press tabulation of results of the 1970 Funding Campaign, which closed March 2, have not been finalized; although earlier estimates indicate final outturn to be somewhat short of the goal, which is in the realm of attainment, however, if those who have not pledged and those who will wish to give do so throughout the balance of the year.

MINUTES OF CENTRAL COMMITTEE
MEETING MARCH 3, 1970

Meeting was opened by Moderator John F., with Serenity Prayer, in which he was joined by the group representatives present. The Twelve Traditions of AA and Purposes of Central Committee were read by the Vice Moderator, Ray M., after which minutes of February meeting were read and approved. Treasurer, Jean C., reported balance in the treasury of \$399.14.

Action Committee (Dick F., Chairman); Areawide Meeting (Lou W., Chairman); Central Bulletin (George M., Editor); and Institution Committee (Warrensville Women, Lenore W., Chairman; and Brecksville Hospital, Ray M., Chairman) had nothing to report.

Hospital Committee: Rosary Hall, Ray M., Chairman, reported there is a new administrator and discussed status of the women's section which is still not operating. Serenity Hall, Bay View, Bernie B., Chairman, reported on prospective new addition to Bay View Hospital.

Public Information Committee, Dick P., Chairman, advised that 44 speakers had been supplied in the first two months to non-AA meetings and groups.

Old Business related report that Purposes of Central Committee had been distributed to all groups and New Business included discussion as to closing of AA group at Wade Park Veteran's Hospital.

Meeting adjourned with the Lord's Prayer.

Joedy M., Secretary

THE PURPOSES OF CENTRAL COMMITTEE

Editor's note: Because better understanding is the key to Friendship; because the public act of any Group or Individual involves our entire Fellowship; because we must continually take inventory of ourselves as Individuals and as Groups; the AA Central Committee has these purposes:

To bring together representatives of all Groups for discussions of policy and practice; to create high stand. ards; to guard against exploitation or commercialization; to insure our humility as Groups and Individuals.

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

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

To serve as a clearing house for ideas.

The object of the Central Committee is SERVICE.

TRUE SCHOLAR IS ALWAYS LEARNING

Those who are the most learned are the most modest of all — the readiest to admit their ignorance, the first to listen.

If one is not a willing listener one's education does not proceed.

Books in a room are a very small portion of an education; they merely provide a point of departure. All life is an academy. Everyone we meet is a potential teacher. The mother learns from her infant, who is still unaware of the alphabet. The instructor of a class of boys and girls continually learns from the pupils, and the best teachers are the first to admit this fact. Business itself is a business college.

Fashion in dress is a cycle of imitation. We copy all the time from one another; we adapt to our own uses what we see and hear. From one admired friend we take a trick of modulating the voice; from another we arrive some feature of our apparel; from another we obtain an opinion or a point of view which changes or supplants our previous theory.

To stop learning is to cease living. To lose interest in true stories that are told in our presence, by those who bore a part in what they describe, is to concede that we are out of the running and are content with society of our own ingrowing personality. But the true scholar in the fine art of living is a learner to the last.

—Kleinknecht Encyclopedia

PRAYER OF THE MONTH

God, help us to see things which You would have us see, and hear things which you would have us hear, so that we have little time for sights and sounds which distract us from each other and from You. Amen.

NEVER ALONE

No, sobriety in AA is not all there is. It is only the beginning. One day at a time all the long-boarded up doors of our minds are being opened, the chains are falling from our hearts and a love so great, we now only partially understand, has entered in. Never alone again . . . never alone. It is enough and it is good! We have found sobriety . . . and with it, the key to a portion of the Kingdom, the Power and the Glory we only dreamed of before.

— M.C., in Silent Rostrum, Houston

ABILITY TO FORGIVE

A sure sign of spiritual and emotional maturity is the ability to forgive — not only the deep hurts that we sometimes experience but also the little, every day vexations that cause irritation or delay in the course of our daily activities.

Often we get upset by the thoughtless or careless actions of those with whom we live and work, and before we realize what has happened an attitude of resentment has moved into our mind and heart.

In the tug and pull of our busy living, a forgiving spirit and a sense of humor are priceless assets in preserving our poise and well-being.

GREATEST NEED

Today the greatest thing in the world is not money, nor big buildings, nor armies of atomic power, but character.

The world needs men who can be depended upon, who put others before themselves, and who are not afraid to stand up and be counted; those who are able to add something to the brotherhood of social life, something to the practical efficiency of spiritual life. Then we shall have done mankind a real service.

BE GLAD OF LIFE

Be glad of life because it gives you the chance to love and to work and to play and to look up at the stars; be satisfied with your possessions but not contented with yourself until you have made the best of them; despise nothing in the world except falsehood and meanness, and fear nothing except cowardice; be governed by your admirations rather than by your disgusts, covet nothing that is your neighbor's except his kindness of heart and gentleness of manners; think seldom of your enemies, often of your friends.

— Henry Van Dyke

“The man without a purpose is like a ship without a rudder; a waif: a nothing; a no man. Have a purpose in life, and having it, throw such strength of mind and muscle into your work as God has given you.”

—Carlyle

CLEVELAND AA DISTRICT OFFICE

The Cleveland AA District Office is open to anyone, male or female, who is seeking an answer to an alcoholic problem. The office, located in Boom 205, Frederick Building, 2063 E. 4th St., is open weekdays from 9 a.m. to 5 p.m., Saturdays from 9 a.m. to 1 p.m. but maintains a 24-hour telephone service which responds to calls made after the office is closed. The telephone number is CHerry 1-7887.

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

DATES TO REMEMBER

- April
 1-Central Committee Meeting, 8 : 30 p.m., Room 362 Hanna Built-line
 8-20th Anniversary, **Lorain** County Women's Group (women members only). Vincent Methodist Church, Route 254, one block east Route 57, between **Lorain** and Elyria. Speaker: Marge K.
 12—14th Anniversary Y.O.U.R. Group, T.R.W. Cafeteria, East 222nd St. Entrance. Dinner served 5:00 p.m. (by reservation) — meeting 7:00 p.m. Speaker: Dick W. Van Nuys, Calif. For reservations call: 486-5241 or 942-7525.
 18-6th Annual Buffet Dance, Night and Day Groups. Masonic Auditorium, 3616 Euclid Avenue; 8:30 p.m.
 23-22nd Anniversary Allendale Group, 8 : 30 p.m., St. Paul's Episcopal Church, 15837 Euclid Ave. Speaker: Charles K., West Shore.
- May
 3-Second Quarterly Meeting Northeastern Ohio General Service Committee, 3:00 p.m., American Legion Hall, 7400 Chippawa Road, Brecksville, Ohio.
 3-7th Anniversary, Grateful Group, 2:00 p.m., St. Paul's Episcopal Church, 16837 Euclid Avenue. Speaker: Larry V., Toledo, Ohio.
 6-Central Committee Meeting, 8 : 30 p.m., Room 362 Hanna Building.
 9—19th Annual Intergroup Dinner, 7:00 p.m., Hotel Statler Hilton, Cleveland, Ohio. Speaker: John K., Southdown, Ont., Canada.

LOOKS

Some folks in looks take so much pride. — They don't think much on what's inside. — Well, as for me, I know my face — Can ne'er be made a thing of grace, — And so I rather think I'll see — How I can fix things inside of me — So folks'll say “He looks like sin, — But ain't he beautiful within!”

HOSPITALS AND INSTITUTIONS

SUNDAY	
TRUSTY HALL-1000 ft. east of House of Correction ...	10:00a.m. and 5:00 p.m.
MONDAY	
HOPEFUL-State Hosp., 4455 Turney Rd., New Chapel Bldg. # 1	8:00
TUESDAY	
BRECKSVILLE V.A. HOSPITAL-1000 Brecksville Rd.	7:30
HAWTHORNEDEN HOSPITAL-Cottage #10, 305 Northfield Rd.	7:30
PROVEN WAY—Grafton Honor Farm, Rte. 75, 2nd & 4th Tuesday	8:30
TRUSTY HALL-1000 ft. east of House of Correction	8:00
WEDNESDAY	
CLEVELAND PSYCHIATRIC HOSP.-1708 Aiken at Scranton	8:30
FAIRHILL PSYCHIATRIC HOSP.-12200 Fairhill Rd.	1100
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:W
FRIDAY	
MAIN GROUP-House of Correction, 4041 Northfield Rd.	8:00

ALANON GROUP MEETINGS

SUNDAY	
GARDEN VALLEY-7100 Kinsman Rd. (2nd & 4th Sun.)	4:W
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
NOW THERE'S HOPE—First Pres. Church, Nela & Euclid Ave.	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
LORAIN AVENUE—St. John Bosco Church, 6400 Pearl Rd.	9:00
OLMSTED FALLS—Community Church, 7853 Columbia Rd.	9 : W
SUBURBAN WEST—Our Savior Church, 20300 Hilliard Rd.	8:30
WEDNESDAY	
BEDFORD—Christian Church, 98 Warrenville Ctr. Rd.	10:30 a.m.
CHAGRIN VALLEY—Pres. Church, Route 306, Balnbridge	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	
CLEVELAND HTS.—Pres. Church, Fairmount & Scarboro	9:00
LORAIN COUNTY—Lutheran Church, 3334 Wilson St.	8:30
NORTH CANTON—Northminister 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	8:30

WE ARE NEVER SATISFIED

No two human beings have made, or ever will make, exactly the **same journey** in life. The **same** events may occur, but their sequence and combination cannot be the **same**. Every human life is unique in itself and an adventure.

Some people probably, as time goes on, do more and in turn receive more for the effort — therefore, human beings develop a competitive instinct which should, if we have any ambition at all, spur us on to greater achievements.

There are, however, some things which elude us if we struggle too hard for them. For instance the following story might explain the point. For years an old woman made life completely miserable for herself and everyone around her. She was haunted by the vague idea of a mysterious contentment with which other people were **gifted**, but which was denied her. She rebuffed those who tried to contribute to her happiness until they, frustrated at every turn, gave up. The harder she fought for contentment the farther away it seemed. In her household, life tossed along in periodic turbulence for a number of years.

Then a complete change came over her, with a suddenness that was almost startling. Little changes which heretofore had always irritated her beyond reason were now dismissed with a smile. At first the family could not believe it. Her new attitude toward life was to her long-suffering family like the mirage to a weary desert traveler — wonderful — if only it were real. Time passed. This was no mirage. Beyond all **pre-adventure** she had mellowed, and all the old testiness was gone.

One day someone boldly asked her how she could explain the complete change in her personality. "don't know," she replied. "**All** my life I have been a-struggling and a-struggling to have a contented mind like other folks. Finally, I decided to settle down and be contented without one."

Long ago a French philosopher put the **same** problem in this way: "**If** one only wished to be happy, it could be readily accomplished; but we wish to be happier than other people; and this is almost always too difficult for we believe others to be happier than they are."

This is nothing new. We always envy those on the other side of the street. We need not — **for** life has so much to offer, each in a different way. Whatever your lot might be — your talents, your worldly gifts, be grateful for them but be unselfish with them too.

Calvin Coolidge, at one time, gave this advice and bit of wisdom: "**No** person was ever honored for what he received. Honor has been the reward for what he gave."
-From The Chronicle

MEANING OF WASTED TIME

Time wasted is existence; when it is used, it is life. It is our ability to know what is waste of time that enables us to use it correctly. Dreaming is no waste of time if we strive to make the dream come true.

Playing games is no waste of time if we find in them relaxation and delight. Dancing is no waste of time if we listen to the music and renew the harmony in our soul by keeping the rhythm.

Movie-going is no waste of time if it permits us to escape from ourselves. Reading is no waste of time if we choose our literary menu wisely. Autogoing is no waste of time if it allows us to **accomplish** more, or if it takes us to clear, fresh air.

Talking is no waste of time if we think and evaluate before we speak. Feasting is no waste of time when we enjoy it. Work is no waste of time if in our work there is an element of art — something to make the world better.

Envy is a waste of time! Revenge is a waste of time! For envy saps our vitality and revenge hinders progress. Envy retards and revenge weakens. The great do not envy. And the successful are too busy for revenge.

Time wasted is existence; used it is life.

SOMETHING LIFE TEACHES A MAN

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

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

He learns that he who loses his temper usually loses.

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

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

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

He learns that buck-passing always turns out to be a boomerang and 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 most of the other fellows are ambitious as he is — that they have brains and are as good or better than he — and that hard word and not cleverness is the secret of success.

—Exchange

THE VIRTUE OF SILENCE

A lot of people who aren't really very smart go all through life with scarcely anybody ever finding out about it, simply by keeping their mouths shut. Most of us talk too much. We feel we ought to keep up with the talkers around us just to be sociable. Somehow we have got the idea that it is impolite to keep still when we haven't anything to say, that is an affront to other people if we don't hold up our end of the chatter.

People do more mischief with their tongues than they do with guns. They destroy dignity, They demolish the barriers of personal privacy. They ruin the reputation of their friends. All too often they spill secrets entrusted to them that they had no idea of telling when they began their gabble.

Oliver Goldsmith said of one of his characters, "Silence is his mother tongue." Most of us would be better off if we were to acquire more facility with it, for, among other things, silence engenders respect. Did you ever hear of anybody being described as a "weak, silent man?"

-The Little Gazette

TYPICAL

A drunk was sitting at a bar busily scribbling on a piece of paper. The bartender **became** curious and asked him what he was doing. "My wife is on a diet," said the drunk, "**and** she told me she's losing four pounds a week." "**So?**," queried the barkeep. "So if my figures are correct," explained the drunk, "I'll be rid of her completely in about 18 months."

I'VE BEEN THINKING

(Continued from page one)

and dying for a drink? Maybe you rather be institutionalized where others do your thinking for you, or maybe you'd rather **just** not be able to think **period!** Five minutes with this one and we think most anyone who has suffered the misery of alcoholism will find sobriety considerably more attractive and really worth being **very** happy about.

The list could go one and on. There is a limitless storehouse of valuable ideas for us in AA, if we just stop for a while and think. They are all positive, and all lead to better living for us if we just take a little time here and there to search them out. They are simple, really, and fit in with the simple program of AA beautifully.

Thinking is fun. Try it. You'll find the ideas without limitation and that after you have mullied over a new one you feel better. We'll leave you with a **crackerjack!** One AA member we know carries it written on the blotter of his checkbook. It's a constant reminder to him:

"If you don't like what you've got in AA, You haven't got it!"



HEAR BOTH SIDES

We hate **gossip**. Particularly do we hate to hear the tearing down of the reputation of one for whom we have high esteem. And as we rise up to question the veracity of the damaging story we hear, we sense a dull feeling of let-downness, as we fear that what we hear might possibly be true.

We have learned from experience, however, that there are always two sides to every story and the grand feeling which comes over us as we find the very opposite of what we hear true, offsets the momentary pain of fearing we had misplaced our faith and our loyalties again.

We have such volatile natures in our AA membership. We are all guilty of judging superficially. This fault of jumping at conclusions is certainly not confined to AA personalities, of course, but it seems to be more reprehensible in an AA, whose glass house surely should warn him to be extra careful and alert.

We who have been guilty of so many sins of commission and omission, are being taught at every AA meeting the need for developing the four Absolutes of Honesty, Purity, Love and Unselfishness. Each of us has many faults and personality peculiarities. These are relatively offensive. In some cases they are unbearable. Many one of such persons is conscious of them and is trying daily to change. This person needs counsel and tolerance, patience and love.

One of the **most** pernicious "knockers" we know has so many personality maladjustments (in our **opinion**) that he's most "**uncomfortable**" company to have around. But even he has changed **perceptibly** in the past year. The nettle has been buffed off through the extraordinary patience and kindness of a few, who evinced admirable tolerance and true brotherly love. We have marveled at their patience.

So let's follow the example of these "masters of AA principles" (and they are so titled advisedly) and if we are intolerant, seek tolerance every **day**. If we are impatient, let us **ask** God **each day** for patience. If we are constantly suspicious of the motives of our brother in AA, let us get on our knees daily and ask for faith.

There's so much good in each of us, though **some** of it may not be too evident, that development of the traits for good mentioned in the preceding paragraph will sweeten our lives and make living more joyful and fulfilling.

Get the other side of any story you hear about anyone. Be ready to help him if he has really fallen, just as you were understood and helped in greater or **lesser** degrees when you embraced the fellowship.

Fellowship is our goal — we can achieve it together!

Every AA Group Should Have CENTRAL BULLETIN On Their FREE Literature Table. Has YOUR Group? WHY NOT?

IT'S AS SIMPLE AS THAT!

They tell us that Alcoholics Anonymous is a simple program for complicated people. We have to concur. AA is simple. We are complicated. The big problem always seems to arise when we, as complex human beings, with our myriads of problems and idiosyncrasies, make AA too complicated to understand. The human mind, to be sure, is a complex machine, but if we would straighten out our lives and stay sober, we need some simple, **un**-complicated way to do so.

The now famous words of Dr. Bob will always ring true: "Keep it simple — don't louse it up." While he **was** talking about the Program itself, if we stop and think a second or **so**, we, as individuals, are the program, and his advice on "keeping it simple," immediately becomes applicable to each individual.

In our wild, wild world, which is also a very wide, wide world, it is evident there is more than enough for everyone. However, it has become a wild, wild world, because too many people want too much for themselves, and have lost sight of the needs of their fellowmae. In our **country**, the push for material possessions has become the all-important thing. We desire too many "things" material and too much luxury. We accept the necessary things and take them for granted, and soon we find ourselves "taking it for granted" that we should have many things **we don't really need!**

In the struggle to attain these "things," this proof of affluence, if you will, the alcoholic **is** really "in over his head!" He cannot cope with the simple things of life, much less strive for **\$50,000** mansions and Cadillacs and the thousands of other things that are held out to

us by the advertising world as "**the thing to have!**"

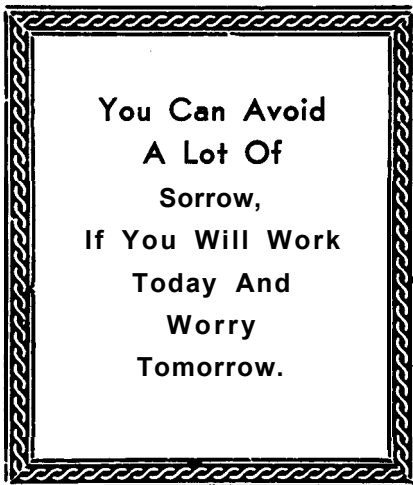
Yet, like all humans, the alcoholic tries. The years come and go, and though he is a sick man, with a progressive disease, he struggles to keep his head above water. The struggle is always a frustrating one, for in his heart he knows he's wrong, and that he's failing. He fights the world and himself, and even God, to prove that this is **not** so, that he is winning, or will.

In his desperate struggle to achieve his so-called "place in the sun" through material possessions, his alcoholism progresses **insiduously** because he uses alcohol to escape from his pressures, his failures, from himself. He may celebrate brief victories, but they are scarce, and as time moves on, he is deeper and deeper into the morass of frustration, resentments, anger, **self**-pity, self-condemnation. As the progression of his drinking accelerates, he becomes weaker and finally is brought to desperation and defeat.

If he turns to AA (and where else can he turn?) he can find surcease from a life that has become so complicated it is unbelievable! He can learn how to **stay** sober! He can learn that sobriety comes first and all other things second. He can begin to learn that a Higher Power can and will provide him with the things he needs.

He learns that sobriety is what he needs most, and that only through it can he begin to learn about himself, about life, about the God he has run away from for such

(Continued on page four)





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Harry D., Founder and Editor 1892-1968



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May, 1970

No. 8

MILL ENDS AND REMNANTS

Over and over, and over again we have heard since our entrance into the fellowship of AA that **willingness** and **open-mindedness** are essentials of recovery, and it is true. It is also true, however, that with recovery for whatever duration it has been, we need keep these fundamentals ever before us. It is basic that we continue **willing** with an **open** mind, else we become careless and forgetful.

To this end we like to consider it basic, having recovered to this day, to take the first three steps of The Twelve Steps of recovery in temporal language that we admit we are powerless over alcohol and that our lives can become unmanageable; believe that a Power greater than ourselves can help us retain sanity; and each day make a decision to turn our will and our lives over to the care of God as we understand Him.

It is to be hoped we are not misunderstood that the following nine steps are less essential to complete and maintain recovery, as they are, and are the basics of our twenty four hour program. They, too, may be restated in the temporal sense to strengthen and sustain us from day to day.

Nevertheless, to this writer's way of thinking, the first three are the get ready steps, when we become willing to recover and cast aside the shackles of the critical helplessness which had been our lot, albeit self-imposed.

It follows then, having come this far, our willingness and our open-mindedness is furthered in that we begin to take in order the remaining nine steps, thus establishing our program for daily recovered living.

Understand, please, that the foregoing is the writer's opinion and use, but it does keep him cognizant of the essentials for staying sober one day at a time, and what other time belongs to us?

And now that we are sober we become willing to learn purpose of life, which is essentially the use of the wonderful gifts of life in service for what we have received from The Giver of all Good Gifts and Graces. It has been written that first come the sincere desire to learn the purpose of life, coupled with the desire to contribute something of value while we are learning.

Whoever has faced up to life courageously when courage was demanded, knows the purpose of life. Whoever has met misfortune and has become stronger of it knows the purposes of life. Whoever has met defeat and who has turned defeat into victory, knows the purpose of life. Whoever has experienced the darkness and has moved forward to light, knows the purpose of life. The purpose of life cannot be found in some easy and convenient slogan, it is found by each of us in the arena of life's experiences.

Be willing, open-minded and purposeful, by George!

ON FAILURE

Failure should be our teacher . . . not our undertaker. It should challenge us to new heights of accomplishment, not pull us to the new depths of despair. Failure is delay, but **not** defeat. It is a temporary detour, not a dead-end street. THE GREATEST FAILURE IS THE FAILURE TO TRY.

— Alanotes, Minneapolis

MINUTES OF CENTRAL COMMITTEE MEETING APRIL 7, 1970

Meeting was opened by Moderator John F., with Serenity Prayer, in which he was joined by the 28 group representatives present. Ray M., Vice Moderator, read the purposes of Central Committee, after which the minutes of March 3rd meeting were read and approved. Treasurer's report showed a balance of \$379.22, which included Institution Fund balance of \$39.20.

Action Committee (Dick F., Chairman); Hospital Committee; Rosary Hall (Ray M., Chairman). Serenity Hall (Bernie B., Chairman) and Institutions Committees reported there was nothing of moment. **Area-wide** Meeting (Lou W., Chairman), reported that March meeting was a success thanks to cooperation and efforts of all. Audio at Jordan Hall, of which there had been complaints, will be rectified for the next meeting.

Central Bulletin (George M., Editor). Editor again reviewed the proposition that in consideration of the density of AA population in the Greater Cleveland Area Bulletin subscriptions should total considerably more and urged that all group secretaries assist in getting new subscribers. One such area discussed was providing subscriptions in the weekly raffles.

Public Information Committee (Dick P., Chairman) reported that in the first quarter of 1970 64 speakers had been supplied to non-AA meetings by the Cleveland District Office.

There was no old business before the meeting and new business included a discussion of group anniversary observances, **especially** those which included pre-meeting dinners. Suggestion was made in the form of a motion, which carried, that flyers or such other publicity as may be issued, plainly state that visitors are welcome to meeting portion of anniversary festivities and dinner attendance is optional.

Meeting was closed with the Lord's Prayer.

Jean C., Acting Secretary

DISTRICT OFFICE NOTES

There has been a change in the speaker for the 19th Annual Intergroup Dinner to be held on Saturday, May 9 at Hotel Statler Hilton, Cleveland, Ohio. Speaker will be Virgil W., a longtime member and entertaining and capable speaker from Decatur, Georgia.

Much needed additional space is being added to District Office in the Frederick Building on East 4th Street. Enlarged area is possible through use of the space next door to original rooms, and will enable greater service efforts and facilitate the realization of accomplishments long deferred by reason of space limitations. While rehabilitation work is incomplete as we go to press, it is progressing rapidly and it is suggested an early visit be made to the District Office to see what expanded facilities will mean.

ADVISORY GROUP ELECTS

At the regular quarterly meeting of the Advisory Group (made up of group representatives) to the Cleveland AA District Office on March 26, following members were elected to serve on Operating Committee of the District Office:

Dick F., Southwest Sunday Group, to complete unexpired one year term of Emmet M., who relinquished the post for reasons of health. Elected to three year terms were: Bill H., Painesville Thursday; Dick D., Brookpark, and Doris E., Lake County Women.

Retiring members: Bob W., Jean S., Lew N. and Emmet M., are commended for their selfless service and valuable contributions, which were in keeping with true AA spirit.

GOD'S MINUTE

I have only just a minute, — Only sixty seconds in it, — Forced upon me, can't refuse it, — Didn't seek it, didn't choose it, — But it's up to me to use it, — I must suffer if I lose it, — Give account if I abuse it, — Just a tiny little minute, — But Eternity is in it.

PRAYER OF THE MONTH

Dear God, we cannot begin to understand the fullness of your grace. Guide us to be like you and help us to reach out to everyman. Help us to reach with full hands, as we thank you for your reach to us with your bountiful gifts.

A STRONG ANCHOR

No one who knows what can happen at sea would ever go to sea in a vessel that carried no anchor, even though it were the greatest and most modern luxury liner afloat; for circumstances may arise when the hope for the ship and all of her company might depend not on the Captain, the crew, the engine or steering gear, or compass, but on the anchor. When all else has failed, there is always hope in the anchor and riding out the storm. Sometimes our anchor is but the fleeting ideas of the moment in this transitory life. But then sometimes a person finds an anchor that is strong enough to hold him in the ferocity of the tumult and tempest of life's stormy seas.

We who are sober in AA have found that strong anchor.
— Silent Rostrum, Houston, Texas

35TH ANNIVERSARY YEAR CONVENTION

As of March 16 over 6,500 people from about 20 countries have already registered for AA's 35th Anniversary Year International Convention to be held July 3-5, 1970, in Miami Beach, Florida.

There are plenty of good hotel and motel rooms available at all prices for this king-size once-every-five years AA get-together. For details on registration and housing forms, see your group secretary or write P.O. Box 459, New York, N.Y. 10017. Registration for all AA sessions is \$6.00; including get acquainted dance and all-star variety show it is \$10.00. Registrations will be closed on May 15 at General Service Office in New York and open again on July 1 in Miami Beach. AA headquarters will be at Fountainbleau Hotel and Al-Anon at Eden Roc Hotel.

THOUGHTS ON THINKERS

Most of the men the world labels brilliant are no more brilliant than the rest of us; they just do more thinking than we do. They concentrate on an idea while the rest of us flit like humming birds from one trivality to another.

Sir Isaac Newton, something of a wool-gatherer in his youth, worked out the laws of motion and universal gravitation, invented calculus and did quite a few other mental chores of note. But, looking back over his life, he denied vehemently that he was any smarter than the next fellow. He attributed his accomplishments simply to "the power of patient thought." Practically every important benefit that has been evolved for mankind has been the result of somebody's "patient thinking." So, in the unlikely event that you should come upon someone thinking, think twice yourself before you disturb him!

ON COBWEBS

Many of the thoughts that clutter our brain are not only useless but actually harmful and destructive. Every one of us needs to clear out his mental house occasionally.

-Progress

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.

HARRY M. HARMON, a 20 year plus member of Rocky River Thursday group, passed away in Plantation, Florida, on April 7, 1970.

JAMES W. DRUMMOND, a member of the Sheffield Lake group passed away in late March.

DATES TO REMEMBER

- May 3—Second Quarterly Meeting Northeastern Ohio General Service Committee, 3:00 p.m., American Legion Hall, 7400 Chippewa Road, Brecksville, Ohio.
- 3-7th Anniversary Grateful Group, 2:00 p.m., St. Paul's Episcopal Church, 15837 Euclid Avenue. Speaker: Larry V., Toledo, Ohio.
- S-Central Committee Meeting, 8:30 p.m., Room 362 Hanna Building.
- 7—30th Anniversary Brooklyn Group, 8:30 p.m., St. James Lutheran Church Hall, 4771 Broadview Rd. S.W., at Oak Road, Cleveland. Speaker: Bill D., Erie Pa.
- 9—19th Annual Intergroup Dinner, 7:00 p.m., Hotel Hilton, Cleveland, Ohio. Speaker: Virgil W., Decatur, Ga.
- 15-17—6th Punderson Park Conference. Write P.O. Box 58, Newbury, Ohio 44065. Registration \$5.00.
- 22-8th Anniversary Parmatown Men's Group, 8:30 p.m., Parma Community Hospital-Assembly Room, 7007 Powers Drive, Parma. Speaker: Murray S., Bainbridge.

WORK

I am the foundation of all business. I am the font of all prosperity. I am the parent of genius. I have laid the foundation of every fortune in America, from Rockefeller's down. I must be loved before I can bestow my greatest blessings and achieve my greatest ends.

Loved, I make life sweet and purposeful and fruitful. I can do more to advance a youth than his own parents, be they ever so rich. Fools hate me; wise men love me. I am represented in every loaf of bread that comes from the oven, in every train that crosses the continent, in every newspaper that comes from the press. I am the mother of democracy. All progress springs from me.

Who am I? What am I? I am Work.

HOSPITALS AND INSTITUTIONS

SUNDAY	
TRUSTY HALL-1000 ft. east of House of Correction	10:00 a.m. and 5:00 p.m.
MONDAY	
HOPEFUL-State Hosp., 4455 Turney Rd., New Chapel Bldg., # 1	8:00
TUESDAY	
BRECKSVILLE V.A. HOSPITAL-1000 Brecksville Rd.	7:30
HAWTHORNEDEN HOSPITAL-Cottage # 10, 305 Northfield Rd.	7:30
PROVEN WAY-Grafton Honor Farm, Rte. 75, 2nd & 4th Tuesday	8:30
TRUSTY HALL-1000 ft. east of House of Correction	8:00
WEDNESDAY	
CLEVELAND PSYCHIATRIC HOSP.—1708 Aiken at Scranton	8:30
FAIRHILL PSYCHIATRIC HOSP.—12200 Fairhill Rd.	1:00
VETERANS HOSP.-E. Blvd. near E. 105th St.	8:00
WARRENSVILLE-Women's House of Correction, 4041 Northfield Road	6:00
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:W
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
NOW THERE'S HOPE-First Pres. Church, Nela & Euclid Ave.	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
LORAIN AVENUE-St. John Bosco Church, 6400 Pearl Rd.	9:00
OLMSTED FALLS-Community Church, 7853 Columbia Rd.	9:00
SUBURBAN WEST—Our Savior Church, 20300 Hilliard Rd.	8:30
WEDNESDAY	
BEDFORD-Christian Church, 98 Warrensville Ctr. Rd.	10:30 a.m.
CHAGRIN VALLEY-Pres. Church Route 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	
CLEVELAND HTS.-Pres. Church, Fairmount & Scarboro	9:W
LORAIN COUNTY-Lutheran Church, 3334 Wilson St.	8:30
NORTH CANTON-Northminister 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	8:30

ACCEPTANCE

It's funny how things go sometimes. For instance, we recently attended three meetings almost in a row, where the subject was ACCEPTANCE, and we felt, which is not uncommon for us, that the full, deep significance of the word was not being explored.

Our growing feeling has been that acceptance involved, or certainly implied, ACTION. For instance, if I accept an invitation, it implies that I will act, namely, attend; if I accept a challenge, as to a duel, certainly I am expected to fight; if I accept a contract it means that I must observe its terms, live up to my agreement, and so forth.

Webster helps us. He says — "Acceptance is to receive with consent, to be able to take hold of something; to give admittance or approval; to endure without protest; to regard as proper, normal, or inevitable; to receive as true; to receive into the mind — understand; to make a favorable response to: to undertake the responsibility of; to assume an obligation."

Everyone of these meanings implies, requires, action; and how amazingly they apply to the acceptance of our alcoholism. In AA's first step we ADMIT that we are powerless over alcohol, then in our discussions we ask ourselves do we ACCEPT this admitted fact? Obviously there is a vast difference. I might admit that this is September, and that's that, but if I ACCEPT this as September then I must LIVE September, my living will be September-ish and I will do all the things that must be done in September — adjust to its weather, eat, sleep, pay my bills, work, rest, play, bear my problems, etc., etc.

So it is with my alcoholism. If I ACCEPT it I tacitly agree to live by its terms. I do not drink, I keep my mind clear, I nourish my spirit and soul, I am honest with my problems, I do not worry. I do my best to be honest, fair, compassionate, tolerant, pleasant, cheerful, and considerate. This is, perhaps, a new way of living for me, but I MUST so live with my alcoholism because I am an alcoholic.

Putting it still another way, if I ADMIT alcoholism into the household of my being, then I must ACCEPT him as my guest, and treat him with all the respect, deference, consideration and understanding that I must, according to the rules, accord ANY guest. Only by so doing can our life together be compatible and tolerable. Full understanding and adjustment can produce a contented co-existence.

As each person has the right to live his life to its full potential, the WHO he is, the WHAT he is, so if, as an alcoholic he accepts the challenge, and the opportunity, he may live a life which is actually, if we think about it and tote it up, of greater potential than would be his life were he not an alcoholic . . . ACCEPTED, adjusted to, capitalize upon, alcoholism can make for a life of tremendous power, achievement, happiness and contentment. It all depends on our acceptance — ACTION. We do believe, that for us, by following this concept of ACCEPTANCE we can become as Prometheus — unbound — free — stealing from Heaven the gift of fire, — from Echoes

SMILES

Doctor: "Nothing to worry about. Your liver's fine, your blood pressure is normal, and your heart has never sounded so good. Now would you try once more and see if you can stand up?"

Wife to reluctant husband who is helping their small son with his homework: "Help him now while you can. Next year he goes into the fourth grade."

The woman was fabulously rich but terribly stingy. The solicitor was rather apologetic. "I am seeking contributions for a worthy organization," he began, "We need \$100,000, and another well-known philanthropist has already promised to donate one-quarter of that."

"Fine," agreed the woman. "I'll be glad to give another quarter. Have you got change for a dollar?"

Two men wondered into a bar. The first one downed four double shots and then fell flat on his face. "That's what I like about Dick," observed his friend; "He certainly knows when to quit."

THE SECRET OF GIVING —

During her long lifetime of 94 years, Fanny Crosby, the famed blind composer of many religious hymns, often recounted the story of a minister who spoke as a guest in a strange church one Sunday morning. He was accompanied by his little son.

After the worship service the minister recalled that no offering had been taken, and, as he was in the habit of never going to the Lord's house without presenting an offering, he left fifty cents in the offering box that he noticed beside the door. As he and his son walked away from the church, one of the church officers came running after them, saying, "It is our custom here to give to the preacher whatever we find in the offering box after the service." And the man handed to the minister the coin he himself had left there.

Whereupon the little boy looked up into his father's face and observed, "Papa, if you had given more, you would have gotten more, wouldn't you?"

-Contributed

THE BORDER LINE

The border line between virtue and vice is sometimes very narrow and vague. This is because so many vices are simply highly desirable virtues which have gotten out of control.

For example, flattery is praise which has become insincere; greed is thrift that has run wild; sentiment is love gone soft; and superstition is faith over-extended.

-Exchange

RECIPE FOR GREATNESS

To bear up under loss; to fight the bitterness of defeat and the weakness of grief; to be victor over anger; to smile when tears are close; to resist disease and evil men and base instincts; to hate hate and love love; to go on when it would seem good to die; to seek ever after the glory and the dream; to look up with unquenchable faith in something evermore about to be; that is what any man can do, and so be great.

Life inevitably gives in to the man who won't give up.

IT'S AS SIMPLE AS THAT!

(Continued from page one)

a long time. In AA he learns it is comparatively simple to stay sober, and that the simple things in life are what really count. His life begins to mean something to both himself and others.

It is now, when he is sober and productive, no matter how menial his work may be, that he acquires a feeling of being needed by both man and his Creator. In short, he finds himself. It's as simple as that! Isn't that what we're all trying to do?!

AA CENTRAL BULLETIN ORDER BLANK. Please write distinctly. . . or print . . . to avoid errors. Date, Name, Address, City, Zone No., One year at \$2.00, Amount enclosed \$, Mail to Central Bulletin, Box 67 12, Cleveland, Ohio 44101. THE YEAR 'ROUND GIFT



Rhinoceros Hide

The alcoholic's skin is as thin as the rhinoceros' is thick.

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

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

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

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

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

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

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

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

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

Frustration By the Gallon

Not long ago a local newspaper carried an article relative to the sales and consumption of the leading brands of liquor in the United States for the year 1969. The figures were unbelievably staggering, and these covered **just the several top brands!** Lesser brand names were not even mentioned. The leading whiskey **alone** sold 7.9 million gallons! This was for consumption in the United States alone! Nearly eight million gallons!

Remember how we used to nearly die just for the price of **one** shot when we were sick and hung-over and broke? Where were all those millions of gallons when we needed just 2 or 3 stiff ones to "get well" on?

Ah, but today, in AA we no longer need to worry about finding that all-important drink! We no longer have to worry if there's enough booze in the house for the week-end or for tonight, for that matter!

Can you really imagine all the hurry and fuss and worry and bother that went into the manufacture, distribution, sale and finally the consumption of those 7.9 million gallons of booze? Can you picture in your mind all the frustration it causes from the owners of the distillery right down through the bartenders who poured the drinks and on to the guy on the bar-stool?

The distillery owner must have been pleased with such bonanza sales, but ten to one he's looking for larger sales for 1970. And on the other end, how about the guy on the bar-stool who likely couldn't **really** afford to spend money on booze, but needed it and made sure he got it.

How much frustration; how much worry; how much anxiety; how much anguish and misery did those nearly eight millions of gallons cause? Only God in heaven could really know! To be sure, for those who are not alcoholic, their share in its consumption may have afforded them a few laughs, maybe some relaxation, the satisfaction of doing the "in" thing or being sophisticated, and even **this** is dubious. Was it really worth all the bother?

We used to drink that way too. We used to be so "in" and so "sophisticated" we fell right on our heads (or off the bar-stool).

Today isn't it so very, very wonderful to awaken on Sunday morning, for example, with no hang-over, so "instant worries" about "Where's a drink" or "How do I get well"?

No more anxiety about getting over a drunk. No more worries about how we're going to get food for the family **and** booze out of a paycheck that's just not big enough!

How fine it is to see the world today with calm, clear eyes, without constant fear and worry about what we may have done or left undone. No more nerves that jangle and stomachs that "flop around" like we had butterflies three feet wide inside.

So, they sold 7.9 million gallons of the stuff last year. Doesn't it feel sort of nice to know that you didn't need any of it as a result you didn't have to be involved in all of the frustration that accompanied it? Isn't it nice to be able to relax and do just what AA tells us: "Take it easy!"?

If you ever get
to thinking that
you are
indispensable
just remember
what happened
to the horse
when the tractor
came along.



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Harry D., Pounder and Editor 1892-1968



Vol. 28

June, 1970

No. 9

MILL ENDS AND REMNANTS

Thoughts from here and there garnered in the search for guidance:

More good can be done by showing men what they may be, ought to be, or can be than by describing their greatest weakness with the highest art. We all know how bad we are; but it needs much encouragement to persuade us to believe that we can be any better.

■ ■ ■ ■

No matter how much harassing problems may seem to confront us, and no matter what we may be doing, stop and take time out, it is suggested, to ask ourselves "What come first?"

■ ■ ■ ■

A friend is one to whom one may pour out all the content of one's heart, chaff and grain together, knowing that the gentlest of hands will take and sift it, keep what is worth keeping, and with the breath of kindness blow the rest away.

■ ■ ■ ■

We cannot believe that morality is a fashion, which changes from one year to another, or from one place to another, or from one person to another. We have been taught that morality is governed by rectitude, at all times, in all places, and by all persons, wheresoever dispersed. Modern **psychology** has shown that all the decent things we want most are gained by a life of strict morality.

■ ■ ■ ■

The tongue is a very useful organ; without it we could not speak. This valuable organ helps us in the selection or delectation of food we eat and is generally a fine and indispensable servant. But-in wagging spitefully or irresponsibly, it is a sure breeder of trouble, both for the offender and the victim.

Most of us have heard at one time or another about the tongue of "good report," and that is the kind of tongue each of us should have. The author or Proverbs *wrote* long ago, "The tongue of the wise useth knowledge **aright**; but the mouth of fools poureth out foolishness." There is no end of harm that may be done by an ignorant or vicious tongue; nor by the same token can any limit be set to the good that a tongue of good report may bring about.

● ■ ■ ■

Good guidance, by George!

RULE REVERSED

Among the people of the Far East the Golden Rule is reversed. Instead of saying, "do unto others as you would have them do unto you," they express it, don't do unto others what you would not have them do unto you."

There is much to be said for this interpretation. The things men don't do determine the kind of persons they are as surely *as* the things they do do. While there are many wonderful people doing good things there are countless others who are making a helpful contribution by not doing bad things. We may not like certain individuals, but it adds cubits to character if we keep our mouth shut about it.

-Exchange

MINUTES OF CENTRAL COMMITTEE MEETING MAY 5, 1970

Meeting was opened by Moderator John F., with the Serenity Prayer, in which he was joined by the 28 Group Representatives, present. Ray M., Vice Moderator, read the Purposes of Central Committee and the Twelve Traditions of AA, after which minutes of the April 7 meeting were read and approved. Treasurer's report disclosed a balance of \$369.22, including Institutional Fund balance of \$35.08.

Action Committee, Dick F., Chairman, reported on handling of subject of misuse of secretary's list and the corrective action which ensued. **Areawide** Meeting Chairman, Lou W., reported that next meeting scheduled for June 12 (see Dates to Remember). Central Bulletin, George M., Editor, following appeal for subscription drive at April meeting, was pleased to have Anne T., report that she had obtained 16 new subscribers, a commendable effort.

Hospital Committee, Rosary Hall, Ray M., Chairman, reported that women's section will remain closed by reason of accident in which head nurse suffered broken leg. Serenity Hall, Bernie B., Chairman, reported sponsor visitation in April improved considerably. P.I.C., Dick P., Chairman, reported that in the first four months of 1970 78 speakers had been supplied by the District Office to **non-AA** meetings and groups.

There being no old or new business, meeting was adjourned by praying the Lord's Prayer.

Joedy M., Secretary

THE INFLUENCE OF KINDNESS

We often wonder why people do not make more of the marvelous power there is in kindness. It is the greatest lever to move the hearts of men that the world has ever known; greater by far than anything that the *mere* ingenuity of man can devise or subtly suggest.

Kindness is the kingpin of success in life; it is the prime factor in making human machinery run smoothly. If a man is our enemy we cannot disarm him by other ways so surely as by doing him a kind act. The meanest brute that ever drew breath is not altogether unsensible to kindness.

Of course, it takes a strong man, the very strongest in fact, to do a kindness to a man who has wronged him, and yet there is no other way of so certainly bringing about restitution. Not only this, it develops additional strength in the man who does it, and the peculiar thing is, that the power of kindness can be exercised by the lowest as well as the highest. The king upon his throne has no more privilege in this respect than the digger of ditches, and there is no other factor in human life so well calculated to destroy the distinction of caste.

Kindness makes the whole world akin. It breaks down the barriers of distrust, deceit, envy, jealousy, hate and all their miserable train. The kind man is the good man, and the good man is the kind man. The victories at kindness *are* untold.

DISTRICT OFFICE SUMMER HOURS

In keeping with procedure in recent years Cleveland AA District Office will be closed on Saturdays during June, July and August, with the answering service telephones being covered as is always done at times the office is closed. Regular office hours will be maintained Mondays through Fridays.

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.

PRAYER OF THE MONTH

O God, please help us in our housecleaning. Assist us in driving the undesirable from our lives. But save us from being simply empty nothings. Fill our lives with your love and activity. Amen.

HIGHEST WISDOM

The highest wisdom is established not on reason alone, not on those worldly sciences, physics, history, chemistry, and the like, on which intellectual knowledge stumbles. The highest wisdom has one science, the science of the All, the universal science which explains all creation, and the place which man occupies in it.

In order to absorb this science, it is absolutely essential to purify and renovate the inner man, and, therefore, before one can know it one must believe and accomplish perfection. And to attain this end, our souls must be filled with that Divine Light which is called conscience . . . Look with the eyes of your spirit at your inner man, and then ask yourself if you are content with your life.
-Lou Tolstoi

FORGET ANOTHER'S FAULTS

If we would increase our happiness and prolong our life, forget our brother's faults. Forget the slander we have heard, forget the fault-finding, and give more thought to the cause that provoked it. Forget the peculiarities of our friends, and only remember the good points that make us fond of them.

Forget all personal quarrels we may have heard by accident, and which, if repeated, would seem a thousand times worse than they really are. Blot out, as far as we remember them. The constant thoughts of the acts of meanness make us familiar with them. Obliterate every thing disagreeable from yesterday; start out with a clean sheet today, and write upon it, for sweet memory's sake, only the things which are sweet and lovable.

WORDS

Kind words do not cost much. They never blister the tongue or lips. We never heard of any trouble arising from this quarter. Though they do not cost much, they accomplish much. They make other people good natured. They also produce their own image on men's souls, and a beautiful image it is.

DISUNITY

There is little chance for people to get together as long as most of us want to be in the front of the bus, the back of the church, and the middle of the road.

LIKE A RIVER

Time, like a river, flows silently and incessantly by us, and a little way onward falls into the ocean of Eternity. We are as the leaves of a tree upon its banks. Leaves that continually fall and are carried away by a swift current. Soon we, also now sere and yellow, must drop and follow those that have fallen before us. Death will, tomorrow or the next day, take us also from the earth, and add us to the long train of his silent captives.

IN MEMORIAM

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

WILLIAM STAIRS suddenly on May 11 in Paragould, Arkansass. Bill, a co-founder of the Early Early Group, was in the eighth year of continuous sobriety.

ALBERT G. KELLY, a long time member and subscriber to Central Bulletin, on May 8 in Dixie, W. Va.

DATES TO REMEMBER

- June % - Central Committee Meeting, 8:30 p.m., Room 362 Hanna Building.
- ? - Northeastern Ohio General Service Committee Open House, 3:00 p.m. American Legion Hall, 7400 Chippewa Road, Brecksville, Ohio. Speaker. Everyone welcome.
- 7 - 4th Anniversary Esquire Group, St. James Episcopal Church, 1681 East 55th & Whittier, Cleveland. Check announcement for time. Speaker: Jess A., Akron, Ohio.
- 10 - 7th Anniversary Bedford Morning Group, 10:30 a.m., Bedford Christian Church, Blaine & Warrensville Center Road, Bedford, Ohio. Speaker: Warren C., Sr., Edge lake.
- 12 - Areawide Meeting, 8:30 p.m., Jordan Hall of Charity Hospital, Cleveland. Speaker: Steve J., Poindexter Group, Columbus, Ohio.
- 20-21 - Annual Founders Day week-end, Akron, Ohio. Sunday, June 21, 9:45 a.m., Gardner Student Center, Akron University, 302 E. Buchtel Avenue. Speaker: Cecil C., Prince Albert, Saskatchewan, Canada.
- July 3,4,5 - AA's 35th Anniversary Year, International Convention, Miami Beach, Fla.

A NEW DAY

This new day is given to us — Uncluttered, fresh and clean — Yesterday's troubles are in the past — Tomorrow's may never be seen — God has granted us this new Day — To do with as we will — Let's fill it with kindness and happiness — Love, joy and good will.

-Alanotes. Minneapolis

HOSPITALS AND INSTITUTIONS

SUNDAY	
TRUSTY HALL—1000 ft. east of House of Correction	10:00 a.m. and 5:00 p.m.
MONDAY	
HOPEFUL-State Hosp., 4455 Turney Rd., New Chapel Bldg. # 1	8:00
TUESDAY	
BRECKSVILLE V.A. HOSPITAL-1000 Brecksville Rd.	7:30
HAWTHORNEDEN HOSPITAL-Cottage # 10, 305 Northfield Rd.	7:30
PROVEN WAY—Grafton Honor Farm, Rte. 75, 2nd & 4th Tuesday	8:30
TRUSTY HALL-1000 ft. east of House of Correction	8:00
WEDNESDAY	
CLEVELAND PSYCHIATRIC HOSP.-1708 Aiken at Scranton	8:30
FAIRHILL PSYCHIATRIC HOSP.-12200 Fairhill Rd.	1:00
VETERANS HOSP.-E. Blvd. near E. 105th St.	8:00
WARRENSVILLE-Women's House of Correction, 4041 Northfield 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 : 0 0

ALANON GROUP MEETINGS

SUNDAY	
GARDEN VALLEY-7100 Kinsman Rd. (2nd & 4th Sun.)	4:W
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
NOW THERE'S HOPE-First Pres. Church, Nela & Euclid Ave.	8:30
STAG GROUP-Charity Hospital	8 : W
VERMILLION-Church of Christ, State St.	8:30
TUESDAY	
EUCLID-Christian Church, 28001 Lake Shore Blvd.	8:30
LORAIN AVENUE-St. John Bosco Church, 6400 Pearl Rd.	9:W
OLMSTED FALLS-Community Church, 7853 Columbia Rd.	9:00
SUBURBAN WEST-Our Savior Church, 20300 Hilliard Rd.	8:30
WEDNESDAY	
BEDFORD-Christian Church, 98 Warrensville Ctr. Rd.	10:30 a.m.
CHAGRIN VALLEY-Pres. Church, Route 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	
CLEVELAND HTS.—Pres. Church, Fairmount & Scarboro	9:00
LORAIN CDUNTY-Lutheran Church, 3334 Wilson St.	8:30
NORTH CANTON—Northminister 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	8:30

CLEVELANDALANONOFFICE
ROOM 507, COMMERCIAL BUILDING
2056 EAST 4th ST., TEL. 621-1381

RATIONALIZATION AND ALIBIS

It's My Nerves! and Quit Stamping Those Big Feet — There are no nerves so frayed as those of a bottle baby . . . I wouldn't deny a man a drink, but nerves . . . that's something else. When liquor is what you need to keep you normal, my friend, you're in sore need of a doctor.

My Job Get's Me Down — Talk straight, mister, I didn't hear you. Did you say you're getting your job down? Well, that's what you meant . . . When you start drinking heavily you've changed jobs. The old man in the front office isn't your boss — ALCOHOL IS.

It Helps Me Think — Great thinkers have been great drinkers . . . but not for long. The only successful alcoholic is a dead one. Alcohol is a stimulant, yes, but like other drugs it is depressively reactionary. It keeps you from acting. You only think you think.

It's The Only Way I Can Relax — You mean, of course, COLLAPSE. This is unavoidable in an alcoholic. No matter how long he's been sober, one drink is enough to start the circle. He relaxes on the street, in doorways, in gutters . . . Just don't relax your resistance to suggestion.

I'm alright as long as I stick to beer — Well, good for beer. Only trouble is it gnaws at an alcoholic's weak spots until he switches to something stronger. That's the way I did it . . . Beer will nickel and dime you to death . . . No, it's not beer, baby — it's only you.

I Can Take It or Leave It Alone — Listen, if you were clear-headed enough to have any choice in the matter you'd have no need even to make such a statement . . . Ever ask yourself why you always decide to take it. An alcoholic must say: . . . "I CAN'T LEAVE IT ALONE."

I'm a Very Sick Man — The common cold is an alcoholic's best friend. Yes, he's a sick man, but not with a cold. No germ could last in a system saturated with alcohol . . . When you sober up, you'll feel so healthy friends will avoid you. Maybe you need new friends.

Nobody Understands Me — The sorry part of this excuse is that you get to believe it yourself. It sounds so convincing! You don't need understanding, you need treatment. But settle down, most drunks wind up talking to themselves anyway.

It's My Mother-In-Law — Why, the old hay bag! What a ferocious, meddle-some, insufferable fiend from the pit she is. She's been your best excuse for over 2000 years But give her a chance, son . . . Don't blame her for sniping. After all, she is somebody's mother.

I Owe Everybody — Sure you do! There is not a case on record of a man who drank his way out of debt. . . . Figure out what and whom you owe and make up your mind to pay it off — and start paying — and watch your self-respect zoom. It may work.

If You Want To Be Successful You Have to Entertain — So look at the most entertaining fellow at the party — under the table! What entertainment this stew will supply will come after the party. People will talk about him for months to come. An alcoholic is a big success. He's also a sure thing for the undertaker.

— from The Beacon (Years Ago)

SMILES

The neighborhood kids were in the front yard when a fire truck zoomed past with the station mascot sitting on the front seat. The children began discussing the dog's duties in connection with the truck. "They use him to keep the crowd back at the fire," said a five-year-old girl. "No," said another, "they carry him for good luck." A six-year-old-boy brought the argument to an abrupt halt. "They use the dog," he announced firmly, "to find the fire plug."

Housewife to a neighbor: I have the most marvelous recipe for goulash, all I have to do is mention to my husband and he says, "Let's eat out."

Father: We turn the lights off around here at 10:30. Young Man: That's okay, sir, Mary and I won't be reading.

A funeral happened to be passing by us as an armored truck from a bank pulled up to an intersection. Since he couldn't cut through the procession, the driver joined it. An onlooker, impressed by the spectacle of the truck in the center of the funeral cortege, remarked to a friend: What do you know? You can take it with you!

John was out with the boys one evening, and before he realized it the morning of the next day dawned. He hesitated to call home, but finally hit upon an idea. He rang his house. When his wife answered the phone he shouted: Don't pay the ransom, honey, I escaped!

Young man telephoning his girl friend: I want to see you in the worst way.

Girl friend: Come around before breakfast.

Every AA Group Should Have CENTRAL BULLETIN On Their FREE Literature Table. Has YOUR Group? WHY NOT?

EDUCATED

An educated person is one who can live in harmony with his fellow men, love and trust the majority of his associates, and in turn be loved by them. He is informed on the problems of his community, state, nation, and the world; he has mastered the art of maintaining his health; he is skillful in the use of his mother tongue; he has developed the skills and acquired the knowledge necessary to succeed in his vocation; he reveres truth, seeks justice, and respects the rights and obligations of others as well as his own; he loves beauty, whether he finds it in nature, in art, in literature, in science, or in humanity; and, finally, he knows of the origin, growth, and development of the human family, and has a sense of the responsibility for his own place in the present and an abiding faith in the future and in things eternal. -from Alanotes, Minneapolis

In all truth, the only things we can hold in our clutched hands are the things we have given away.

Nine of the ten great works in the world were launched by one manpower.

To an alcoholic taking one drink is like stepping off a roof and expecting to fall one floor.

The sobering up of just one human being by any of us would be a victory for humanity. If we stay sober through helping, that is two victories.

Some people are so successful in AA that they turn out to be almost as good as they used to think they were when they were drinking.

AA CENTRAL BULLETIN ORDER BLANK Please write distinctly. . . or print . . . to avoid errors Data Name Address Street City Zone No. One year at \$2.00 Amount enclosed \$ Mail to Central Bulletin, Box 6712, Cleveland, Ohio 44101 THE YEAR 'ROUND GIFT



YOU

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

Let us recall them:

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

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

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

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

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

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

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

By no means does Liebman discount the necessity of proper action of man toward his fellows. Quite the contrary. He emphasized it by maintaining that unless a man can cultivate his real self, can carry out a moral inventory and take specific steps to improve his character and his personality, he cannot be of much use to other people.

This is precisely the point that was recognized by the founders of AA when they inserted Steps Four and Five in the list. The importance of them was underscored

(Continued on page four)

BOOZE TO LOSE

Remember the old line from a song or something else that went: "Saturday night is the lonliest night in the week"? It was a good line for an alcoholic, wasn't it? Still is, for that matter, whether we're drinking or not, because sober or drinking, we're still alcoholics and always will be.

Somehow, for many of us, the sentimental stuff got to us. It just literally got under our skins. We seemed to find some sort of masochistic pleasure in plugging those "juke boxes," and listening to the sorrowful and lonely songs. Remember "Born to Lose"? It must have been written for alcoholics.

We were losers all right, and the longer we wallowed in the joints drowning in self-pity and more booze, trying to forget, to escape the messes we'd made of our lives, the worse it got the more we lost. We had a different title than the song. We lived to drink, and for us it was "Booze to Lose." For us, booze became better than some of the super-duper cleanser commercials on TV tell us about. It just literally cleaned away everything, and everything went down the drain. Sometimes we went too! Someone has called booze the Great Remover, and it surely was for us!

We "alkies" seem to be romanticists, idealists, nostalgics, dreamers at least. Somehow it seems to be just a part of our nature, and even though we are sober some length of time we can still easily revert to type, and find ourselves back in the old day-dreaming stage and if we don't take careful stock of ourselves and of the advantages and benefits of sobriety, we can easily begin to wonder, "What's it all about?"

It would appear that slipping into such negative thinking is easiest for those of us who drank too much for too long and lost too much. There are many of us who lost homes, families, loved ones — literally everything that meant anything to us, and can never regain them. Some of us will never receive forgiveness of those we hurt, and it is, indeed, a bitter pill to swallow! But! Is the loss of all these things, all those people, justification for that "one more drink"? We all know we can have it if we decide to take it.

If we have lost all through our stubborn refusal to give up alcohol, and have no way now to regain our loved ones, we can easily fall back into the self-pity and resentment that go hand-in-hand with alcoholism, and its relentless progression. We may feel we are being wronged because loved-ones no longer care or want us. In a way we may be justified in feeling terrible because of it, but do two wrongs ever make a right?

No! Another drink — another futile attempt to escape the "bitter pill" and ourselves, would not solve the problem.

Now it is we must dig in and hang on the AA so tightly that we are like drowning men. Now it our faith and belief in our Heavenly Father and AA are put to the test, and we must fight on 24 hours a day remembering we **have** to accept the things we cannot change, and through His Grace and Alcoholics Anonymous **this too shall pass.**

If you want to
make tomorrow
better than
yesterday,
change the
things you do
today!



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Harry D., pounder and Editor 1892-1968



Vol. 28

July, 1970

No. 10

MILL ENDS AND REMNANTS

Recurring questions in the mind and heart of this writer (in the mind for it is sound reason that we practice and uphold all of the facets and working tools of AA as a whole and in the heart for the great love and gratitude we have for the fellowship), are members who are assuming leadership roles for the first time drinking of the font of wisdom from which such leadership is fortified?

Do we make recurring references to AA's Big Book so that we are constantly refreshed? Is the book of "Twelve Steps and Twelve Traditions" (how members of Alcoholics Anonymous recover and how the society functions) used as our guide in assuming positions of leadership and decisions? Have all of those becoming leaders and trusted servants made the book "Alcoholics Anonymous Comes of Age" **must** reading, so that they may be well versed in the history of the movement? Does "The AA Service Manual" properly serve in guiding leaders in the responsibilities with which they have been entrusted?

We would hope that all of these questions can be answered affirmatively by each of our readers, but we doubt that they can, as we have observed a tendency in many quarters to rely on the older member who is known to have used all of these tools in accepting the opportunities and responsibilities of leadership when called upon to do so. It seems to us that complete and successful sponsorship would not only include indoctrination and learning the tools for sobriety, but also those pertaining to the fellowship as a whole.

Twenty years ago this month here in Cleveland on the occasion of the first AA Convention, which has now become an International Convention each five years, The Twelve Traditions were adopted and five years later at the Convention in St. Louis the General Service Conference took form, and this past April the 20th Annual General Service Conference reviewed the past and looked to the future in seeking new and improved ways in which AA can extend the hand of hope to alcoholics who still suffer wherever they may be.

Pertinent to the Conference and to the thoughts which we are advancing herein as to leadership, Bernard B. Smith, an attorney and non-alcoholic trustee on the General Service Board is speaking at one of the Conference sessions, said that the annual meeting is needed to insure the recovery of the alcoholic who still stumbles in the darkness one short block away. He went on: "We need it to insure the recovery of a child being born tonight destined to alcoholism. We need it to provide, in keeping with our Twelfth Step, a permanent haven for all alcoholics, who, in ages ahead, can find in AA that rebirth which brought us back to life. We need it because we, more than all others, are conscious of the devastating effect of the human urge for power and prestige which we must insure can never invade AA."

"We need it to insure AA against government while insuring it against anarchy. We need it so that Alcoholics Anonymous, and Alcoholics Anonymous alone, is the ultimate repository of its Twelve Steps, its Twelve Traditions and all of its services. We need it to insure that changes within AA come on only as a response to

MINUTES OF CENTRAL COMMITTEE MEETING JUNE 2, 1970

Meeting was opened by Moderator John F., with the Serenity Prayer in which he was joined by the 25 group representatives attending. Following reading of the Twelve Traditions of AA and Purposes of Central Committee, minutes of the May 5 meeting were read and approved following amendment of Treasurer's report therein to show balance of \$379.22 on April 30. Jean C., Treasurer, reported current treasury balance to be \$324.64.

Action Committee, Central Bulletin, Hospital Committee and Institution Committee had no items of interest to report. **Areawide Meeting**, Lou W., Chairman, advised that next meeting was scheduled for Friday, June 12, in Jordan Hall of Charity Hospital. Dick P., Chairman, P.I.C. Committee, reported that 92 speakers had been supplied to non AA groups and meetings during the first five months of 1970.

There being no old business before the committee, new business discussed embraced Memorial Day Breakfast services, make up of the Institution Committee and the hospitalization of out of area patients at facilities in Cleveland area.

Meeting adjourned at 9 : 30 p.m. with Lord's Prayer.

Joedy M., Secretary

SHOW ME THE WAY TO GO —

Two hillbillies were hunting. They pressed deeper and deeper into a very remote hunting area in search of game. After walking all morning, one of them observed that they had better start back. It would be dark before they got home if they didn't start back.

The other hillbillie said, "Well, which way do we go?" With this his friend replied, "Man, don't you know the way home? I never been here before. I figured you knew the way home." "What are we govin' to do," asked the first? "I always heared that **you** could shoot three times in the air when you was lost and in dis-tress," said the second. "Well, you better shoot then 'cause we shure 'nuff in distress," said the first.

With that the second hillbillie shot three times into the air and they sat down to wait for their rescuers. After waiting about two hours and no sight of anything or anybody stirring, the first hillbillie became even more worried.

"Are you shure this here distress signal thing works," said the first? "No I ain't shure fer I ain't a never been lost afure," replied the second. "Well you better shoot again then, 'cause there hain't been a thing move out there," answered the first hillbillie. "I cain't shoot no more," said the second. "Why," replied the first? "A cause I hain't got no more arrows! !"

STRAIGHT STUFF

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

* * * * *

If an alcoholic lives with friendliness, he learns the world is a nice place in which to live.

the needs and the wants of all of AA and not of any of the few."

Friends, read these quoted excerpts carefully and thoughtfully, for in their profundity is the message of the need for an informed membership from which comes the leadership and strength for unstifled perpetuity.

Let each of us serve to insure, by George!

PRAYER OF THE MONTH

Give me a few friends who will love me for what I am, or am not, and keep ever burning before my wandering steps the kindly light of hope. And though age and infirmity overtake me, and I come not in sight of the castle of my dreams; teach me still to be thankful for life and time's old memories that are good and sweet; and may the evening twilight find me gentle still. Amen.

AN AA MEDITATION

"God grant me the courage to face tomorrow, To accept my lot, whether joy or sorrow, Stronger faith, in my hour of need, Serenity also in word and deed, Wisdom to follow the course I must run, So that I may find my place in the sun."

-from Silent Rostrum, Houston, Texas

AESOP KNEW

As a child you probably read the Aesop's fable about the argument between the sun and the wind as to which was he stronger.

The wind said, "Do you see that old man down there? I can make him take his coat off quicker than you can." So the sun went behind a cloud and the wind blew until it was almost a tornado. But the harder it blew, the tighter the old man wrapped his coat around him. Finally the wind gave up and the sun came out from behind the cloud and smiled kindly upon the old man. Presently, he mopped his brow and pulled off his coat. The sun told the wind that gentleness, warmth and friendliness are always stronger than force and fury.

Aesop, who gets credit for the fable, was supposed to have lived about 620 to 560 B.C. Born into slavery, he was said to be ugly and deformed, but he seemed to have known more about getting along with people than we now do more than 20 centuries later. In AA we know that gentleness, warmth and friendliness are requisites.

IMMORTALITY

Immortality will come to such as are fit for it, and he who would be a great soul in the future must be a great soul now.

Humanity and immortality consist neither in reason, nor in love; nor in the body, nor in the thoughts and stirrings of the brain; but in the dedication of them all to Him who will raise them up at the last day.

To know God — to be able to read His revelation of Himself in nature and to come to a realization that you and I are part and parcel of Him — is not this a foretaste of immortality? We need then to open our understanding and advance from the darkness so that we may see Him everywhere, in everything and in everyone.

-Exchange

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.

JOSEPH SAMS, a 27-year and active member of the Brooklyn Group, passed away in mid-May.

JOHN EARL LICK, a 24-year member and long time subscriber to Central Bulletin, passed away June 5 after a long illness.

HERSCHEL C. HOLLAND, a 20-year plus member, formerly of Cleveland, and in more recent years active in Mansfield AA, passed away June 7 in Mansfield. He was active in all areas of the fellowship and served for a number of years as Chairman of the Chautauqua Tri-State Assembly. A man of numerous talents, a capable speaker and able writer-contributor to Central Bulletin. While the voice and the pen have been stilled, it seems appropriate that in this issue we share one of his articles entitled "Who's To Blame," which you will find elsewhere in these pages.

DATES TO REMEMBER

- July 3,4,5—AA's 35th Anniversary Year, International Convention, Miami Beach, Fla. 7-Central Committee Meeting, 8 : 30 p.m., Room 362 Hanna Building. 14—5th Anniversary, Eaton Group, 8:00 p.m., Grace United Church of Christ, 14911 Westropp off E. 152nd St. Speaker: Ann C., Niles, Ohio. 19—Nela Park Group's Anniversary, 7 : 30 p.m., General Electric Cafeteria off Noble Road. Speaker: Charley L., Youngstown, Ohio. August 14-16—13th International Conference of Young People in AA, Fort Worth, Texas. 21,22,23—14th Annual Ohio State General Service Conference of AA, Commodore Perry Motor Inn, Toledo, Ohio. For information see your group secretary or write P.O. Box 3555 LaGrange Street, Toledo, Ohio 43608.

STABILITY

Stability flourishes only when men are held responsible for the development of their own lives. When men are told what to think, they become deficient and soon are unable to think for themselves. Excuses become the order of the day. Difficulty is never squarely met. Irresponsibility marks behavior. Weakness in men becomes a virtue. Vital aggressiveness is lost and men become subservient slaves.

A diplomat is a man who thinks twice before he says nothing.

HOSPITALS AND INSTITUTIONS

Table with columns for day of the week and time. Includes entries for TRUSTY HALL, HOPEFUL-State Hosp., BRECKSVILLE V.A. HOSPITAL, FAIRHILL PSYCHIATRIC HOSP., VETERANS HOSP., WARRENSVILLE-Women's House of Correction, TRUSTY HALL-1000 ft. east of House of Correction, MAIN GROUP-House of Correction.

ALANON GROUP MEETINGS

Table with columns for day of the week and time. Includes entries for GARDEN VALLEY, BROOKPARK - PARMA, ELYRIA, LAKEWOOD, NOW THERE'S HOPE, STAG GROUP, VERMILLION, EUCLID, LORAIN AVENUE, OLMSTED FALLS, SUBURBAN WEST-Our Savior Church, BEDFORD, CHAGRIN VALLEY, FAIRPORT HARBOR, IGNATIA, NORTH OLMSTED, NU-YOU, TRINITY, CLEVELAND HTS., LORAIN COUNTY, NORTH CANTON, WEST SIDE, EAST CLEVELAND, ROSARY HALL.

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

WHO'S TO BLAME?

My friend decided to get drunk. He knew he hadn't orta' but — well **damit** he had been in AA for over two years and the old lady still didn't appreciate it.

Grumble, grumble, grumble. That gal must have been born with the bellyache. And here he was making this tremendous sacrifice — staying sober. She just didn't know when she was well off. Instead of giving a guy a pat on the back once in a while and at least trying to understand what an outstanding hero he was, all she did was yap. Yap, **yap**.

Yakkity-yakkity-yak. It got so bad he finally let her have the Sunday punch, the kayo — “Well at least I'm **bringin'** home the groceries and that's a d..... sight more than your old man ever did” — but she rolled with the punch and came back with a few choice morsels **cerning** his ancestry, particularly on the distaff side.

That was it! That was it! No ungrateful slattern could talk to him like that. He'd show her! She'd find out what the score was! Yes sir, he'd go out and get drunk! She'd be sorry when she saw what a mess he could really be!

So he got out the bank book. Why there was over **\$400!** My gosh, he didn't realize he had saved that much in **two** years. It was the first time in his life he had ever had a balance. Before he was usually as lean as a greyhound trying to beat his checks to the bank. He had so **many** bounce the bookkeeper thought his initials were “**N.S.F.**”

He **kinda** hated to do it, but ye Gods, how much could a man take? He tossed a few duds into a suitcase, rolled out the jalopy, and took off. Everytime the motor turned over his temperature went up 10 degrees.

He came to Willoughby and drove slowly through the town. Nope. He didn't see a joint there that appealed to him. So on to Painesville. Still no soap. Mentor, Geneva, Ashtabula and Conneaut — same thing.

He finally wound up in Erie. He was still hotter than a **tropical storm** — but still dry. He pulled over to the curb and took out his bank book. As he thumbed the pages he noted how his balance had accumulated. First an **occasional** fin. Then quite regularly. After a while there were a few tens — then some twenties and recently a couples of fifties. As he sat there thinking over his troubles he asked himself, “Do I really want to get drunk?” He decided he didn't.

With this he turned around and headed for home, but he wanted it understood he wouldn't take any more guff from that biddy of his. He hadn't got drunk, but let her open her big trap once more — yes, just once more — and by the eternal Gods she'd be gumming it the rest of her life. Yes sir, he'd knock every tooth out of her ungrateful, unappreciative head.

It was late afternoon when my friend arrived in the vicinity of his home. He didn't want to spend the rest of the evening with that disgruntled hag. What could he do? Well he guessed he might as well go to a meeting. It would help pass away the time and, besides, the longer he stayed away the more she would worry.

He selected a group near by and drove over. He kib. bitzed with the boys a while — jolly fellow, good **guy** and all that stuff you know — then the meeting opened. After the usual qualifying, the speaker said, “I know you folks are all good AA's while attending meetings, but how about other places — how is it at home?”

My friend almost fell off his chair. “**Jeepers** — has that woman been talking to this guy too?”, he mumbled under his breath.

The speaker went on — “Take that last **quarrel** you had. **What** started it? Whose **fault** was it? If at **any** time you were wrong did you promptly admit it? Did You take that inventory to see whether **you** might have been to blame?”

My friend slowly lifted his gaze from the floor — he hadn't wanted the speaker to catch his eye. Suddenly it dawned upon him that the speaker had touched the core of his whole problem. Out of the corner of his mouth he whispered to his neighbor, “This guy's been **readin'** my mail.” The neighbor nudged him and said sheepishly, “**Mine** too.” Both smiled wanly at each other.

The speaker continued on to the twelfth step — about

practicing these principles in our daily affairs and my friend began to sense a **change** in himself. When the meeting ended he was **feeling really** good — he wasn't “mad at nobody.” In fact, he had a great urge to hurry home -which he did.

His wife looked up in consternation as he burst into the house with a big grin on his kisser. She thought, “**Egad**, he's done it! He's higher than a Swiss yodel!” He walked across the room, took her by the hands and lifted her to her feet. “Remember that fight we had?” he asked. Still confused and bewildered the wife said, “So — what about it?”

“Well — it was all my fault,” he said. “I was wrong, please forgive me.”

The poor bedevilled woman inhaled deeply. There was no trace of alcohol on his breath. She collapsed into her chair.

“Heaven preserve us!” she cried. “He's not drunk — he's nuts!”

It took him some time to convince her he was sober and sane. But when they turned out the lights that night her pillow, once more, was snuggled close to his.

That was just five years ago. Since then there hasn't been a serious quarrel between them. My friend took to heart the lesson he had learned and “practices these principles in his daily affairs.” He has done pretty well too. Just had another promotion a few days ago. The boys around the table are glad to see him because he's really good company, and to this day he hasn't taken that drink.

Yep. Things have certainly changed since my friend decided — not to get drunk.

—Hershel H., C.B. June '52

SMILES

The eye doctor patiently tried lens after lens on an elderly lady. Nothing seemed to be right for her.

“Don't get discouraged,” the doctor reassured her. “It's not easy to get just the right pair of **glasses**, **you** know.”

“It certainly isn't,” the woman replied. “Especially when you're shopping for a friend.”

Young woman (**holding out hand**): “Will you please tell me how to pronounce the name of the stone in this ring? Is it turkiose or turkwoise?”

Jeweler (inspecting it) : The correct pronunciation is glass.”

Overheard: “**What** a perfectly **stunning** dress, my dear — didn't they have your size?”

The doctor in a North Carolina clinic asked the weather-beaten mountaineer how he was feeling,

“**Wal**,” draweld the man from the hills, after a little hesitation. “I'm still **kickin'**, but derved if I'm raisin' any dust.”

Character is built **out** of **circumstances** — from exactly the same materials one man builds palaces, while another builds hovels.

—G. H. Lewis

YOU

(Continued from page one)

when in Step Ten they said: “Continued to take personal inventory and when we were wrong promptly admitted it.”

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

CLEVELAND AREA

Guest Speakers

JULY, 1970

ALLEDALE (Thursday) 2-Dan O'S, Matt Talbot; 9—Eddie H., Lee Mon.; 16-Bill H., Nela Park; 23—Leo A., East Side Discussion; 30-Ed S., Eastlake.

BAY VIEW (Saturday) 4—Raliegh H., Bay View; 11—Steve V., Edgelake; 18—Dave W., Lakewood Men; 25—Bill DeM., Bay West.

BEDFORD MORNING (Wednesday) 1-Joe K., Lakewood Men; 8—Jack K., 12th Step; 15-Bob G. L.S.I.; 22-Joe K., North Randall; 29-Leo A., Eastside Discussion.

BORTON (Monday) 6—John C., (?); 13-Francis P., Borton; 20—Gabby O., Bedford; 27—To be announced.

BRECKSVILLE WED. (Wednesday) (New Group) 1—MaryJo T., Kenmore-Akron; 8—Neal B., League Park; 15—"K.C." S., Flame-Akron; 22-Tommy D., Barber. ton; 29-Don T., Kenmore-Akron.

BROOKLYN (Thursday) 2-Tex H., TC 1005; 9—George M., Edgelake; 16—Joe J., Trusty Hall; 23—Jerry W. (25th Anniv.), Brooklyn; 30-Ray L. (3rd Anniv), Brooklyn.

CHARITY (Friday) 3-Gil B., YOUR; 10—John D., Eaton; 17—Charles D., Eaton; 24-Fred B., Eaton; 31—John D., Newburgh.

CLEVELAND TEAMSTERS (Saturday) Now meets Joint Council Bldg. 41, 2070 E. 22nd St. 4-Tex H., TC 1005; 11-Bob L., Southwest Sun.; 18—Jack S., Parmatown Men; 25-Dave McE., Teamsters.

EATON (Tuesday) 7-Charlie S., Tampa, Fla.; 14—Group's 5th Anniversary, Ann C., Niles, Ohio; 21—Mary B. and Mary G. (Mother-Daughter), Bay View and Orchard Grove; 28—Hobie H., Lakewood Men.

EDGELAKE (Tuesday) 7—To be announced; 14-Larry S., Lorain Tues.; 21-Norma M., Wickliffe; 28-Harry J., Bay West.

ESQUIRE (Tuesday) 7—Lenore W., Warrensville Women; 14-Oscar O'N., Garden Valley; 21—Bill L., Valley View; &b-Emmett M., Southwest Sun.

EUCLID FRIDAY (Friday) 3-John Z., Northeast; 10—Mary W., Friday Afternoon Women; 17—Emmett M., Southwest Sunday; 24-Lee P., Forest City; 31-Ed H., Northeast.

FRESH START (Monday) B-chuck B., Orchard Grove; 13—Francis O., Post Office; 20—John McB., Independence; 27—Johnnie J., Garden Valley.

GRATEFUL (Sunday) 5-Rosemary M., West Side Wo. men; 12—Bob O., Crossroads; 19—Max M. (15th An- niv.), Grateful; 26-Jake W., Helpful.

HELPFUL (Tuesday) 7—Joe K., Memphis; 14-Larry M., Lakewood Armory; 21-Harry J., Bay West; 28—Joe K., Lakewood Men.

KIRTLAND (Tuesday) 7—Dick D., Mentor Plains; 14—Ed H., Lee Mon.; 21—Neal G., St. Clair Thur.; 28—Larry L., Kirtland.

LAUREL (Tuesday) 7—Tex H., TC 1005; 14-Mill, McC., Laurel; 21—Cail W., Laurel; 28-Bob J., Trinity.

MEMPHIS (Saturday) 4-Kitty C., Avon Central; 11—Joanne N., Garden Valley; 18—Fred H., Garden Val- ley; 25-Tom C., Newburgh.

MIDTOWN (Tuesday) 7—Joe N., Sister Ignatia; 14—Mary B., Strongsville; 21—Lew N., YOUR; 28-To be announced.

NELA PARK (Sunday) 5-Don G., Northeast; 12—Virginia L., West Shore Women; 19—Group Anniver- sary, Speaker: Charley L., Youngstown, Ohio; 26-To be announced.

PARMA HEIGHTS (Wednesday) 1-Gibb D., Clark; 8—Lou W., Temple; 15-Joan N., Garden Valley; 22—Dave W., Lakewood Men; 29-Ed D., Independence.

PARMATOWN MEN (Friday) 3-Jim M., Sobriety; 10—Hugo Z., Elyria Mon.; 17-Jim R., Parmatown Men; 24—Alex K., Parmatown Men; 31-Ed C., Newburgh.

ROCKY RIVER (Thursday) 2-Mary O'C., 24-Hour; 9—Don S., Puritas Sun.; 16—Pat P., Bedford; 23-Jack K., Orchard Grove; 30-Ladd T., Orchard Grove.

SOUTHWEST SUNDAY (Sunday) 5-Tex H., TC 1005 ; 12—Jim W., Esquire; 19—Tom D., Sister Ignatia; 26—Tony W., Elyria.

VALLEY VIEW (Saturday) 4-Jack E., Angle; 11—Esther R., St. James; 1b-George K., (3rd Anniv.), Valley View; 25-Russ H., Charity.

WEST SIDE WOMEN (Monday) 6—Jack B., 24-Hour; 13—Moses Y., Hartville; 20—Carolyn B., Memphis; 27—Geri T. (First lead), West Side Women.

WICKLIFFE (Wednesday) 1-Woody P., Redwood; 8—Bob L., Eastlake; 15—Dick D., Mentor Plains; 22—John Z., Euclid Friday; 29-Joe A., Sister Ignatia.

Y.O.U.R. (Sunday) 5-Joe N., Sister Ignatia; 12-To be announced; 19—Ted R., Mentor Plains; 26—Charles S., Borton.

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JULY 15, 1970

accompanied by a check or cash for \$2.00. lists not received by this date will not be printed.

Mail to Central Bulletin Foundation, Box 6712, Cleveland, Ohio 44101.

CLEVELAND AREA GROUP MEETINGS

SUNDAY

ASHLAND, O.-St. Edwards. 250 N. Cottage St. 8:00
 AVON CENTRAL—Central Bank (rear down) 36690 Detroit Rd., Avon 8:00
 BEDFORD HEIGHTS—Village Hall, 5661 Perkins Ave. 7:30
 BONHEUR CLUB-29522 Euclid Ave., Wickliffe Noon
 BROOKSIDE—Blessed Sacrament Church (down) 3381 Fulton Rd. 8:30
 C.A.H.—13857 Euclid Ave. 11:00 a.m.
 CASTALIA, O.—Church of Christ. 6205 Main St. 8:30
 COLLINWOOD—14812 St. Clair (rear) 7:30
 DETROIT SUNDAY-8304 Detroit Ave. 7:30
 GARDEN "ALLEY-7100 Kinsman Ave 4:30
 GENEVA—Assumption Church, E. Main St. 8:00
 GOLDEN LINK-Statter-Hilton, Rt. 8 & Ohio Turnpike 844 E. Hines Hill Rd. 11:00 a.m.
 GRATEFUL—St. Paul's Episcopal Church, 15837 Euclid Ave. 2:00
 LAKEWOOD ARMORY—First United Church of Christ, 2150 Warren Rd., Lakewood 9:00
 MANSFIELD—20 1/2 So. Park St. 8:00
 MARSHALL-Marsha, Ford Agency (side door) 6200 Mayfield Rd. 8:00
 MENTOR SUNDAY—St. Bedes Church, 9114 Lake Shore Blvd. 8:00
 MISTLETOE—St. John's Cathedral Lower Sacristy, Entrance off Superior & E. 9th 7:00
 NELA PARK—Genera, Electric Co., Cafeteria off Noble Road 7:30
 NEWBURGH—St. Catherine Church, 9443 E. 93 St. 8:30
 NEWBURY—St. Helen's Church, Rt. 87, Newbury 8:15
 PURITAS SUNDAY—Church of Ascension, 14040 Puritas Rd. 8:30
 6700 DETROIT DISCUSSION—6700 Detroit Ave. 7:00
 SOUTHWEST SUNDAY-Bd of Education Bldg., 390 Fair St., Berea 8:30
 SUPERIOR STAG—2028 1/2 E. 105 11:00 a.m.
 U.A.W. #45—13816 S. Clair 7:30
 Y.O.U.R.—St. John Lutheran Church School Bldg., E. 76 & Nottingham, 8017 Lake Shore Blvd. 7:15
 WAKEMAN TWILIGHT-St. Mary's Hall, Rt. 20, Wakeman, O. 7:30

MONDAY

BORTON—Forest Hills Presbyterian Church, Lee & Monticello Blvd., Cleve. Hts. 8:30
 BROOK PARK—Redeemer Lutheran Church, 6151 Smith Rd. 8:30
 EARLY EARLY—St. John's Cathedral (Lower Sacristy), E. 9th & Superior (Superior Entrance) 7:30
 ELYRIA MEN—St. Agnes School Basement, Lake & Dewey 8:30
 FRESH START—4907 Cedar Ave. 8:00
 FRIENDLY SUBURBAN—6037 Pearl Rd. (closed mtg.) 8:00
 FRIENDSHIP—Bldg. Presbyterian Church, 24600 Lake Shore Blvd. 8:30
 HUMBLE—Beachland Presbyterian Church, 18100 Canterbury at Lake Shore Blvd. 8:30
 JEFFERSON—Jefferson Savings & Loan, 12 W. Jefferson, Jefferson 8:30
 LAKEWOOD MEN—St. Peter's Episcopal Church, West Clifton & Detroit 9:00
 LEE MONDAY—First Presbyterian Church, Nela & Euclid Ave. 8:30
 LEROY BRAKEMAN—Leroy Grange Hall, Brakeman Rd. off Rt. 86, Leroy 8:30
 LORAIN MONDAY—St. Ignatius Hall, 10205 Lorain Ave. at West Blvd. 8:30
 MONDAY MORNING 12 STEP—United Church of Christ, 2150 Warren Rd., Lakewood 10:30 a.m.
 NORWALK MONDAY—Universal Church, West Main St., Rt. 20 & 250 Intersection, Norwalk 8:30
 ORCHARD GROVE—St. Mark's Episcopal Church, 15305 Triskett Rd. 8:30
 PEARL—2125 Broadview Rd. 8:30
 RAMONA—St. Michael's Church, 10000 Union Ave. 8:30
 RIVER BAY (Closed Women)—Rocky River Presbyterian Church, 21714 Detroit Rd. 8:30
 SHAKER—Christ Episcopal Church, 3445 Warrensville near Kinsman 9:00
 SOUTHEAST—7526 Broadway 8:30
 STREETSBORO—St. Thomas Lutheran Church, Rt. 43 south of Rt. 14 8:30
 TEMPLE—St. Adelbert Church, 2347 E. 83 St. 8:15
 VERMILION—Congregational Church, State St. Route 60 8:30
 WEST 25th STREET—Eighth United Church of Christ, 2409 Willowdale Ave. off W. 25 St. 8:30
 WESTSIDE WOMEN—West Blvd. Christian Church, W. 101 St. & Madison Ave. 8:30
 WILLOUGHBY—First Presbyterian Church, 4785 Shankland Rd. 8:30
 WILLOWICK MORNING—Bonheur Club, 29522 Euclid Ave., Wickliffe 10:30 a.m.

TUESDAY

ASHLAND—Methodist Church, corner Cottage & Sandusky Sts. 8:00
 ASHTABULA COUNTY WOMEN—Harris Memorial Presbyterian Church, W. 58 & Adams—2 & 4 Wed. 8:00
 BAINBRIDGE GRATEFUL—Valley Presby. Church, Rt. 306 & Chagrin Rd. 8:30
 CLARK—1917 Clark Ave. 8:30
 CORLETT MEN'S—4141 E. 116 St. (Parking on Putman Ave., rear) 8:30
 EATON—Grace United Church of Christ, 14911 Westrop off E. 152 St. 8:00
 EDGELAKE—Trinity Lutheran Church, 16408 Detroit Ave., Lakewood 8:30
 ESQUIRE—St. James Episcopal Church, 1681 E. 55 & Whittier, off Payne 8:30
 EUCLID MORNING—Lake Shore Christian Church, E. 280 St. & Lake Shore Blvd. 10:30 a.m.
 FAIRMOUNT—St. Paul's Episcopal Church, Fairmount & Coventry 9:00
 FAIRVIEW PARK—Fairview Grace Church, W. 224 St. & Lorain Rd. 8:30
 FALLS—Community Church, 7853 Columbia Rd., Otmsford Falls 9:00
 FORD 1250—17250 Hummel Rd., Brookpark 11:00 a.m.
 GARFIELD HEIGHTS—Garfield Municipal Bldg., 5555 Turney Rd., Garfield Hts. 8:30
 HELPFUL—First United Church of Christ, 2150 Warren Rd., Lakewood 8:00

KIRTLAND—Old South Church, Rt. 306, Kirtland 8:30
 LAKE COUNTY—Methodist Church Fellowship Hall, Rt. 20 & E. Southwood, Mentor 8:30
 LAUREL—Brooklyn High School Cafeteria, 9200 Biddulph Rd., Brooklyn 8:45
 LORAIN AVENUE TUESDAY—St. John Bosco Church, 6460 Pearl Rd., Parma Hts. 9:00
 LORAIN CENTRAL—Trinity Church, Elyria Ave. & 25th Lorain 8:30
 MANSFIELD—Grace Episcopal Church, 41 Bowman St. 8:30
 MAYLYND—Hillcrest Evan. United Brethren Church, 1400 Lander Rd., Mayfield Hts 8:30
 MIDTOWN—Trinity Cath. Parish Hall (rear), E. 22nd & Prospect 8:30
 NIGHT & DAY—13857 Euclid Ave. 8:30
 NO. RIDGEVILLE—Shepherd of Ridge Luth. Church, Rt. 20, East Rt. 76 8:30
 OPPORTUNITY CLOSED DISCUSSION—6769 Middle Ridge Rd., Madison 7:30
 RIVER TUESDAY—Rocky River Methodist Church, 19414 Detroit Rd., Rocky River 8:30
 SANDUSKY AFTERNOON—Municipal Bldg., Meig St. 1:00
 SHORRGATE MEN'S STAG—Wickliffe City Fire Station, (up), 28730 Ridge Rd., Wickliffe 9:00
 SMITH WILSON—St. Joseph's School Bldg. (front, right), 9321 Orleans Ave. 8:30
 STRONGSVILLE—Strongsville Methodist Church, 13354 Pearl Rd. 8:30
 SUPERIOR—North Presbyterian Church, E. 40 St. & Superior 8:30
 YOUNG PEOPLES—First Methodist Church, Euclid Ave. at E. 30th 8:30
 12 STEP WOMEN'S DISCUSSION—Episcopal Church of the Advent, 3760 Dover Center Rd., Westlake 1:00
 WESTLAKE DISC. (Closed)—Christian Church, 25800 Hilliard Rd. 10:00 a.m.
 WEST PARK—Puritas Lutheran Church, W. 13.3 St. & Puritas 8:30

WEDNESDAY

BAXTER—St. Stanislaus Recreation Hall, E. 65 St. & Baxter 8:30
 BEDFORD WEDNESDAY MORNING—Bedford Christian Church, Blaine & Warrensville Center Rd. 10:30 a.m.
 BEDFORD—Bedford Christian Church, Blaine & Warrensville Center Rd. 8:30
 B.N.I.C.E. DISC. (Closed)—Emmanuel Pres. Church, 376 E. 156 St. 8:00
 BRAINARD CIRCLE WOMEN—Trinity Cong. Church, inter. Brainard, Shaker & Brecksville Wed.—V.A. Hospital, 10060 Brecksville Rd. 8:30
 GATES MILLS Rds. 8:30
 BRUNSWICK—Cuyahoga Savins Bldg., Laurel Square (entrance next to Marshall Drug) 8:30
 COLLINWOOD—14812 St. Clair (rear) 8:00
 DOAN MEN—Windemere Presbyterian Church, Windemere & Euclid 8:30
 EASTSIDE MORNING—Emmanuel Episcopal Church, 8614 Euclid Ave. 11:00 a.m.
 EUCLID WED. (Closed)—Master's Evan. United Church, 771 E. 260th St. 8:30
 FAIRPORT HARBOR—525 Eagle St., Fairport Harbor 8:00
 GARFIELD HEIGHTS—Pilgrim E. & R. Church, 4592 E. 131 St. 8:30
 HAGUE—Bethany Presbyterian Church, W. 65 St. & Clinton 8:30
 LAKE COUNTY WOMEN—First Presbyterian Church, 4785 Shankland Rd., Willoughby 1:00
 LEE ROAD WEDNESDAY—St. Ann's Church (basement), Coventry & Euclid 9:00
 LORAIN COUNTY WOMEN—Vincent Methodist Church, Detroit Rd., Rt. 254 east of Rt. 57 8:30
 LORAIN OHIO INTERRACIAL—Mt. Zion Baptist Church, 30 1/2 Wood Ave. 8:00
 MANTUA CENTER—St. Joseph Church, Pioneer Trail, Mantua 8:30
 NORTH OLMSTED—Episcopal Church of the Advent, 3760 Dover Ctr. Rd., Westlake 8:30
 PARMA HEIGHTS—St. Asa's Episcopal Church, 8911 Ridgewood Dr. 8:30
 ST. JAMES—St. James Church, E. 84 & Cedar 8:00
 SANDUSKY GROUP #1—Providence Hospital Cafeteria 7:30
 SHEFFIELD LAKE—St. Thomas School (new hall south, east bldg.) Harris Rd., Sheffield Lake 8:30
 T.C. 1005 UAW (Progressive Hall)—5615 Stumph Rd. (between Brookpark & Snow) 8:30
 TWENTY-FOUR HOUR—Church of Ascension, 13216 Detroit Rd. 8:30
 WEDNESDAY MEN'S DISCUSSION—St. Paul's Shrine, 4120 Euclid Ave. 8:30
 WEST SHORE—West Shore Unitarian Church, 20401 Hilliard Rd., Rocky River 8:45
 WICKLIFE—Presbyterian Church, E. 296 St. & Ridge (so. of Euclid) 8:30

THURSDAY

AA TOPICS DISCUSSION (Closed)—St. Martin's Episc. Church, Bentleyville, O. 8:30
 ALLENDALE—St. Paul's Episcopal Church, 15837 Euclid Ave. 8:30
 ANGLE—St. Malachi's Church, 2459 Washington Ave. 8:30
 ASHLAND THURSDAY—St. Matthew's Church, 1515 Mifflin Ave. 8:00
 ASHTABULA HARBOR—Bethany Lutheran Church, Penn. Ave. (between 9th & 10th) 8:30
 BAY WEST DISCUSSION—Church of the Redeemer, 23500 Center Ridge Rd., Westlake 8:30
 BEREA THURSDAY—Fine Arts Club, 323 Bagley Rd. (east of Eastland Rd.) 9:00
 BROADWAY 55th—Our Lady of Lourdes School Hall 8:30
 BROOKLYN—St. James Lutheran Church Hall, 4771 Broadview Rd., at Oak Park Rd. 8:30
 CHRYSLER TWINSBURGH—Chrysler Union Hall, 8650 Chamberlin Rd., Twinsburg 8:30
 COVENTRY—Fairmount Presbyterian Church, Scarbroough & Fairmount 9:00
 CROSSROADS—St. Luke's Episcopal Church, W. 78 St. & Lake Ave. 9:00
 EASTLAKE—Reformation Lutheran Church, 34300 Lake Shore Blvd. 9:00
 EAST SHORE WOMEN—Euclid Richmond Library, 26135 Euclid Ave. (base, rear) 8:15
 ELYRIA THURSDAY—St. Agnes School Basement, Lake Ave. & Dewey 8:30

GARDEN VALLEY—7100 Kinsman Ave. 8:00
 GOLDEN GATE WOMEN—Lyndhurst Community Church, Annex 5312 Mayfield Rd., Lyndhurst 8:30
 INDEPENDENCE—Presbyterian Church, 6824 Public Square, Independence 8:30
 MANSFIELD DISCUSSION (Closed)—20 1/2 South Park St. 8:00
 MAPLE LEAF—Congregational Church, Fellowship Hall, West of park, Burton 8:30
 MIDPARK—Middleburgh Hts. Comm. Church, Big Creek Pkwy & Bagley 8:30
 NIGHT & DAY—13857 Euclid Ave. 11:00 a.m.
 NORTH RANDALL—North Randall Village Hall, 21937 Miles Ave. 8:30
 OBERLIN—Grace Lutheran Church, West Lorain St., Oberlin 8:30
 PAINESVILLE—St. Mary's Church Basement, 245 St. E. 8:30
 ROCKY RIVER—Rockport Methodist Church, 3301 Wooster Rd., Rocky River 8:30
 ST. CLAIR THURSDAY—Nottingham Methodist Church, E. 185 St. & St. Clair 8:30
 WESTSIDE MORNING—Westside Hungarian Lutheran Church (rear) 11:00 a.m.
 WILLYARD—United Baptist Church Bldg., Willard 8:30

FRIDAY

AVON LAKE—Congregational Church, 3281 Electric Blvd. 8:30
 BEREA FRIDAY—Berea Congregational Church, Seminary & Church Sts. 8:30
 BROADWAY-HARVARD—8437 Broadway 8:30
 CEDAR—Savatio Army, 5005 Euclid Ave. 8:00
 CHAGRIN FALLS—Federated Church, 76 Bell St. 9:00
 CHARDON—St. Mary's Church, 401 North St. (rear) 8:30
 CHARITY—St. Vincent Charity Hospital Ann. 6th Floor, 2222 Central Ave. 8:30
 CLE HO CO MEN'S—Matt Talbot Inn, 9307 Superior Ave. 8:30
 CLOCKWATCHERS—Christ Episcopal Church, Hudson (Closed Meeting) 8:30
 CONNEAL—Jay Cee Hall, 240 Main St. 8:30
 EAST CLEVELAND—13857 Euclid Ave. (Night & Day) 10:45
 EAST SIDE FRIDAY (Closed)—Lyndhurst Comm. Presby. Church, 5312 Mayfield 9:00
 ELYRIA FRIDAY—St. Andrew's Church, 300 S. Third St., Rt. 20 8:30
 EUCLID FRIDAY—Church of Epiphany, Lakeshore & E. 210 St. 9:00
 FRIDAY AFTERNOON WOMEN—Plymouth Church, Coventry & Drexmore 1:00
 GORDON SQUARE—West Blvd. Christian Church, Madison Ave. & W 101 St. 8:30
 HEIGHTS CLOSED DISCUSSION—Heights Christian Church (rear) 17500 Van Allen Avalon 8:30
 MANSFIELD FRIDAY—A.A. Clubroom, 20 1/2 South Park St. 8:30
 MAPLE HEIGHTS—Maple Heights City Hall, Corner Lee Rd. & Maple Hts. Blvd. 8:30
 NORTHEAST—Hope Evangelical Lutheran Church, 2222 Taylor Rd. at Northville 8:30
 PAINESVILLE FRIDAY—St. John's Baptist Church, 315 Jackson 8:30
 PARMATOWN MEN'S—Parma Community Hospital-Assembly Room, 7007 Powers Drive 8:30
 POST OFFICE GROUP—Main Post Office, Room 4079-A 8:00
 SISTER IGNATIUS—Oliver Lutheran Church, 1930 Hillview Rd. off Euclid 9:00
 SOLIDARITY—2882 Unwin Rd., Quincy & E. 55 St. 8:30
 STELLA MARIS—1320 Washington St. 8:15
 VENICE—Betty Rinderle School, Galloway Rd. Sandusky 8:30
 WELLINGTON FRIDAY NITE—St. Patrick's Catholic Church, N. Main St., Wellington 8:30
 WEST CLIFTON—Lakewood Congregational Church, 1375 Clifton 9:00

SATURDAY

ACTION—8437 Broadway 8:30
 ASHTABULA—St. Peter's Episcopal Church, Main St. at 50th Park 8:30
 BAYVIEW—Bayview Hospital, 28200 W. Lake Rd., Bay Village 8:30
 BONHEUR CLUB—29522 Euclid Ave., Wickliffe 9:00
 CALVARY—Calvary Church, E. 79 & Euclid 8:30
 CLEVELAND TEAMSTERS—Teamsters Joint Council Bldg. 41, 2070 E. 22nd St. 8:00
 FOREST CITY—2125 Broadview Rd. 8:30
 L.S.I.—17600 Broadway, Maple Heights (cafeteria) 8:00
 LANDER CIRCLE—Garfield Men. Methodist Church, 3650 Lander Rd., Pepper Pike 9:00
 LEAGUE PARK—St. John's Cathedral, E. 9th St. & Superior 7:30
 LEE SEVILLE—Advent Lutheran Church, 15300 Harvard 8:00
 LIBERTY—14812 St. Clair (rear) 9:00
 LORAIN ST. MARY'S—St. Mary's School Basement, 7th & Reid, Lorain 8:30
 MADISON PERRY—St. Ann's in the Fields Church, Middleridge & Townline Rds. 8:15
 MANSFIELD—20 1/2 South Park St. 8:00
 MATT TALBOT—Windemere Presbyterian Church, Windemere & Euclid Ave. 8:30
 MEMPHIS—Lakewood Congregational Church, 1375 W. Clifton 9:00
 NEW LONDON—First Methodist Church, Main St., New London 8:00
 NIGHT & DAY—13857 Euclid Ave. Midnight
 PARKMAN—Congregational Church, Parkman 8:30
 PARMA SATURDAY—Third Federal Savings & Loan, 5950 Ridge Rd. (rear entrance) 8:45
 PLAINS—Mentor Plains Methodist Church, Rt. 306 & Lake Shore Blvd., Mentor 9:00
 REDWOOD—Euclid Lutheran Church, E. 260 St. & Forestview, Euclid 8:30
 RICHLAND CHURCH INTERRACIAL—Gayle Fire Aud., Mantfield Gen. Hosp. 8:30
 SOBRIETY—St. Mark's Church, 15300 Puritas 9:00
 TRINITY—Trinity Evangelical Church, 3525 W. 25 St. 8:30
 VALLEYVIEW—Pilgrim Church, 2592 W. 14 St., Starkweather 8:30
 WEST RICHLIFF—United Church of Christ, Rt. 303, West Richfield 8:30



PROBLEM-SOLUTION

Are you a part of the problem or a part of the solution?

This is a searching question. We should ask it of ourselves when we take our personal inventory. If we give a phony answer we will only be hurting ourselves. Therefore, there is no reason for being evasive.

Many of us may think we have found the whole solution to our problem when we have overcome alcohol. True, this is the basic part of the problem, but it is not the whole of it. If it were there would be only One step instead of Twelve. That step would consist in obtaining sobriety and letting it go at that.

Some of us, let us admit it, have never reached beyond that first stage. What is pathetic is that we have fooled ourselves into believing we have achieved the ultimate.

Let's be specific. That fellow who is sober but still has a nasty, touchy disposition and abuses his family and his fellow workers is still a part of the problem.

The man who is sober but spends all his money in unproductive activities like the horses or cards has merely shifted the emphasis and not found an answer. He, too, is still part of a problem.

The chap who doesn't make amends for his rash acts of drinking days; the fellow who dodges the responsibility of helping others attain sobriety is still part of a problem.

Reservations, mental or moral, about the program leaves the doubter very much part of the problem.

Right here let us warn that we are not hinting at perfection. None of us ever will attain it. But what we must strive for is a constant betterment in our outlook and this can be done by constantly taking a moral inventory and by making a conscientious effort to work the program.

Too many of us fail to see that the program is applicable through every phase of life. We try to confine it to the members and the meetings. It should apply to other members of the fellowship most certainly, but its principles, if we are to be part of the solution, must be carried outside in our relationship with everyone else.

It must apply especially in our thinking. "As a man thinketh, so is he," the old adage runs. We have to lose a lot of prejudices that we coddled when we were irresponsible individuals given to finding all the answers in alcohol. This is not easy. It requires an effort of will, of heart and mind.

One of the characteristic attributes of the alcoholic is what has been called "a negative, hostile feeling tone." This is an academic phrase denoting the customary alcoholic attitude of believing everybody else in the world is a so-and-so and showing it.

This habit hangs on. It is present in thoughts and feelings that we cover up in good company but unguardedly express on occasion. It often has to do with the parental rectitude of certain people, their religion or the color of their skin.

Any day at any hour we can, with a bit of honesty and heart-searching, cease being part of the problem and become part of the solution. It takes only a little effort and it puts the cap-stone on our sobriety.

ALL ALONE AND LONELY

There are a lot of comforting things about being in Alcoholics Anonymous, and one of the greatest is the knowledge that you're no longer alone. It seems good to know there are many others "just like you". Remember how we thought no one could ever have been as bad as we were, and the utter surprise when some speaker told of doing the same things we had done, and sometimes even worse things?

Strange that the alcoholic should think of himself as the only "loner", when in reality there were many many loners and still are.

AA teaches us, for one thing, that we cannot stay sober alone and that really it is pretty hard to have the

friends — real friends — we always wanted if we continue to follow the "loner" idea in AA. As a matter of fact, remaining loners while we are trying AA can very often lead us back to booze, and by no means do we need that.

Basically, most of us not only desire friends, but we want to be friends, and surely being loners cannot permit us to be the kind of friend to others that we'd like them to be to us.

In plain language, if we're still hanging on to the "alone" idea, picking and choosing who we'll be friendly with, who we'll talk to, and who we won't, we're still selfish.

There can be no doubt that most all of us are guilty of this in varying degrees. It behooves us to try diligently to overcome this particular facet of selfishness if we wish to remain sober and to enjoy a happy sobriety.

It is so easy to sit at a meeting of AAs and observe the people who are mixing and laughing and chatting,

while there are always those who are just the opposite. These people talk to only a "select few" acquaintances and it becomes very obvious immediately that they are not enjoying themselves, that this meeting is just one more "necessary" dose of AA medicine they are taking in order to keep away from drinking.

It is not too surprising that in time some of the "loners" disappear. They are at some other meeting on that night. They begin the cycle of searching for the answer in other groups, other places. It follows, naturally, that their search for stability will be fruitless, for the answer lies not in other people, other groups, but within themselves. Some of them end up drunk.

We are all guilty. Those of us who are enjoying the fellowship and new-found friends with which AA showers us, should take stock and ask ourselves if we have done all we could to welcome these so-called loners into our circle, and if we are being the friend we should be to one and all. At the same time, the loner, if he or she sincerely desires to stay sober and get into the "swing of things", should make every effort to become involved in the group and in its activities. For some, it is very difficult, but a little effort and some prayers will help any situation. Truly!

It's very simple: We all failed miserably in our attempts to stop drinking alone. It follows that staying sober can also be difficult if we try to do so all alone. Remember — "No man is an island unto himself" — for long.

"If you can watch
the things you gave
your life be broken,
and stoop and
build 'em up
with worn-out tools
... you'll be a Man!"

— Kipling



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Harry D., Pounder and Editor 1892-1968



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No. 11

MILL ENDS AND REMNANTS

Not too long ago we read a goodie that it is a mistake to look too far ahead, as only one link in the chain of destiny can be handled at one time.

This emphasizes the wisdom of our AA way of life of living but one day at a time; yet, few of us can fail to recall how prior to attaining sobriety we looked to the time when we would come up with the magic formula by which we could control our indulgence.

By and large we looked so far ahead to that day, that we became lost in the morass of the present, and eventually came face to face with the truth that we have only this moment in which to cope with the realities of our being.

It has been a complete about face for all of us to have accepted today as the standard and universal time, rather than the tomorrow to which we were prone to look and to which we endlessly deferred our decisions.

Which among us has never said: "I won't drink tomorrow!", losing sight of the fact today, now was the time for decisiveness. There have been those of us who have wanted to want to stop drinking, yet gave it but a lukewarm try, and who having been dry a few days have said: "TWO more days and I'll have a week." And we all know what happened, we had't lived that day.

Looking ahead, planning ahead isn't an unhealthy thing, as long as we don't forget that the groundwork for such is laid TODAY, which, of course, would include the necessary acceptance that things could go awry. Horse players have long known that there is nothing as uncertain as a "sure thing", and it is within our realm in living today we can healthily prepare ourselves for the disappointments that may ensue from our plans no matter how well mapped.

It is the very nature of the alcoholic to "spin his wheels", to emphasize the wrong things, to look beyond that which is within his grasp, and more often than not to be unable to see the forest for the trees.

Nevertheless, accepting and knowing that TODAY is our time gives us a degree of intelligence enabling us to meet the challenge in our allotted time. It is doubted that there is one of us ungrateful for the grace by which we have been given time for the amendment of life; therefore, doesn't it follow that we gratefully and wisely abide ourselves in practicing our best today?

"Teach me that tomorrow shall it's burden bear," by George!

SMILES

"Gimme a dime's worth of asafetida", said the boy.

The storekeeper tied up the package and the boy said: "Dad wants you to charge it."

"What's your name?"

"Schermerhorn."

"Take it for nothing," he said, "I ain't going' to spell 'asafetida' and 'Schermerhorn' for no dime."

* * * * *

Doctor: I'm sorry to have to tell you this, but your wife's mind is gone.

Husband: Well that's not surprising, she has been giving me pieces of it for years.

MINUTES OF CENTRAL COMMITTEE MEETING JULY 7, 1970

Moderator John F., opened the meeting with the Serenity Prayer in which he was joined by the 22 group representatives in attendance. In the absence of the Vice Moderator, Jean C., Treasurer, read the Purposes of Central Committee and the Twelve Traditions of AA. Following reading and approval of the minutes of the June 2 meeting, Treasurer's report indicated a balance on hand of \$356.47.

COMMITTEE REPORTS:

1. Action Committee, Dick F., Chairman, discussed some complaints that had been brought to his attention concerning the sale of raffle tickets at various groups, stating that Central Committee, as such, respected the autonomy of the individual groups and the discretion of the group would determine action to be taken within the principles of its operation.
2. Areawide Meeting; 3. Central Bulletin; 5. Institution Committee; had nothing to report.
4. Hospital Committee, Rosary Hall, Ray M., Chairman. In the absence of the Chairman, Jean C., reported that on word from Sister Victorine, Rosary Hall For Women will open on September 1. Information was also relayed that it will be absolutely necessary that admissions, male or female, to Rosary Hall be sponsored by members with at least one year of sobriety and that co-sponsor have minimum of six months sobriety. There will be no admissions without these two requirements.
6. P.I.C., Dick P., Chairman, reported that 97 speakers had been supplied to non-AA meetings and groups during the first six months of 1970.

There was no old business and new business included the announcement of formation of a new group meeting on Mondays at 7:30 p.m., at Volunteers of America, 2817 Carroll Avenue.

Dick P., introduced a letter received from Jackson County Public Hospital, Kansas City, Missouri, which in essence recited free facilities in that hospital for a ten day program of detoxification and rehabilitation. Lengthy discussion ensued as to possibility of such a program being developed in this area, following which motion was made and approved that Charlie K., investigate and report his findings to Central Committee at a later meeting.

Additional new business included reorganization of the Institutions Committee, which had been without an overall Chairman, and following discussion Helen D., was appointed Chairman, and other hospital and institution chairmen will report to Central Committee through her. Laura M., will be Secretary at Warrensville Women, replacing Lenore W., who has been transferred to New York.

Meeting adjourned at 9:40 p.m. with Lord's Prayer.

Joedy M., Secretary

NEW MURAL

Cleveland District Office has been the beneficiary of an in-depth and understanding mural depicting the suffering and recovery from alcoholism. It is the grateful work from the talented brush of Andy N., who is hereby publicly apprised of our sincere appreciation. Every member should visit the Office and see it.

DISTRICT OFFICE SUMMER HOURS

In keeping with procedure in recent years Cleveland AA District Office will be closed on Saturdays during June, July and August, with the answering service telephones being covered as is always done at times the office is closed. Regular office hours will be maintained Mondays through Fridays.

WE ARE RESPONSIBLE

When anyone, anywhere, reaches out for help, we want the hand of AA always to be there. And for that, WE ARE RESPONSIBLE.

PRAYER OF THE MONTH

O God, whose never-failing providence puts order in all things, we humbly ask thee to put away from us all hurtful things, and to give us those things which be profitable for us. Amen.

KNOW THYSELF

A healthy self-examination is needed in order to develop potential qualities and to correct faults. The machines developed by electronic technology not only do their jobs but run simultaneous checks on their own equipment to eliminate the possibility of error.

The Greek precept "Know Thyself" was not designed to lower our pride, but to help us to understand our worth. Belief in yourself and your qualities is necessary to success, but how can you believe unless you know?

This seeking of self-knowledge helps you to tidy up and draw your qualities together. Make an orderly array of what you already know. Then group the elements according to their relative importance. Select the feature to which you propose to pay special attention. Unless you do this preparatory work you will dissipate energy by living under compulsive, undirected activity.

Self-analysis helps you to use all your equipment in your effort to become all that you can become. A single quality is seldom sufficient to build a successful life. Lord Beaverbrook, a hard-headed business man, said: "He who succeeds will be he who, through the totality of his qualities, deserves to succeed."

Get to know what is involved. When your eye lights upon a position that attracts you, there are two things you need to consider: the fitness of the position for you and your fitness for the position. This will avoid the danger of wasting time and effort on unsuitable work.

Dispersion of effort can be a fatal law. Concentration, which is a habit necessary to success in business, science and personal life, means bringing things to a focus. The weakest living creature, by concentrating his powers on a single object, can accomplish something; the strongest, by scattering his powers over many, may fail to accomplish anything.

Royal Bank of Canada Letter — April 1970

FROM BOX 6712

Dear Sirs:

This is to notify you of change of address. This will be a permanent change. Thanks to all the people in AA in and around Cleveland I will be re-united with my family in on or about 15th of July. Believe me, it works. Don't ask me how, all I know is it works.

Please forward the Central Bulletin to me at the following address and please advise in time for renewal.

Sincerely, X X X X X

TRY, TRY, TRY AGAIN

Choose a good, wholesome constructive goal and then determine that you are going to achieve it. No matter how many times you fail, keep on trying. No matter what happens if you say: "The earth may be shattered, but I will keep on doing the best I can," then you will succeed. You will be using dynamic will. That will is what makes one man rich, another strong and another man a saint.

— Paramashansa Yogananda

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:

JAMES KEATING, a long time member of the Newburgh Group passed away in early July. ARTHUR PUGMIRE passed away in Florida in June. He was a long time member of the Rocky River Groups.

DATES TO REMEMBER

- August 1 — 24th Anniversary, Valley View Group, 8:30 p.m. Pilgrim Church, 2592 West 14th St. Speaker: Tom K., Barberton, Ohio.
4 — Central Committee Meeting, 8:30 p.m., Room 362 Hanna Building.
5 - 13th Anniversary, Parma Heights Group, 8:30 p.m., All Saints Episcopal Church, 8911 Ridgewood Drive. Speaker: Sam P., Pittsburgh, Pa.
15 — 4th Anniversary, Sister Ignatia Group, Ramada Inn, Wickliffe, Ohio. Dinner by reservation. Speaker: Walter O'K., Hollywood, Calif.
21 — 28th Anniversary, Gordon Square Group, 8:30 p.m., West Blvd. Christian Church, Madison Ave. & W. 101st St. Speaker: Tom K., Barberton, Ohio.
21,22,23 — 14th Annual Ohio State General Service Conference of AA., Commodore Perry Motor Inn, Toledo, Ohio. For information see group secretary or write P.O. Box 3555, LaGrange St. Station, Toledo, Ohio, 43608.

SERENITY

Calmness of mind is one of the beautiful jewels of wisdom. It is the result of long and patient effort in self-control. Its presence is an indication of ripened experience, and of a more than ordinary knowledge of the laws and operations of thought.

— from As A Man Thinketh

HOSPITALS AND INSTITUTIONS

Table listing hospital services for Sunday, Monday, Tuesday, Wednesday, Thursday, and Friday, including locations like Trusty Hall and Main Group.

ALANON GROUP MEETINGS

Table listing Alanon group meetings for Sunday, Monday, Tuesday, Wednesday, Thursday, and Friday across various locations like Garden Valley and Brookpark.

CLEVELAND ALANON OFFICE ROOM 507, COMMERCIAL BUILDING 2056 EAST 4th ST., TEL. 621-1881

THINKING OUT LOUD

Most alcoholic men and women spent many years and large sums of money searching in whiskey bottles and gin mills for excitement and amusement. I think that is why some of them find it difficult to adjust themselves to a quiet and sober life.

They don't find the AA meetings interesting or helpful. The people they meet at the meetings are neither rich nor famous. Most of them have to work for a living to ~~pay~~ their bills and keep their creditors satisfied. So the people are dull and the meetings bore them and, as a result of this boredom, they go back to the bars and the gin mills looking for excitement and amusement. But the truth of the matter is that they didn't go to enough meetings to develop a desire for a sober and a normal life.

Every human being has **some** dull periods in his life, and there are times when life seems insignificant by comparison with **some** men and women. Life is full of petty irritations that leaves us with a sense of incompetence and a sense of unimportance. Sometimes we even feel a twinge of envy when we hear a speaker who has a large vocabulary from which he can pick the right words for the right place, while we have to struggle to find the words to form a simple sentence. There are other periods when we feel vaguely dissatisfied with our own lives, because we see and read about people doing important things — we get a feeling of insignificance by comparison.

Some men and **women** only go to meetings because their sponsor told them to do so. They drag their feet to meetings with the unwilling air of a schoolboy who trudges towards his classes while he sees his friends heading for the circus. Some men and women stay sober with such an attitude, but they make the struggle a dull affair.

When we get in such a frame of mind, we should stop to remind ourselves of our essential importance on this world and in AA. Each of us is a key figure in God's plan and our importance in His eyes is not measured by spectacular achievements, but by the day-to-day fulfillment of our duties which we sometimes find dull and boring.

It is a fruitless undertaking to attempt to measure the value of human accomplishments. There are some achievements which are rated by the world and rated high in news value, but are scaled low by God's standards.

There were many people who helped to shape our lives. Our parents transmitted to us life and brains; they also formed our character and ideals. Dedicated teachers helped to cultivate our minds and imparted knowledge. Our friends and acquaintances bestowed encouragement and support. We may have added our own bit to the total, but we did not arrive to our objective alone and unaided.

In AA, we cannot measure or even know the eventual effect our influence will have upon another alcoholic, but our day-to-day relationship with others can constitute a high vocation in God's eyes.

The simple kindness and consideration which we show toward others may in the end be of greater consequence for humanity than the conquest of space or landing a man on the moon.

—Edw. B., Akron Intergroup News

A PRAYER

O Thou Great Pulsing Immortal God, whose first Principle is Law and that Law, Love, teach me to know myself that I may know Thee. Teach me the Knowledge born of the Wisdom of Ages, that I may Sympathize, with and appreciate all living things. Guide me on the Path of Zeal without Ambition, Hope without Fear, Strength without Pretension, and Serenity and Love without Selfishness. Help me to become Humble in Mind, Meek in Spirit, and Pure in Heart, that I may be neither flattered by Praise nor offended by Criticism. Above all teach me to love Thy Law of Perfect Universal Love, that at last I may attain Divine Perfection.

AA CREDIT CARD

Today there is a big **boom** in credit cards. The weary salesman can get lodging and gas **up**, courtesy of Mr. Hilton and Mr. Shell. He can hurry to Hertz for a bright new car to impress customers. He can live it up at the Playboy Club, pinch one of Hugh Hefner's bunnies without spending a dime in cold cash. Only later comes the reckoning. In other words, he can play now and pay later.

Now there is another "credit card" in our wallet that has a lot more value *than any* of the others. It is the Serenity Prayer, our credit card on sobriety. We can and should use it every day to recharge our lives and it does not cost a penny.

Let's take a closer look at this priceless credit card. The only credit rating you need is the admission that you are powerless over alcohol and want to do something about it. And this is certainly to your credit.

There are four basic words on this credit card that we can bank on for new strength every 24 hours. They are **GOD — SERENITY — COURAGE — and WISDOM**. Now, each of us is endowed to a greater or lesser extent in each of these areas. And as I see it, this prayer is written for the man who is a newcomer or an **oldtimer** in the program.

OUR FIRST WORD IS GOD — "God as we understand Him." The new man is not asked to get-religion all of a sudden — all that he is asked to do is make a decision to turn his will and life over to God as he understands Him. It goes hand in hand with serenity — God grant me the serenity to accept the things I cannot change. In this stage of the prayer, we want to give up, give up the old ways of fighting life every step of the way and the belief that everybody is out of step but us. **COURAGE IS THE THIRD WORD**. The prayer strongly implies that it takes guts to make a go of the program. We can't sit back, relax, and have God solve all our problems through prayer and serenity alone. We ask for courage to change the things we can. After all, God gave us, as human beings, the choice between good and evil. Call it conscience. To be successful in sobriety, we need courage to right the wrongs we have done, to be humble but forthright in our business, home and social activities.

WISDOM IS OUR FOURTH WORD. Webster defines wisdom as the ability to judge soundly and deal with facts as they relate to life and conduct. We don't have to own a Phi Beta Kappa key to wisdom, but I believe we gain wisdom the longer we are in the program — not only about maintaining sobriety, but making the most of every 24 hours.

—Here's How, Chicago, Illinois

"QUEST FOR HAPPINESS"

As a child, a youth, a young man, I seemed to have been obsessed with the notion that life owed me something, and that something was an ephemeral thing commonly called "happiness." The obsession was nurtured for many years, until it acquired a truly deadly companion — an obsession with the euphoric happiness engendered by massive, repetitive doses of lethal alcohol.

The well-known author, Leo Rosten, puts it this way: "There is a myth to which many of us are addicted: that the **purpose** of life is to be happy. I know of nothing more demeaning to man than this narcotic pursuit of 'fun.' Where was it written that life can always be easy, or completely free of conflict or of pain? Those who want the refuge of happiness can find it in tranquilizing pills or in senility. The purpose of life is not to be happy, but to **matter** — to be productive, to be useful, to have it make some difference that we lived at all."

In my more reflective and tranquil moments as a recovering alcoholic, I find Rosten's thoughts not only acceptable but a little reassuring.

—Harold H., in Toledo Area News

* * *

The greatest stumbling block in any man's path is not laziness nor fear, but a low-necked, short-skirted, rose-scented, diamond-decked hussy named "PROCASTINATION."



AN OLD STORY, RETOLD

The Devil always has spoken with a voice of sweet reasonableness, whispering soft mischief in our willing ears, jesting at the pains of bitter experience. Soft lights and the tinkle of glass, the body glow that comes **with** the first drink, the loosened tongue, the ribald joking or the confidential, revealing conversation that seems to come at no other time; these are strong lures that make us forget the pain of the past.

Perhaps we have long since passed the strong craving for drink. In its place, there is just a gentle desire that seems to come from no demand of the body for alcohol. Instead, it's a desire of association, for the things that went with drinking in its pleaeanter forms. The saloon long has been known as "the poor man's club." But whether men have been poor, or in the middle station of life, or rich, their hilarious occasions frequently have been drinking occasions. One writer, speaking of Amer. **ican** businessmen's conventions says they are occasions for men to play hookey. At such times, the associations are of first importance, the drinks are secondary; and with most persons, who can get their fun with two or three drinks, the drinks remain secondary.

At an AA meeting several weeks ago, we met a man who had been dry for three years, without trouble. "Nothing," he said, "could persuade me to take another drink." When next we heard of him, two weeks later, he had been drunk for two days. He had gone to an annual dinner meeting of a business organization he belongs to, an occasion **usu-**ally marked with a little mild drink. Here was an old association of going with the crowd, joining in the fun, being one of the gang. It is highly likely that on this occasion in which our man fell back into the old groove, there really was no strongly-felt desire for drink. The man may have had a warning signal in his mind that he was doing wrong or perhaps he did not. There **may** have been nothing more than a yielding to a feeling of elation, but in either case the man had not prepared himself in advance for the temptations of the evening.

We have known of strong AA's of long standing, who, when placed in a situation in which they formerly enjoyed drinking, have had a strong craving, and have had to call on all their resources to avoid a slip. These men could see the warning signals and could **remember** their alcoholic experiences. But **it** is when we don't see the signals, or when we ignore them that we may drift into trouble.

It is well, **when** we are to go back into an association of drinking, a social-business occasion or a pure social occasion, to arm ourselves in advance, by taking into account the facts that there will be drinking, that we shall be asked to join, and that if we do join we shall be just where we were when we came into AA.

For those who look forward to the occasion as an opportunity to drink, who have been telling themselves for weeks that it will be all right, we can only say that unless they remember in time the bitter experiences of the past, they are in for new disasters.

(Continued on page four)

"LET'S GO FISHING"

So many times we hear some profound members or speakers in AA say that being sober is more than "**just** being dry," or just not drinking. We must agree, and perhaps a few side-thoughts on some varying aspects of this might be of interest. Thoreau, the New England woods-philosopher, believed that **all** men are searching for reality; that **all** men inwardly desire to avoid "the middle of the road." We alcoholics in our drinking days were definitely middle-of-the-road people, trying so desperately to "**eat** our cake and have it too."

Now, in AA, and learning how to get sober and stay sober, we find ourselves sometimes at odds with things or situations that do not always **seem** to be running to-

ward our liking or benefit. We can become quite dissatisfied, even depressed with the progress we seem "not to be making." Now that we're sober, and find ourselves sometimes wondering — "What's it all about?"

In these days of the hurry-scurry, topsy-turvy mad rush for progress, self-improvement, monetary gain, faster production, we find it **some** times tough to keep up with the pace. Somehow we just **have** to go along with the crowd in its wild, almost ludicrous, scramble for more money, earlier retirement, more hours for recreation and relaxation. We're so confounded busy working for these so-called progressive ideas, we miss the boat entirely, and forget **how** to relax. We are so busy "preparing" to relax we never get to do so, or forget how, completely.

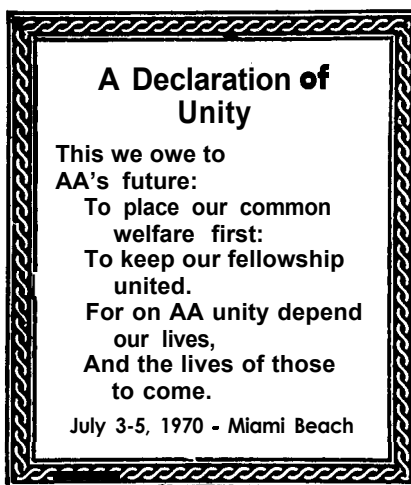
In AA we have a cliché or two; time-worn perhaps, but apropos for such a hurry-scurry world. We say: "Take it easy." Or, someone **pops** up with: "**One** day at a time." If we tried these ideas on for size, we

might slow down enough to **notice** that our AA way of life is probably one of the finest philosophies for living that ever came along. There is no question that we confused, scatter-brained alcoholics needed **something!** And, lo! We're given the gift of Alcoholics Anonymous and its multitude of benefits that are there for the taking!

Today, when everyone seems to be "**against**" **some-**thing, it's nice to know that AA is "for" something. AA is **for** sobriety, and calm, quiet, day-to-day living. It is for learning about ourselves, **who** we are; **where** we came from; **why** we're here; and **where** we're going. Very few men, if any, can answer all of these questions adequately in one **lifetime**, but AA and its resulting sober way of life, its marvelous philosophy and teachings, can help us **begin** to work on these questions, and to find **some** of the answers. It can assist us in overcoming our middle-of-the-road tendencies and start us on the road to reality, the thing or quality all men really want.

AA teaches us to think of others, and to be glad, so grateful for what we are finding, that we sincerely desire to share it with our fellow sufferers. We're like so many little children, who cry spontaneously: "**look what I found!**" What could be more wonderful than the sincere desire to share with others something so precious **as** learning how to live normally; or how to find ourselves?

(Continued on page four)



CENTRAL BULLETIN



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Harry D., Founder and Editor 1892-1968



Vol. 20

September, 1970

No. 12

MILL ENDS AND REMNANTS

A good and dear friend of this writer recently authored an essay on "A Saving Sense of Humor," and we are sharing it as most of the thoughts can well be applied to our individual program of living.

He says there are five doors for honorable escape from the wear and tear of life. The first door is faith. Faith enables the liberated soul to say, "Thou has delivered my soul from death, mine eyes from tears, and my feet from falling."

"Akin to faith is philosophy, which permits the troubled to accept trouble. Others escape through the door of beauty — great art, music or poetry. Tears also bring relief from tension. But there is a fifth door whose name is humor, much neglected. In one of his proverbs, Solomon said, 'A merry heart doeth good like medicine, but a broken spirit drieth up the bones.'"

Mental **hospitals** are filled with patients, who if they could have discovered a saving sense of humor, could have been released because their minds would have been restored to health again.

Our essayist goes on to say that often people who have given the world the priceless gift of laughter have snatched it from the jaws of disaster. He cites an anthology of humor by Charles Lamb, whose essays scintillate with humor. Yet his life had not been lived on the sunny side of the street. His sister, in a fit of melancholy, killed their mother, and from that day he devoted his free hours to caring for his **sister** who was forever wandering back and forth from the night of madness. But how gaily, how gallantly he carried it off in the face of the world.

His biographer tells us that the humor that sparkles in Lamb's essays was the make-weight on the one side to balance the tragedy of the other side of his life. For him, as for the wise man in the proverb, it was a merry heart that did good like medicine, lest his spirit should be broken by pain and sorrow.

Goethe said that "men show their character in nothing more clearly than by that they think laughable." My friend **says**, "There is a time to weep and a time to laugh," for all men, "and in these troubled times we need both. Yes, it is still true, 'A merry heart doeth good like medicine, but a broken spirit drieth up the bones.'"

Let us by gay, though serious, by George.

NEW FILM:

"BILL DISCUSSES THE TWELVE TRADITIONS"

When you see this absorbing film, you will feel as if you had dropped in at a meeting there is Bill, giving the opening talk!

Bill explores the meaning of our Traditions so deeply and brings up so many important ideas that he truly could be providing groups with a starting point for a whole series of valuable discussion meetings.

Prints are rented. The cost is \$35.00 for a Monday through-Sunday week or fraction thereof. In requesting film, indicate first, second and third choice of dates.

Write General Service Office, Box 459, Grand Central Station, New York, N.Y. 10017.

MINUTES OF CENTRAL COMMITTEE MEETING AUGUST 4, 1970

Moderator John F., opened the meeting with the Serenity Prayer in which he was joined by the 29 group representatives present. Following reading of the Purposes of Central Committee and the Twelve Traditions, minutes of the July 7 meeting were read and approved. Treasurer Jean C., reported **balance** in treasury was \$325.14.

Committee Reports:

Action Committee — Dick F., Chairman. Nothing to report.

Area-wide Meeting — Lou W., Chairman, reported that next meeting would be in Jordan Hall of Charity Hospital on September 18. Speaker is to be announced. Central Bulletin — George M., Editor. There was discussion concerning **late** receipt by some subscribers. (See item elsewhere in September issue).

Hospital Committee:

Rosary Hall — It was reported that there would be a 12 day minimum stay for women patients, instead of the heretofore 10 day stay, an agreement to the 12 day stay will be necessary on admittance.

Serenity Hall — Everything quiet.

Institution Committee — Helen D., Chairman, reported: Brecksville: Meeting: is at **7:00 p.m.** in stead of **7:30 p.m.** as presently **listed**.

Warrensville: Reported on attendance at meetings and admission of women patients.

V.A. Group: Suggestion that this group be reopened. C.P.I. : Women patients now attending meetings. Group needs help.

P.I.C. — Dick P., Chairman, reported 99 speakers had been supplied by the District Office, to **non-AA** groups and meetings during the first seven months of 1970.

Old Business concerned the program of free hospitalization similar to that underway in Kansas City, MO., at Jackson Hospital, and it was reported that the subject is being pursued by Charlie K., and Warren C.

New Business embraced discussion of flyers for group anniversaries not indicating that after dinner meetings are open.

Meeting was adjourned with the Lord's Prayer.

Joedy M., Secretary

W. VA. STATE CONFERENCE

Word reaches us that there has been some misunderstanding with respect to reservations at Wilson Lodge, Oglebay Park, for the West Virginia State Conference to be held October 9, 10, 11. It seems that some of the blanks mailed in had not been stamped "AA Convention" or 18th West Virginia Conference, with result the reservations were returned with advice that accommodations were not available on those dates.

If this has **occured**, try again as reservations will be accepted as long as space is available for the West Virginia Conference.

ALCOHOLISM HAS NO EQUAL

Alcohol will take the stains out of old summer clothes; it will also take the stains out of winter clothes; it will take clothes off a man's back, shoes off your feet, food from your table, and take the ones you love away.

Alanotes, Minneapolis

CLEVELAND AA DISTRICT OFFICE

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

PRAYER OF THE MONTH

O God, who are always more ready to hear than we are to pray and who are wont to give more than either we desire or deserve, grant us the abundance of your mercy, forgiving us those things of which our conscience is afraid, and giving us those things which we are not worthy to ask. Amen.

RE MAIL DELIVERY

Every now and then we receive word of late delivery of the Central Bulletin to our subscribers, and we want you to know that our efforts are directed to getting them mailed within the last five days of each month — the calendar, more frequently than not dictating the mailing date, as well as the printing date.

It has been our experience in the past that delays that do occur are the responsibility of the delivering post office, and should you experience late delivery of this third class mail, make it known to your area office that arranges delivery.

LIFE IS TOO SHORT

Often we allow ourselves to be upset by small things we should despise and forget. Perhaps some man we helped has proved ungrateful, some woman we believe to be a friend has spoken ill of us, some regard we thought we deserved has been denied us. We feel such disappointments so strongly that we can no longer work or sleep. But isn't that absurd?

Here we are on this earth with only a few more decades to live, and we lose many irreplaceable hours brooding over grievances that in a year's time will be forgotten by us and by everybody. No, let us devote life to worthwhile actions and feelings, to great thoughts, real affections and enduring undertakings. For life is too short to be little.

— Andre Maurois

The secret of happiness is in knowing that we live by the law of experience. We find greatest joy, not in getting, but in expressing what we are. There are tides in life's ocean; what comes in depends on what goes out.

-R. J. Baughn

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:

WILLIAM (BILLY) HUGHES, a long time, energetic member of the **Newburgh** Group, passed away in latter part of July.

WILLIAM (BILL) McGONAGLE, a 27 year member of the West 25th Street Group, passed away in early July.

J. E. (SAMMIE) LICK, a 25 year member of the **Conneaut**, Ohio, Friday Night Group and long time Bulletin subscriber, passed away on June 5.

EDWARD A. HARDY, a 25 year plus member of the old Southeast Group and **LSI Group**, passed away December 21, 1969, according to word we have just received.

ALBERT H. MOORE, a member of several years standing, passed away recently in San Francisco, Calif., according to word from his family.

CHARLES A. (CHARLIE) SANDERS, a 30 year member and hard working secretary of the Brooklyn Group passed away suddenly on August 7, a few hours after observing his 30th Anniversary by leading his home group. His presence and counsel will be sorely missed and his many and unselfish contributions to the fellowship will be continuing testimonials to a happy sobriety in AA.

DATES TO REMEMBER

- September
- 1-Central Committee Meeting, 8 : 30 p.m., Room 362 Hanna Building.
 - 7—4th Anniversary, Monday Morning 12 Step Group, First United Church of Christ, 2150 Warren Rd., Lakewood. Speaker: Jerry W., Angle Group.
 - 8—7th Anniversary **Grafton** Prison Group, 8:00 p.m. Men only.
 - 13-Third Quarterly Meeting, Northeastern Ohio General Service Committee, 3:00 p.m., American Legion Hall, 7304 Chippewa Road, Brecksville, Ohio.
 - 18—Area Wide Meeting, 8:30 p.m., Jordan Hall, St. Vincent Charity Hospital, East 22nd and Central Ave.
- October 9, 10, 11-18th West Virginia State Conference, Wilson Lodge, **Oglebay** Park, Wheeling, W. Va. Write Conference Chairman, P.O. Box 46, Wheeling, W. Va. 26003.

BILL'S 36TH

Co-Founder Bill has returned safely home from the Miami Convention and is rapidly regaining his strength following a bout with virus pneumonia.

He will observe his 36th AA birthday at a dinner meeting and dance on October 10, 1970 at the New York Hilton. Tickets are \$14.00 per person, and reservations should be made promptly: Box 459, Grand Central Station, New York, N.Y. 10017.

HOSPITALS AND INSTITUTIONS

SUNDAY	
TRUSTY HALL-1000 ft. east of House of Correction	10:00 a.m. and 5:00 p.m.
MONDAY	
HOPEFUL-State Hosp., 4455 Turney Rd., New Chapel Bldg. # 1	8:00
TUESDAY	
BRECKSVILLE V.A. HOSPITAL-1000 Brecksville Rd.	7:30
HAWTHORNEDEN HOSPITAL-Cottage #10, 305 Northfield Rd.	7:30
PROVEN WAY—Grafton Honor Farm, Rte. 75, 2nd & 4th	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. 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	0 0

ALANON GROUP MEETINGS

SUNDAY	
GARDEN VALLEY-7100 Kinsman Rd. (2nd & 4th Sun.) 4	W
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
NOW THERE'S HOPE—First Pres. Church, Nela & Euclid Ave.	8:30
STAG GROUP—Charity Hospital	8:W
VERMILLION—Church of Christ, State St.	8:30
TUESDAY	
EUCLID—Christian Church, 28001 Lake Shore Blvd.	8:30
LORAIN AVENUE—St. John Bosco Church, 6400 Pearl Rd.	9:W
OLMSTED FALLS—Community Church, 7853 Columbia Rd.	9:00
SUBURBAN WEST—Our Savior Church, 20300 Hilliard Rd.	8:30
WEDNESDAY	
BEDFORD—Christian Church, 98 Warrensville Ctr. Rd.	10:30 a.m.
CHAGRIN VALLEY—Pres. Church, Route 306, Bainbridge	8:30
FAIRPORT HARBOR—Luther Center, Eagle St.	8:00
IGNATIA—Grace Church, E. 91st & Harvard	8:30
NORTH DLMSTED—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	
CLEVELAND HTS.—Pres. Church, Fairmount & Scarborough	9:W
LORAIN COUNTY—Lutheran Church, 3334 Wilson St.	8:30
NORTH CANTON—Northminister Pres. Church	8:W
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	8:30

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

"I'VE NEVER HEARD OUR SPEAKER BEFORE"

"BUT" the chairman goes on to say, "I'm sure he has a good message. I understand he drove all the way over here from East Cesspool, so I give you good 01' Joe Doakes."

Joe then gets up and begins to lead. After solemnly opening the meeting with the Serenity Prayer, "good 01' Joe" then launches with 50 minutes of a very raunchy account of women in every port, **lietrally** spiced with profanity.

Then we blush through the Lord's Prayer, sit down and wonder how to comment. Should we congratulate Joe on having the sexiest lead we've ever heard? The dirtiest, maybe? Or propose an award for the most profanity? We ought to say **something** to express our gratitude. After all, didn't he drive all the way from East Cesspool?

Perhaps what we owe him is a straight forward comment about some matters of plain good taste. First, there is the matter of using profanity and vulgar language in a meeting that is opened and closed with prayer. I believe we would all agree that God as we understand Him is in attendance at all AA meetings. Was that really what you wanted to say to Him, Joe?

Second, what about the new man or woman (or their wives or husbands) who may be present? Did you create for them the AA image you really wanted to, Joe?

Or, what about my wife, Joe? She was with me at the meeting, remember? You didn't talk to her that way over coffee after the meeting; why talk to her that way **during** the meeting? Does speaking to a **group** of people give us license to say things we would not consider saying to an individual?

Then what about the male **AAs** at the meeting, Joe? Do you have **some** reason for thinking that we appreciate the foul language? You might be surprised at the number of us who don't.

And now, before you shove off for good 01' East Cesspool, we also have a suggestion for our chairman, and that is: **HEAR YOUR SPEAKERS BEFORE YOU INVITE THEM TO LEAD!**

Yes, I know it's an "individual program" Mr. Chairman and you can work it any way you want to. But have you ever stopped to think when you inflict **some** foul-mouth on a group of people it's not an **individual** matter? Everyone becomes involved. That's why we look to you as a "trusted servant" to select the best from among the hundreds and hundreds of good AA leads in this area!

Bob L.

AN OLD STORY, RETOLD

(Continued from page one)

Why am I an AA?? Because I **am** an alcoholic. How do I know I am an alcoholic? Because of my experience with alcohol. Will I ever be cured? If I remember my experience during the years before I became an alcoholic, and if I remember the experiences of others like me, I know I never shall be cured. And my experience in AA has been that without alcohol I can be happy.

(Central Bulletin, February, 19 45)

"LET'S GO FISHING!"

(Continued from page one)

Maybe AA is for something similar to Thoreau's famous thoughts: "Time is the **stream** I go-a-fishing in. I drink at it; but while I drink, I see the sandy bottom and detect how shallow it is. Its thin current slides away, but eternity remains. I would drink deeper; fish in the sky, whose bottom is pebbly with stars."

Who could desire more?

Prayer introduces us to the Great Human Companion who meets our human needs with his divine responses. The man who has learned to pray is no longer alone in the universe. He is living in his Father's house.

-William Adams Brown

"THINKING OUT LOUD"

There is no doubt that no subject is more discussed today than the high cost of living and the hardship it is creating. But we don't hear much said about the high value of living which is more important than the cost of living. Of course when we go into a market to buy the necessities of life, we must have a sense of values to get our money's worth. No man wants to be cheated, but some people are cheating themselves and don't know it.

Some men and women spend most of their lives in the pursuit of material things and not enough time in the pursuit of higher moral and spiritual values. We can not completely separate the two because material values are a part of human values, but we have to give one or the other the priority. It is this covetousness for the material wealth that makes men neglect all true values. If men would put human values above material values, there would be no wars. We all would be safe in our own homes and on the streets after dark. There would be no religious or racial discrimination and no poverty in this world.

Now, this brings us to the question. Are we all getting our money's worth out of AA? The truth is that there are many men and women in AA who are cheating themselves. They got sobriety, but they are not getting any of the fringe benefits that come with sobriety because they are spending all their time shopping for short-term pleasures instead of long-term peace. It is not because that they don't know about the additional benefits that come with sobriety. They see their AA friends walk off with a song of triumph, a smile of hope and a laugh of joy, and they watch with envy as their friends climb higher to get a better view of life and its potentials. Why the difference? It cannot be in mental capacity, since whatever difference may exist in mental power, is not matched by the difference in performance.

We must sow a thought before we can reap an act. We must sow an act to reap a habit, sow a habit to reap a character and sow a character to reap a destiny. The art of living begins with a thought and followed up with action. The real gifts of AA cannot be gotten by members who are wrapped up in material values. There are many men and women in AA who are cheating themselves by living in a make-believe world of pleasant illusion and call it happiness.

Today we are living in an age which has exalted material things. The clever brains of brilliant men are being used to secure scientific triumphs. This century has seen an advance along the scientific lines that is simply stupendous. The output of goods has been multiplied a thousand fold. Measured in bulk and quantity, this is the richest age that this country has ever known. Yet all is not well. Along with the material wealth, there is spiritual and moral poverty, because man has put material values above human values.

It is good to have a sense of values when we go shopping for material. It is still better to have a sense of values and spend some time shopping for the things that will give meaning to life. Of what use is it to accumulate large possessions unless we learn to use them for human well-being. Man cannot live by bread alone, is as true today as it was centuries ago.

Edw. B., Akron Intergroup News

"DO MORE"

The following was copied from a wall telephone at a friend's house.

Do more than just Exist — Live. Do more than just Touch — Feel. Do more than just Look — Observe. Do more than just Read — Absorb. Do more than just Hear — Listen. Do more than just Think — Meditate. Do more than Talk — Say Something.

-Good News, San Francisco

* * * * *

Every AA Group Should Have CENTRAL BULLETIN On Their FREE Literature Table. Has YOUR Group? WHY NOT?



SELF EXALTATION

Egotism.

It's the Big I, the swelled head, the puffed-out chest.

The dictionary calls it self-exaltation.

It's the next step beyond egotism, which is the pursuit of self interest. For me, myself, alone.

Self-love; conceit plus selfishness.

And stubbornness.

A Power greater than myself? That's kid stuff. That's sissy stuff.

Brotherly love? What did anybody ever do for me? Don't make me laugh! I don't owe anybody anything.

You've got the strength of a bull in your neck, and you think you've got the world by the tail with a downhill pull.

Funny, how your foot slips!

Men have been learning the law of life for many, many centuries. Learning about self-love and vanity. They've learned so much about it that self-love has come to be regarded as the greatest of all sins.

But who cares about that? What did those old guys know? I know what I'm doing. And I'm going to do what I like, without any lip from anybody. So pipe down!

Well, Lush, your foot's slipping and you don't know it. Pretty soon you're going to skin your nose. Then maybe you'll begin to wonder how anybody so big got down so low. And then maybe after while you'll begin to wonder whether the millions may not have been right all along about that "sissy stuff."

Strange thing about some luses.

They come face to face with the cold, hard facts. They get very humble and quite contrite. They turn to the Power that is greater than their own. They see where their vanity has taken them. The pain goes out of their heads. They get along fine. Somebody begins to show confidence in them and give them a little leeway. They get back in the money.

Then they begin to think they are pretty good. They made this comeback all by themselves. With the recovery of their self-esteem they began patting themselves on the back. Why, that was just a little bad luck they had had. They couldn't have been alcoholics. Just drowning their troubles, that was all. But now they're on top of the world and they can drink like men and control their drinking like men. AA? Sure it's a fine thing for those others!

Well, we were talking with one of them the other day. One of the older men. He'd gotten the best job he ever had and he got so his hat wouldn't fit him.

When we saw him, he was very, very sick. Mentally sick and shaken. We let him do *most* of the talking, but after while we asked him if he had learned anything from his experience.

"I learned," he said, "that I am not the general manager of this world I live in. I learned that I cannot run the show all by myself. And I learned that I still am an alcoholic and always will be one."

We met another one. Same experience, same lesson.

We met another one. Same experience, same lesson.

We met two others. Same experience, but no lesson. They were full of justifications and looking for a soft touch so they could keep on drinking. After while, they'll get the lesson.

'ANYBODY' KNOW 'THAT' MUCH!!

Seems as though plain Ol' horse-sense is one of the commodities or traits, or what have you, that a whole lot of alcoholics don't have too much of. 'Course, we love to tell ourselves that lots of non-alcoholics are the same, and that way we look better to ourselves, and some of the ridiculous things we did, and sometime still do, don't look so bad to us. The educated folks say this is rationalization.

Alcoholics just naturally seem to love to look at the other fella and say, "My ain't he a terrible drunk!" Or maybe we said, "If ever I get that bad, I'll quit! !" Of course, it was only natural that "that guy" got much worse, much faster than we did, so how could we get that bad?!

Yep! We love to twist things around so they look or sound better to us, especially so that it makes us look or sound better to ourselves. After all, when you get right down to the nitty-gritty of it, there just ain't too much we ex-drunks can look back at with much pride, and say, "Look there what I did! " It is true some of us can get up and tell how we used to drink two fifth a day, with "no visible ill-effects," as the doctors would say, or as simple folk might say, "It didn't hurt us none." And it doesn't really seem it *did* hurt us too much then, but it surely did hang up everybody that had *anything to do with us and then* some. Furthermore, even if we *did* used to say, "I'm not hurtin' anybody but myself," it 'pears *now* that we just never had any idea of just how badly we really were hurtin' ourselves!

Naturally, now that we're in Alcoholics Anonymous and 'tendin' to one or even two meetings a week, it stands to reason that everything is just fine! 'Course the fact that some of us have to be "pushed" into goin' to our own home group by our wives or some other guy in the program who *thinks he's* Mr. AA, really just naturally doesn't have anything to do with it.

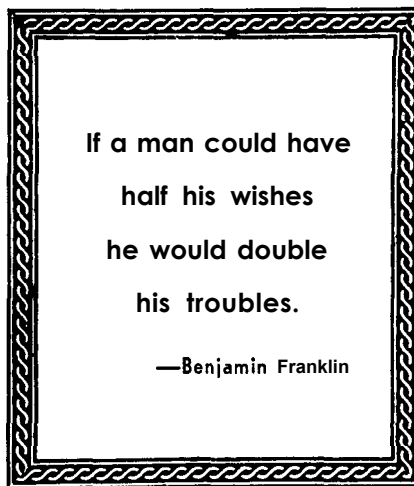
But we got there! We may not enjoy being there, but we're there! It stands to reason that if there ain't anything *like* being happy in the Program, then there can't be anything like being miserable on the edge of the Program! Naturally!

Stands to reason that if that first step says we were powerless, then naturally we are, and plenty of us are still powerless even tho' we ain't had a drink in a long time. That probably ain't too much horse-sense either, but it does sound pretty good, and we always did go for stuff that sounded good, especially when it was some guy down the bar saying "give that fellow a drink on *me!*" Only trouble was it never sounded good enough for us to say it very often.

Yep! We alcoholics, drunk or sober, in AA or out, can really think ourselves into and out of situations. Anybody with any common-sense at all can see that! Guess that's why we all need so many other AA's and meetings all the time! Naturally!

WE ARE RESPONSIBLE

When anyone, anywhere, reaches out for help, we want the hand of AA always to be there. And for that, WE ARE RESPONSIBLE.





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Harry D.. Pounder and Editor 1892-1968



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October, 1970

No. 1

MILL ENDS AND REMNANTS

Words, words, words, — there are billions of them used in many and varied ways every minute of every day and night, and notwithstanding the infinite number of them that are employed, uncountable numbers are useless.

Recall today, for example, some of the words we uttered and we would be more than surprised at the little purpose that so many of them served, let alone many that we would just as well have not let pass our lips.

Think of the words that are spent in idle gossip when the breath that bore them might well have been used in constructive carriage of some good tidings of sharing and help, and while as we write this, our thoughts tend mostly to the spoken word, there is the similar waste in the written word.

Can you remember the many times that words were inadequate to express great emotion; perhaps sympathy to a dear friend over the loss of a loved one? Do you recall, as we do, the numerous times a multitude of words were used to express our sorrow, which by reason of their very purpose and usage were empty?

You say, if you have read thus far — "What message is he trying to convey? It is simply this, that words without action are dead! And we are as guilty as the next one in being long on promises and short on performance.

From time to time in recent months we have discussed the need for developing the attribute of being good listeners, for it is here that we gain the knowledge and wisdom by which we grow so that in helping, in sharing, when we speak we act.

Yes, friends, there is much to be said, but there is so much to be done that we think it desirable to be alert to our opportunities, and our responsibilities, for that matter, that in leaving nothing unsaid, we be doubly certain nothing is left undone.

How many times in our lives, if we had a second chance, would we have acted instead of spoken? Not a few! Yet, in many respects, in recognizing it and becoming willing to do something about it, we are given a second chance. The earlier miscues have passed, the harm they may have done, forgiven. It is ours to redeem them in action.

Words used wisely and backed up by deeds are powerful, by George!



The wrong way always seems more reasonable.

CLEVELAND AA DISTRICT OFFICE

The Cleveland AA District Office is open to anyone, male or female, who is seeking an answer to an alcoholic problem. The office, located in Boom 205, Frederick Building, 2063 E. 4th St., is open weekdays from 0 a.m. to 5 p.m., Saturdays from 0 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 merry 1-7387.

MINUTES OF GENERAL COMMITTEES MEETING SEPTEMBER 1, 1970

Moderator John F. presided and opened the meeting with the Serenity Prayer in which he was joined by the 28 group representatives present. Following the reading of the Purposes of Central Committee and the Twelve Traditions by Vice Moderator Ray M., minutes of the August 4 meeting were read and approved. Jean C., Treasurer, reported balance in the treasury of \$309.44 and a balance of 13¢ in the Institution Fund.

COMMITTEE REPORTS:

Action Committee: Dick F., Chairman, reported on the handling of the subject discussed at the August meeting with respect to, group flyers for anniversary dinner meetings not denoting that speaker portions of such meetings were open to all members. After much discussion it was concluded that this recurring matter could only be left to the good graces of the group involved, although it is custom that speaking portions of dinner meetings are generally open meetings.

Areawide Meeting: Lou W., Chairman, reported on the September 18 meeting in Jordan Hall of Charity Hospital at which Bruce M., of Akron, Ohio will speak.

Central Bulletin: George M., Editor. Late receipt of Central Bulletin as brought up in August meeting was discussed further when Obie H., reported that the Bulletin is mailed in sufficient time but any delays that occur are from the delivering branch office. Changes in address continue to be a problem and expense and all subscribers are urged to give plenty of advance notice when moving residence.

Hospital Committee:

Rosary Hall: Ray M., Chairman, reported that women's section opened September 1.

Serenity Hall: Bernie B., Chairman, reviewed requirements that sponsor must have no less than one year's sobriety and co-sponsor six months sobriety before admitting patients. Some group secretaries have not observed these requisites in placing 12th step calls.

Institution Committee: Helen D., Chairman.

Turney Road: Head Social Worker, Mr. Cooper, assured cooperation in arranging attendance of any person interested at AA meeting.

Warrensville Women: Group in dire need of outside attendance at meetings and in assistance in providing refreshments.

Brecksville V.A., Harry G., Secretary, reported that the hospital now has alcoholic ward with 50 beds and Dr. Custer, who is in charge, is 100% for AA help. During the ensuing discussion as to ways in which the group can be helped developed the need for 60-75 Big Books for use of the patients with one at each bedside. It was suggested and approved that each group or any individual that wished to do so should indicate to the District Office that it desired so to do. (See article elsewhere in this issue of the Bulletin.)

Harry further reported for those unfamiliar with the hours and meetings of Brecksville AA Group, they are:

Tues. and Thur. — 7:00 p.m. — 2nd floor Room 264

Wed. — 8:00 p.m. — 4th floor.

Also, it is now permissible to visit patients in the wards and AA members are welcome.

OLD BUSINESS comprised a report by Charlie K., concerning a free detoxification center in the Cleveland area similar to the Kansas City, Mo., Jackson Hospital. Discussion with county officials disclosed favorable interest in this type of program, but the basic problem is the funding of such. Further study and consideration is being given the subject.

There being no New Business and no further discussion, meeting was closed with the Lord's Prayer.

—Joedy M., Secretary

* * * * *

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On Their FREE Literature Table. Has YOUR Group?
WHY NOT?

PRAYER OF THE MONTH

O almighty and most merciful God, of your bountiful goodness keep us from all things that may hurt us; that we, being ready, may cheerfully accomplish those things that you would have done. Amen.

ANOTHER BIRTHDAY

This edition of Central Bulletin is the first of Volume 29, which means we embark upon our 29th year of publication — the oldest journal in AA, predating the first issue AA Grapevine by six months.

In the 336 issues which preceded this one Central Bulletin has lived up to its pledge of service and the carrying of the message of AA, and it is our hope and our aim that this work may continue so long as the need for the AA fellowship shall exist.

Over the years many, many devoted and unsung people, both members and non-members of AA have breathed life into our journal and sustained it through their efforts and their love of the fellowship and in gratitude for its benefits.

Were we permitted one birthday wish, it would be: That we could share our message and philosophy with the many, many members who are not subscribers.

A CHANCE TO CARRY MESSAGE

There is an unfulfilled need for copies of the book Alcoholics Anonymous for use in the alcoholic ward at Brecksville V.A. Hospital, and a fine opportunity is presented for 60 or 75 individual groups to each supply a copy of the Big Book for use of patients at the hospital.

Additionally, area members are encouraged to visit Brecksville and the ward and participate in the meetings there. See minutes of September 1 Central Committee meeting reported herein.

PHILOSOPHY

Two phrases in the English language are identified with failure and defeat. They have been the stumbling blocks for hundreds of thousands of human beings. "What's the use?" "Why should I?" Those phrases have been fatal to success.

The quitter always asks, "What's the use?" The battle no more than starts when he throws up the sponge. He accepts no challenge, has no goals, no visions. Any old thing is good enough. "If, at first you don't succeed, no use at all to try again." The world is against him, he feels. But it's only himself, if he would only stop to think!

The work dodger sneers, "Why should I?" Let the other fellows be the suckers. I'm doing enough to get by." This poor sap is too lazy to think, too selfish to put his shoulder to the wheel in a common cause. By watching the clock he will not do a lick more than he is paid for — probably less.

The folks who pass him by, who push him aside in fact, are the ones who say, "Come on, let's go; we'll try again; it's got to be done." This is earnestness. This is friendliness. These achievers pass right through the 0 in Obstacle. They do not stumble.

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:

JACK ENGLISH who passed away suddenly in late July was an active member of the Charity Group and volunteered many hours of service at Rosary Hall.

DATES TO REMEMBER

- October 4-Fall Open House, Northeast Ohio General Service Committee, 3 : 00 p.m., American Legion Hall, 7304 Chippewa Road, Brecksville, Ohio. Speaker.
- B-Central Committee Meeting, 8 : 30 p.m., Room 362, Hanna Building.
- 9, 10, 11-18th West Virginia State Conference, Wheeling, W. Va. Write Conference Chairman, P.O. Box 46, Wheeling, W. Va. 26003.
- 10—22nd Anniversary, Redwood Group, 8 : 30 p.m., Euclid Lutheran Church, E. 260th St. & Forestview, Euclid, O. Speaker: Bill S., Akron, Ohio.
- 13-1st Anniversary, Midtown Group. Dinner 6:15 p.m., meeting 8: 30 p.m., Trinity Cathedral Parish Hall, E. 22nd St. & Prospect, Cleveland, O. Speaker: **Mon-signor F.**, Meadville, Pa.
- November 1-Fourth Quarterly Meeting, Northeast Ohio General Service Committee and election.
- 3-Central Committee Meeting.
- 15-Gratitude Sunday, sponsored by Northeast Ohio General Service Committee, 4:00 p.m., Jordan Hall, Charity Hospital, E. 22nd & Central Ave., Cleveland. Speaker: Oscar A., Columbus, Ohio.

HOSPITALS AND INSTITUTIONS

SUNDAY	
TRUSTY HALL—1000 ft. east of House of Correction	10:00 a.m. and 5:00 p.m.
MONDAY	
HOPEFUL-State Hosp., 4455 Turney Rd., New Chapel Bldg. XI	8:00
TUESDAY	
BRECKSVILLE V.A. HOSPITAL—1000 Brecksville Rd.	7:30
HAWTHORNEDEN HOSPITAL—Cottage # 10, 305 Northfield Rd.	7:30
PROVEN WAY—Grafton Honor Farm, Rte. 75, 2nd 8 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.	0 : 0
VETERANS HOSP.—E. Blvd. near E. 105th St.	8:W
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 8 4th Sun.)	4 : W
MONDAY	
BROOKPARK - PARMA—Redeemer Church, 6151 Smith Rd.	8:30
ELYRIA—Community Church, 680 Abbe Rd.	8:30
LAKEWOOD—Pres. Church, Detroit at Marlowne	8:30
NOW THERE'S HOPE—First Pres. Church, Nela & Euclid Ave.	8:30
STAG GROUP—Charity Hospital	8:W
VERMILLION—Church of Christ, State St.	8:30
TUESDAY	
EUCLID—Christian Church, 28001 Lake Shore Blvd.	8:30
LORAIN AVENUE—St. John Bosco Church, 6400 Pearl Rd.	9:00
OLMSTED FALLS—Community Church, 7853 Columbia Rd.	9:00
SUBURBAN WEST—Cur Savior Church, 20300 Hilliard Rd.	8:30
WEDNESDAY	
BEDFORD—Christian Church, 98 Warrensville Cir. Rd.	10:30 a.m.
CHAGRIN VALLEY—Pres. Church Route 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 (Cower floor) 3525 W. 25th St.	8:30
THURSDAY	
CLEVELAND HTS.—Pres. Church, Fairmount & Scarboro	9:00
LORAIN COUNTY—Lutheran Church, 3334 Wilson St.	8:30
NORTH CANTON—Northminister Pres. Church	8:W
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	8:30

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

ACCEPT THYSELF

It seems many of us in AA are prone to forget a portion of our Serenity Prayer — “accept the things I cannot change.”

After we have our drinking under control, we often fail to accept the fact that we are still the same person we were before alcohol took control of our lives, and seemed surprised that we have not **accomplished** any outstanding deeds along the way.

When we do not achieve self-acceptance and the strain between the actual and the dreamed-of self becomes great, the result is an unhappy and sometimes crushing sense of inferiority.

The importance of the problem is made evident by the unhealthy ways in which it is commonly handled.

Some of us deal with it by the smoke screen method. Feeling miserably inferior and not wanting others to know it, the shy among us become **aggressive**, the embarrassed effusive, and the **timid** bluster and brag.

Others, like the fox in the fable, call the grapes they cannot reach — “**sour**.”

Others find excuses, based on exaggerated **acknowledgment** of our inferiority, failing at some endeavor, we say, “Well, I’m an alcoholic, everyone knows **that**.” Far from being said with despair, this is announced with relief; it is a perfect excuse; it lets us out of all responsibility, yet factually it is absurd, and emotionally it is abnormal.

In accepting ourselves for what we are, we may well begin by reducing to a minimum, the things that mortify us, and resolve that we may well never set the world on fire, we will do the best we can with what we have, and never for a moment forget that AA gave us a new way of life, and it is up to us to stop complaining and do something about it.

As a lovable character in a play I once saw said, “I ain’t much, but I’ve all I got.” That is the place to start. Such self acceptance is realistic, humble, self respect.

—Gert B., Albuquerque, N. Mex., Broward Co. Newsletter

ESPIRIT DE GROUP

“Man if you want to drink those cats sure do make life miserable.” To the best of my memory these were the words of Harry D. from Columbus when he spoke with such obvious pride about his AA Group. His topic at the Ohio General Service Conference was “AA Unity” and he needed go no farther than his Group to show how “Unity” works in his AA life.

These words, in the mind of this writer, expressed all the feelings one should have toward his or her chosen AA Group. How comforting to know that the source of one’s AA needs are so close at hand.

My Home Group is where I form the closing ties in AA. The kind of “ties” that quickly dispel all thoughts of a drink because of a brand of sobriety I’ve grown to admire and desire. Here are the people who swiftly administer the “kick in the pants” that I need from time to time. These **same** people pat me on the back when it is due.

Within my Group I can learn tolerance, because I know that my Group **tolerates** me.

When one of the speakers said to “find a Group where you’re comfortable and stay there” he gave some real solid advice to the new man or woman in AA.

How’s my Group doing? Better yet — what am I doing to repay my Group for all they offer me? Have I asked the new person to join my Group lately?

This is indeed a program of attraction and this is particularly true at the Group level.

Support your Group! It may just reflect the quality of your sobriety.

—Jim W. in Toledo Area News

■ ■ ■ ■

“What, giving again? I asked in dismay, and must I keep **giving** . . . and giving away? “Oh, no,” said the Angel, piercing me through, “Just give until God stops giving to you.”

— Newsletter, Broward County, Fla.

THINKING OUT LOUD

I once heard someone say, “God gave us memory, that we may have roses in December.” A beautiful thought, for surely memory is one of God’s greatest gifts to man. Without it learning would be impossible; without memory there would be no joy in life.

I can recall the many kind deeds **people passed** on to me over the years. I have them **all stored** in my mental depository where I keep all my thoughts and actions on file. They revive all the pleasant experiences in moments of discouragement, and bring hope in time of depression. People have planted many plants of love and kindness in my garden of memories and they are now in full bloom and their fragrance bring joy in December of my life.

But memory can **also** be a curse and mental torment. As there **are** roses, so there are also thorns on the bush of memory. I still can recall with regret some of the things I wish I could erase from my memory — but the heartaches and the grief that I caused is there as a reminder.

So here is where I should pause and mention that on August 4th, I had 26 years of uninterrupted sobriety, and I had my 80th birthday, which was on June 7. Therefore, I am taking this opportunity to record **some** of my memories and express my gratitude to all members of AA for the 26 years of their companionship. When I say all members of AA, this includes members with one month, one year, or thirty years of sobriety, members who live near and far. They are all helping me to cultivate my rose garden so that I may have fresh roses in Decemebr.

God and AA have been good to me, but goodness does not come to the person who sits in his living room and **waits** for it to be delivered to him. This is also true about roses. They do not grow by themselves. They must be cultivated, or weeds will grow instead of roses. So, we should be careful of the plants we put in our garden of memory.

The older I get, the more I realize that my sobriety is more valuable today and its value increases with each day and each year. God does not measure our value to the world or to AA by any standard of size or duration, but only by our donation. Unless we set out to make this a better world for ourselves and for others, we will be poor in spiritual satisfaction. We all must do some work in God’s vinyard if we want a share of the harvest.

I have lived 80 years on this world and enjoyed 26 years of sobriety, but before I could rise to higher things of usefulness, I had to learn to cherish the seemingly trifles of life. Even our days are made up of little things — seconds, minutes and hours. Yet, they are not a succession of time-tight compartments. The past flows into the present, bearing with it a **wealth** of memories and by capitalizing on the experience of my yesterdays, I have enlarged the enjoyment of my todays.

As a result of living one day at a time, I have accomplished a little over a quarter century of sobriety and a garden full of roses which are in full bloom and the sweet perfume fills the air — “God made it so, God will keep it so, for you and for me.”

Edward B., Akron, Intergroup News

SMILES

The hotel bar had scarcely opened for business at 9:30 a.m., when an excited and bleary eyed individual rushed in and asked the bartender: “**Say**, did I come in here last night, hand you a hundred dollar bill and drink it all up?” “You sure did,” the bartender told him. “Boy, that’s a relief,” said the customer, “I thought I lost it.”

■ ■ ■

“What did Mama’s little boy learn in school today?” asked the dotting mother.

Bill: I learned two of the kids not to call me ‘Mama’s little boy!’

■ ■ ■

Man in a downtown flower shop: I want something to go with a weak alibi.



A TIME OF THANKSGIVING

Perhaps in examining our attitudes toward gratitude, we can at the same time have an idea of our progress in the AA program, and the way of life we have come to accept as a result.

When I came to AA, my first conscious sense of Thanksgiving, and I believe that's the proper word, was to find I was not alone, neither alone in my illness, nor alone in the hope of recovery. I didn't wonder then at how it happened, how I knew AA was available, how come there was a meeting place, that speakers showed up and that literature was there for the asking. I took all that for granted, but I was grateful for the simple fact of AA, and the faith in my possible recovery it engendered.

As the days progressed in sobriety, I became grateful for the simple day to day but wonderful things brought about by the sobriety; the joy of waking up without the remorse of a hangover! The ability to feed my youngest baby without a shaking hand, being able to ride the subway or bus without panic; feeling somehow free as I enjoyed the beauty of a blue sky.

Soon I began to realize that my sense of gratitude seemed to have a relationship to doing what was expected of me; I became grateful that through sobriety I no longer had to make excuses or be remorseful for the "sins" of omission as well as commission.

I began to sense the joy that comes with doing; the sense of belonging that come from participation. I was grateful for the trust placed in me by my group and by my AA friends when it came time for me to do 12th Step work or serve in any way.

I accepted fully the thesis that "you can't keep AA without giving it away" and I became increasingly grateful for the ability to share which I was slowly and painfully learning as I struggled to be free through the application of the Twelve Steps. Gratitude for sobriety, my sobriety, became a constant with me. There was always that, no matter how difficult just living sometimes seemed.

Slowly I began to realize that this lovely miracle of "my sobriety" and "my group" didn't just happen; that those were but a small, important but small, part of an equally miraculous whole. I became increasingly grateful that Bill and Dr. Bob and the other early members had not jealously guarded their secret of sobriety, but that even in those days of stigma and lack of understanding, they had so freely "given it away," sharing their experience strength and hope that you and I could follow.

I became grateful for all those who kept the group going — as well as those who continued to attend regularly so that I had the example and the hope when I stretched out my hand for help.

I became grateful to those who had guided AA's destiny, so that AA's light has always shown clear like a beacon in the darkness undimmed by controversy and untarnished by today's ills of greed and malice.

And so today, I am grateful for my sobriety, yes — but I'm also grateful for AA as a whole: for the sobriety of so many recovering alcoholics everywhere; for the time and effort of the many who give of themselves to AA's services: for the knowledge that I can always ex-

(Continued on page two)

THE QUIET ONES

The longer one is on the Programme the more noticeable are the changes in those around us, both in AA and those who are not alcoholics.

Not only are the changes in our fellow-members almost miraculous, in many instances, but how about the manner in which many of these same members react to serious problems, adverse conditions, even tragedy? One cannot help but be amazed at how a good "working" AA will rebound or bear up when circumstances in life go against him.

There are countless members of AA who do **not** reap sudden financial harvests through sobriety. They do **not** gain prominence or recognition in society, nor do things suddenly take a beautiful turn for the better for them, once they have gained sobriety. There are no loud huzzahs nor applause from the sidelines; no grand promotions come along at work.

No, for many, many, solid members their sobriety has not brought Cadillacs, nor fame, nor fortune, but perhaps instead there are just as many troubles, just as many heartaches as before. Yet, they **stay** sober, and "plug along" day-by-day, always "there," always ready to help someone less fortunate find his way to the same good sobriety they have found.

We might, in reflection, pause a moment and recognize that quite probably these steady, seemingly rather unimportant members are the "silent majority" of Alcoholics Anonymous.

It follows immediately that without this large "silent majority," or these quiet, steady, dependable AA members the Programme could not, would not, function as well as it

does.

It is commendable to be a fluent, audience pleasing speaker, to be sure; and the Programme most assuredly benefits from the fine talks these members can deliver.

Somewhere, however, out in the dark alleys, or on skid-row, or in an alcoholic hospital ward, there is bound to be an equally important member ministering to the needs of someone who is very sick, very desperate, very helpless, very hopeless. This quiet spoken member also has a fine lead. He gives his lead in ACTION and his ministrations, though sometimes fruitless, are of a certain heard or observed in Heaven.

There are no reverberating comments or congratulations for his "lead." No, he may only be rewarded with seeming failure, or the chance to cleanse his clothes or shoes of a desperate alcoholics' physical illness.

Yet, he and his fellow "quiet ones" who are "always there" when someone calls for help, have "led"! They have given leads that will never die, nor be forgotten. Some of us are good at leading meetings, but it would seem that there are many more in AA who just lead **the way** for all of us — on, and on, and on!

* * * * *

One of the most tragic things I know about human nature is that all of us tend to put off living. We are dreaming of some magical rose garden over the horizon instead of enjoying the roses that are blooming outside our window today.

-Dale Carnegie

It is impossible
to find any rule
of conduct to
excel simplicity
and
sincerity.



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Harry D., Pounder and Editor 1892-1968



Vol. 29

November, 1970

No. 2

MILL ENDS AND REMNANTS

Inasmuch as November is TRADITIONS MONTH no better use can be made of this space than to review THE TWELVE TRADITIONS of AA.

1. *Our common welfare should come first; personal recovery depends upon AA unity.*
2. *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.*
3. *The only requirement for AA membership is a desire to stop drinking.*
4. *Each group should be autonomous except in matters affecting other groups or AA as a whole.*
5. *Each group has but one primary purpose — to carry its message to the alcoholic who still suffers.*
6. *An AA group ought never endorse, finance, or lend the AA name to any related facility or outside enterprise lest problems of money, property, and prestige divert us from our primary purpose.*
7. *Every AA group ought to be fully self-supporting, declining outside contributions.*
8. *Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers.*
9. *AA, as such, ought never to be organized, but we may create service boards or committees directly responsible to those they serve.*
10. *Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy.*
11. *Our public relations policy is based on attraction rather than promotion; we need always to maintain personal anonymity at the level of press, radio and films.*
12. *Anonymity is the spiritual foundation of our traditions, ever reminding us to place principles before personalities.*

Our need is to study these carefully and thoughtfully, remembering the Declaration of Unity:

This we owe to AA's future:

*To place our common welfare first;
To keep our fellowship united.
For on AA unity depend our lives,
And the lives of those to come.*

WE ARE RESPONSIBLE

When anyone, anywhere, reaches out for help, we want the hand of AA always to be there. And for that, WE ARE RESPONSIBLE.

A TIME OF THANKSGIVING

(Continued from page one)

press my gratitude, giving of myself freely. I rejoice that I can be responsible, and that, once more, I can share a Time of Thanksgiving with AA's everywhere.

Eve M., in Broward County-(Fla.) Newsletter



“WHAT WE HAVE IS TOO GOOD TO KEEP FOR OURSELVES — LET'S SHARE IT!”

MINUTES OF CENTRAL COMMITTEE MEETING OCTOBER 6, 1970

Thirty-Five group representatives joined Moderator John F., in opening the meeting with the Serenity Prayer. Following reading of the Purposes of Central Committee and the Twelve Traditions of AA by Ray M., Vice Moderator, minutes of the September 1 meeting were read and approved. Treasurer Jean C., reported treasury balance of \$279.44.

COMMITTEE REPORTS:

Action Committee: Dick F., Chairman, reported that several pieces of mail had been brought to his attention indicating misuse of the Secretary's List and the World Directory. These will be followed with individuals responsible for corrective understanding.

Areawide Meeting: Lou W., Chairman, no report.

Central Bulletin: George M., Editor, reported they are continuing to be plagued with unnecessary return postage expense as result of members not sending prior notices of change of address. He urged that all subscribers promptly renew subscriptions on renewal which would enable subscription growth. Those present were thanked for the job they were doing in their home groups in promoting subscriptions and sought their help in carrying the message that other groups might do the same. Central Bulletin subscription gifts to speakers and in raffles are good promotional means.

Hospital Committee:

Rosary Hall: Ray M., Chairman, reported that Ann T., will be liaison of the Women's Ward. There was a brief discussion concerning non-member attendance at meetings of the Charity Group and this matter has or will be corrected.

Serenity Hall: Bernie B., Chairman, no report.

Institution Committee: Helen D., Chairman.

Warrensville Women: Chairman reported this group continues to need visitation by members from the outside.

Turney Road: Head therapist is endeavoring to work out special program for alcoholic patients.

Brecksville: Harry G., Secretary, reported while 20 Big Books have been made available, another 40 or 45 are required. This is a fine group project.

P.I.C. Committee: Dick P., Chairman, reported that 104 speakers had been furnished for non AA meetings and groups by the District Office in the first 9 month of 1970.

There was no old business and new business embraced a discussion of poor sponsorship of patients at Rosary Hall. There are several pamphlets on sponsorship responsibilities and it was suggested that each group secretary should see that members assigned 12th Step calls be supplied with the material available.

Meeting was adjourned with the Lord's Prayer.

—Joedy M., Secretary

NEW SECRETARY LIST

Word comes from District Office that a third 1970 Secretary's List is in preparation and will be released at the end of November.

It is important in order that the list be correct and up-to-date for all changes of secretaries, locations and meeting times be reported and in the hands of District Office personnel no later than November 15.

This is a valuable service performed by the District Office and one that needs be given the attention it deserves.

CLEVELAND AA DISTRICT OFFICE

The Cleveland AA District Office is open to anyone, male or female, who is seeking an answer to an alcoholic problem. The office, located in Boom 205, Frederick Building, 2063 E. 4th St., is open weekdays from 0 a.m. to 5 p.m., Saturdays from 0 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.

PRAYER OF THE MONTH

Almighty God, whose mercies are new unto us every morning, we pray our gratitudes for your gifts of sobriety, time for the amendment of life and for the peace of restored sanity. Give us, we pray, the knowledge and power of will that we may heartily acknowledge Your goodness to us. Amen.

GRATITUDE

Gratitude is indeed a virtue we should all strive not only to acquire but we must do all we can to see that once we have acquired it, we never lose it.

A grateful person is universally revered by his fellow-man; so much good can be accomplished by the simple expedient of extending our thanks for the many niceties of which we are the recipients daily.

How much we of AA have to be thankful for! So many grand things have transpired since we were fortunate enough to become a part of the AA movement, that it would be a comparatively easy matter far us to forget, nevertheless, to direct our thanks daily to Him who is responsible for our sobriety, the greatest gift that anyone of us ever received. Let us all promise ourselves that if we have been lax in bowing before Our Maker in humble gratitude, we are going to change our mode of living and give a few moments every evening to sincere honest thanks to God.

MORAL VICTORY

Let a man be careful of what he desires unconsciously today, for tomorrow he may get it, and the price he pays for it may mean the defeat and ruin of everything he unconsciously desired. Moral victory lies in teaching the deepest desires of our nature to serve the highest ends of life. Our characters are the sum of our answered prayers; they reveal today what we have been really asking, desiring, pursuing in the days that have passed. For what a man is speaks louder than what he says, and his reigning desire is an unceasing prayer the answer to which is inevitable.

Having one Father we are united, to the last man of us, forever. No man liveth unto himself, not even when he enters the closet of his heart to pray to the Father in secret. Not my Father, but "our Father" must be his prayer, each one praying for all, and all for each one. This is the Prayer of Brotherhood, in which no man will wish to ask anything for himself that he does not ask, with equal fervor, for his fellows. Only when he resolves to share the fate of his fellows, light or no light, heaven or no heaven, do the heavens open and the light of the Eternal shine round about him.

"MIRACLE"

When you settle down to analyzing it, there just isn't any other word that will fit AA fellowship but "miracle." Here is an outfit founded by two of the world's most unloved creatures . . . drunks. And these two drunks had the key to a sane and sober living, not only for themselves, but for all the thousands of alcoholics yet to come. This simple program for daily living discovered by these two drunks was a solution to their drinking problem. We should be eternally grateful that we were able to have even a small part in this wonderful "miracle" of our AA.

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:
MIKE CORRIGAN, a long time member, on October 6, following heart surgery. This devoted member and friend will be sorely missed in the councils of AA, as well as other groups to which he gave so much of himself.

DATES TO REMEMBER

- November 1-Fourth Quarterly Meeting, Northeast Ohio General Service Committee and election of new panel officers. 3:00 p.m., American Legion Hall, 7304 Chippewa Road, Brecksville, Ohio.
- 3-Central Committee Meeting, 8 : 30 p.m., Room 362, Hanna Building.
- 5-Allendale Group's annual chicken dinner, 7:00 p.m., by reservation. Meeting at 8:30 p.m., open to all. Speakers: Wynn W. and Cornie V. (of Columbus).
- 7-21st Anniversary, Memphis Group, 8 : 30 p.m., Speaker: Jim S.
- 7-9th Anniversary, Nite and Day Group, 10:00 p.m., Speaker: Warren C., Sr.
- 9-3 1st Anniversary, Orchard Grove Group, 9:00 p.m., Our Lady of Mt. Carmel Church Hall, West 70th and Detroit Ave. Speaker: Carter R., Louisville, Ky.
- 15-Gratitude Sunday, sponsored by Northeast Ohio General Service Committee, 4 :00 p.m., Jordan Hall, Charity Hospital, Cleveland. Speaker: Oscar A., Columbus, Ohio.
- 19-28th Anniversary, Rocky River Group, 8:30 p.m., Speaker: Dave L., Pittsburgh, Pa.
- 24-Edgelake Group, Sponsor's Night, 8 : 30 p.m., Speaker: Henry W.
- 2 B-THANKSGIVING DAY.
- 26-West Side Morning Group, 11: 00 a.m., annual Thanksgiving meeting. Speaker: Harry W., Mayfield, Ky.

HOSPITALS AND INSTITUTIONS

SUNDAY	
TRUSTY HALL-1000 ft. east of House of Correction ...	10:00 a.m. and 5:00 p.m.
MONDAY	
HOPEFUL-State Hosp., 4455 Turney Rd., New Chapel Bldg. #1	8:00
TUESDAY	
BRECKSVILLE V.A. HOSPITAL-1000 Brecksville Rd.	7:30
HAWTHORNEDEN HOSPITAL-Cottage # 10, 305 Northfield Rd.	7:30
PROVEN WAY-Grafton Honor Farm, Rte. 75, 2nd & 4th Tuesday	8:30
TRUSTY HALL-1000 ft. east of House of Correction	8:00
WEDNESDAY	
CLEVELAND PSYCHIATRIC HOSP.-1708 Aiken at Scranton	8:30
FAIRHILL PSYCHIATRIC HOSP.-12200 Fairhill Rd.	1:00
VETERANS HOSP.-E. Blvd. near E. 105th St.	8:00
WARRENSVILLE-Women's House of Correction, 4041 Northfield 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:W
MONDAY	
BRDOKPARK - PARMA-Redeemer Church, 6151 Smith Rd.	8:30
ELYRIA-Community Church, 680 Abbe Rd.	8:30
LAKEWOOD-Pres. Church, Detroit at Marlowe	8:30
NOW THERE'S HOPE-First Pres. Church, Nela & Euclid Ave.	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
LORAIN AVENUE-St. John Bosco Church, 6400 Pearl Rd.	9:W
OLMSTED FALLS-Community Church, 7853 Columbia Rd.	9:00
SUBURBAN WEST-Our Savior Church, 20300 Hilliard Rd.	8:30
WEDNESDAY	
BEDFORD-Christian Church, 98 Warrensville Ctr. Rd.	10:30 a.m.
CHAGRIN VALLEY-Pres. Church, Route 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
N&YOU-Highland Church, W. 114th St. & Detroit	8:30
TRINITY-Trinity Church (lower floor) 3525 W. 25th St.	8:30
THURSDAY	
CLEVELAND HTS.-Pres. Church, Fairmount & Scarboro	9:00
LORAIN COUNTY-Lutheran Church, 3334 Wilson St.	8:30
NORTH CANTON-Northminister 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	8:30

CLEVELAND ALANON OFFICE
ROOM 507, COMMERCIAL BUILDING
2058 EAST 4th ST., TEL. 821-1381

MY FAVORITE FOUR LETTER WORDS

by Norman Vincent Peale

Four-letter obscenities are being used more and more in literature, stage plays and, so I'm told, even in sophisticated conversation. Some psychologists even suggest obscenity serves a useful purpose in helping people find a release from tension and frustration.

It's a temporary release at best, and more than likely will bring the user increasing self-dislike and frustration.

I'd like to suggest a better way to use four-letter words.

The idea comes from pharmacist George Scharringhausen who some years ago went through a period of intense stress and tension. A man of imagination who enjoys crossword puzzles, he began working on a written formula for inner strength. The result was a series of four-letter words to give him a healthy mental attitude.

Here are the five key words:

1. Look. Look squarely at the nature of your problems. Be alert. Keep looking for the right solutions. Look around you for opportunities.

2. Work. Nothing will so fortify you against stress as hard, constructive work. It helps you forget yourself.

3. Give. Give yourself to people. Be genuinely interested in their problems. In the process you'll overcome reluctance and weariness.

4. Love. It nourishes and restores you. Love is taking a phone call at three o'clock in the morning, getting up to prepare a prescription for a sick child. It is going the second mile in caring for people.

5. Pray. Prayer connects you with spiritual power, builds up your inner strength. From it comes the certainty that you are being helped by Someone else — and that is a wonderful confidence-builder.

You don't have to utter obscenities to relieve tension and frustration. Instead, try this formula of four-letter words to give inner strength, to match outer stress; Look, work, give, love, pray.

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CHECK CHART

Any man can spoil himself; he can allow himself to grow so sensitive that he lives in constant pain. He can nurse his grudges until they are intolerable burdens. He can think himself insulted until he is apt to be. He can believe the world is against him until it is. He can imagine troubles until they become real.

He can hold so many suspicions that no one believes him. He can look so askance at his friends until they are no longer friends. He can think himself so important that no one else does. He can have a good opinion of himself that no one else enjoys his presence. He can become so wrapped up in himself that he becomes very small.

-Exchange

HARD AIR

"This bee, you see, flew in the open window and was battering itself against the windshield of the car — you know, to a bee that glass was just hard air . . ."

(Bruce M.)

Admitting we are powerless over alcohol without acceptance of the principles of the AA Program as a way of life is quite like the plight of the bee coming up against hard air.

When we come to AA for help and meet some of the members at the meetings, we are amazed at some of their stories. The impact is sometimes very great — sitting beside and talking with "living miracles." We can see how happy they are and feel their strength, marvel at the evidence of their peace of mind. They are living proof — AA works. We are like children with wistful eyes, nose pressed against the window of a train, watching beautiful scenery roll by.

There was a woman who came to a couple of meetings in AA and every time she got drunk after that, she would tell most anyone who would listen about the beautiful way of life she was going to live — later — or when she got over that drunk.

Just taking the first step without going on to the next and the next would be despair at depth. As the man said, "Sure I drink, I'm an alcoholic — I can't help myself. So let me die." Little bee got tired and still, there in the crevass between the windshield and the dash board — lay there a while, and died. And the open window just a few inches away.

I nearly died, but by God's grace, I made one final lunge against that hard air and sort of bounced off to the right — right through the open window into life — right in the big middle of all the beautiful things I had longed for, but could never reach before.

Action is the magic word. Not just one — it takes all 12 to get IN the AA program.

—M.C., in Silent Rostrum, Houston

YOU CAN'T HELP LAUGHING -AT ME!

Isn't it funny . . . when the other fellow takes a long time to do something, he is slow. But when I take a long time doing something — I am THOROUGH! When the other fellow does not do it — he is lazy. But when I don't do it — I am too BUSY! When the other fellow goes ahead and does something without being told, he is overstepping his bounds. But when I do something without being told, that is INITIATIVE! When the other fellow states his side of the question strongly, he is bullheaded, but when I state a side of a question strongly — I am being FIRM! When the other fellow overlooks a few rules of etiquette — he is rude, but when I skip a few of the rules, I am ORIGINAL! When the other fellow does something that pleases the boss — he is people-pleasing, but when I do something that pleases the boss — that's CO-OPERATION! When the other fellow gets ahead — "He sure had the lucky breaks." But when I get ahead, "Man!, hard work did it! FUNNY ISN'T IT? . . . or is it?"

-Sharing Session, Vidor, Tex.

SMILES

"The traps on this course are very annoying," observed a member of a golfing foursome. "They certainly are," agreed the one who was trying to putt, "and would you mind shutting yours?"

"We are having a raffle for a poor young widow. Will you buy a ticket?"

"Nope. My wife wouldn't let me keep her, even if I won her."

Heard at an AA meeting: "There are days when personalities squeeze my principles all out of place."

Clinical psychologist: Do you have trouble making up your mind?

Patient: Well — yes and no.

AA CENTRAL BULLETIN ORDER BLANK. Please write distinctly. . . or print . . . to avoid errors. Date, Name, Address, City, Zone No., One year at \$2.00, Amount enclosed \$, Mail to Central Bulletin, Box 6742, Cleveland, Ohio 44104 THE YEAR 'ROUND GIFT

CLEVELAND AREA

Guest Speakers

NOVEMBER, 1970

ALLENDALE (Thursday) B-Annual Chicken Dinner 7:00 p.m. by reservation; Speakers at 8:30 p.m. Wynn W. and Cornie V. (of Columbus); 12—Dorothy I., Smith Wilson; 19—Jack T., Newburgh; 26-Billy M., Cleveland Psychiatric.

BAYVIEW (Saturday) 7—Pete L., (?); 14-Robbie R., Bayview; 21-Don P., Bayview; 28—Dick C., Bay West.

BEDFORD MORNING (Wednesday) 4-Bob U., Bedford Wed.; 11-Ray L., Brooklyn; 18-Lou W., Temple; 25-Bill L., Grateful.

BORTON (Monday) 2-Tom K., Barberton; 9—Bob T., Garrettsville; 16-Chuck T., Mt. Vernon, O.; 23—Paul S., Lakewood Men; 30—Doc F., Leroy Brakeman.

BRECHSVILLE WEDNESDAY (Wednesday) 4-Dick P., Parma Sat.; 11-John F., Parmatown Men; 18—Stan O. (1st lead & Anniv.), Brecksville Wed.; 25—Ray T., Strongsville.

BROOKLYN (Thursday) 5-Frank T., Southwest Sun.; 12-Nick K., Lorain, O.; 19—Bob J., Trinity; 26—Thanksgiving.

BROOKPARK (Monday) 2-Bob H., River Tues.; 9—Frank T., Southwest Sun.; 30-Bob G., Lee-Seville. Virginia H., River Tues.; 16-Bud B., Shaker; 23—

CHARITY (Friday) 6—Tom McG., Edgelake; 13—Tex H., TC 1005; 20-Tom D., Angel; 27-Jack McG., Northeast.

CLEVELAND TEAMSTERS (Saturday) 7—Vic H., Early Early; 14-James C., Angle; 21—Mose Y., Hartville; 28-Bill L., Teamsters.

DOAN MEN (Wednesday) 4-Armond D., (?); 11—Ken S., (?); 18—Marshall B., Lorain, O.; 25-Bill L., Edgelake.

EATON (Tuesday) 3-Russell H., Puritas Sun.; 10—Henry W., Euclid Wade; 17—Father B., Detroit, Mich.; 24-Ken G., Mentor Plains.

EDGE LAKE (Tuesday) 3—Fred D., Mansfield, O.; 10 -Eleanor P., Chagrin Falls; 17—Tom and Betty B., Newbury; 24-Annual Sponsors Night Dinner 7:00 p.m. by reservation; regular open meeting 8:30 p.m., Speaker: Henry W., Euclid Wade.

ESQUIRE (Tuesday) 3-Bob W., St. James; 10—Roland McG., Baxter; 17—Lynn J., Calvary; 24-Bee S., Garden Valley.

EUCLID FRIDAY (Friday) 6—Joan N., Garden Valley; 13—Ken K., Painesville; 20—Wayne R., Angle; 27—Lisa E., (?).

GORDON SQUARE (Friday) B-Father H., Parmatown Men; 13-Laverne D., C.P.I.; 20-Tom P., League Park; 27—Joe K., Lakewood Armory.

GRATEFUL (Sunday) 1-Bill L. (1st Anniv.), Grateful; 8—Theron B., Rittman, O.; 15—Al R., Shoregate Men; 22—Rickey L., Lakewood Men; 29-Butch K., Young People.

HAGUE (Wednesday) 4-Jack R., Berea Fri.; 11—Jim S., Berea Fri.; 18-Jim L., St. Clair Thur.; 25-Terry S., Angle.

LAUREL (Tuesday) 3-Art F., Hague; 10—Louise C., Euclid Wed.; 17—Dave W., Lakewood Men; 24—Rosemary M., West Side Women.

L.S.I. (Saturday) On January 2, 1971 meetings will start at 7:30 p.m. at same location — 17600 Broadway, Maple Heights (cafeteria).

LORAIN AVE. TUESDAY (Tuesday) 3-Discussion; 10-Jack D., Lakewood Armory; 17—Don and Rosemary W. (AA and Alanon), Euclid; 24-Gib D., Clark.

MEMPHIS (Saturday) 7—21st Anniversary of Group; Speaker: Jim S.; 14-Carolyn B. (2nd Anniv.), Memphis; 21-Bob C. (1st Anniv. & lead), Memphis; 28—Mary T., (1st Anniv. & lead), Memphis.

MIDTOWN (Tuesday) t--Father H., Wed. Men's Discussion; 10—Al B., Wickliffe; 17-Virginia H., River Tues.; 24-Joe U., League Park.

PARMATOWN MEN (Friday) 6—Don P., Puritas; 13 Bob O., Crossroads; 20—John M., Midtown; 27—Bill F., Brookpark.

ROCKY RIVER (Thursday) 5-Bill W., Garden Valley; 12-Jim M., Angle; 19—28th Anniversary of Group; Speaker: Dave L., Pittsburgh, Pa.; 26-Joan N., Garden Valley.

SOBRIETY (Saturday) 7—Chuck B., Orchard Grove; 14-Minnie C., Grateful; 21-To be announced; 28—Hank S., Baxter.

TRINITY (Saturday) 7—Jack S., Parmatown Men; 14—Art N., Pearl; tl-Bob W., Crossroads; 28—Ralph B., Laurel.

WEST SIDE MORNING (Thursday) 5-Henry W., Euclid Wade; 12—Jack E., West Side Morning; 19—Frank E., Stella Maris; 26-Annual Thanksgiving observance; numerous prizes, holiday goodies, fellowship; free attendant parking; Speaker: Harry W., (the marbles man) from Mayfield, Ky., making his 27th annual lead.

Y.O.U.R. (Sunday) 1-Chris H., Forest City; 8-Father S., Lakewood Men; 15-Rosemary M., West Side Women; 22—George A., Superior; 29-To be announced.

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

NOVEMBER 14, 1970

accompanied by a check or cash for \$2.08. Lists not received by this date will **not** be printed.

Mail to Central Bulletin Foundation, Box 6712, Cleveland, Ohio 44101.

CLEVELAND AREA A A GROUP MEETINGS

SUNDAY

ASHLAND, O.—St. Edwards, 250 N. Cottage St. 8:00

AVON CENTRAL—Central Bank (rear down) 3650 Detroit Rd., Avon 8:00

BEDFORD HEIGHTS—St. Mary's Church Hall (rear) Broadway & Northfield 7:30

BONHEUR CLUB—2952 Euclid Ave., Wickliffe Noon

BROOKSIDE—Blessed Sacrament Church (down) 3381 Fulton Rd. 8:30

C.A.H.—13857 Euclid Ave. 11:00 a.m.

CASTALIA, O.—Church of Christ, 205 Main St. 8:30

COLLINWOOD—14812 St. Clair (rear) 7:30

DETROIT SUNDAY—3304 Detroit Ave. 7:30

GARDEN VALLEY—7100 Kinsman Ave. 4:30

GENEVA—Assumption Church, E. Main St. 8:00

GOLDEN LINK—Statter-Hilton, Rt. 8 & Ohio Turnpike, 344 E. Hines Hill Rd. 11:00 a.m.

GRATEFUL—St. Paul's Episcopal Church, 15837 Euclid Ave. 2:00

LAKEWOOD ARMORY—First United Church of Christ, 210 Warren Rd. 9:00

MANSFIELD—20 1/2 So. Park St. 8:00

MARSHALL—Marshall Ford Agency (side door) 6200 Mayfield Rd. 8:00

MENTOR SUNDAY—St. Bedes Church, 9114 Lake Shore Blvd. 8:00

METLETOE—St. John's Cathedral Lower Sacristy, Entrance off Superior & E. 9th 7:00

NELA PARK—General Electric Co., Cafeteria off Noble Road 7:30

NEWBURGH—St. Catherine Church 3443 E. 93 St. 8:30

NEWBURY—St. Helen's Church Rt. 87, Newbury 8:15

PURITAS SUNDAY—Church of Ascension, 14040 Puritas Rd. 8:30

6700 DETROIT DISCUSSION—6700 Detroit Ave. 7:00

SOUTHWEST SUNDAY—Ed of Education Bldg., 380 Fall St. Berea 8:30

SUPERIOR STAG—2028 1/2 E. 105 11:00 a.m.

U.A.W. #45—13816 St. Clair 7:30

Y.O.U.R.—St. John Lutheran Church School Bldg., E. 176 & Nottingham 7:15

WAKEMAN TWILIGHT—St. Mary's Hall, Rt. 20, Wakeman, O. 7:30

MONDAY

BORTON—Forest Hills Presbyterian Church, Lee & Monticello Blvd., Cleve. Hts. 8:30

BROOKPARK—Redeemer Lutheran Church, 6151 Smith Rd. 8:30

EARLY EARLY—St. John's Cathedral (Lower Sacristy), E. 9th & Superior (Superior Entrance) 7:30

ELYRIA MEN—St. Agnes School Basement, Lake & Dewey 8:30

FRESH START—4807 Cedar Ave. 8:00

FRIENDLY SUBURBAN—6037 Pearl Rd. (closed mtg.) 8:00

FRIENDSHIP—Blvd. Presbyterian Church, 24600 Lake Shore Blvd. 8:30

HUMBLE—Beachland Presbyterian Church, 18100 Canterbury at Lake Shore Blvd. 8:30

JEFFERSON—Jefferson Savings & Loan, 12 W. Jefferson 8:30

LAKEWOOD MEN—St. Peter's Episcopal Church, West Clifton & Detroit 9:00

LEE MONDAY—First Presbyterian Church, Nela & Euclid Ave. 8:30

LEROY BRAKEMAN—Leroy Grange Hall, Brakeman Rd. off Rt. 86, Leroy 8:30

LORAIN MONDAY—St. Ignatius Hall, 10205 Lorain Ave. at West Blvd. 8:30

MONDAY MORNING 12 STEP—United Church of Christ, 2150 Warren Rd., Lakewood 10:30 a.m.

NORWALK MONDAY—Universal Church, West Main St., Rt. 20 & 250 Intersection, Norwalk 8:30

ORCHARD GROVE—St. Mark's Episcopal Church, 15306 Triskett Rd. 8:30

PEARL—2125 Broadview Rd. 8:30

RAMONA—St. Michael's Church, 10000 Union Ave. 8:30

RIVER BAY (Closed Women)—Rocky River Presbyterian Church, 21714 Detroit Rd. 8:30

SHAKER—Christ Episcopal Church, 3445 Warrenville near Kinsman 9:00

SOUTHEAST—7526 Broadway 8:30

STREETSBORO—St. Thomas Lutheran Church, Rt. 43 south of Rt. 14 8:30

TEMPLE—St. Adelbert Church, 2347 E. 83 St. 8:15

VERMILION—Congregational Church, State St. Route 60 8:30

VOLUNTEERS OF AMERICA, 2817 Carroll Ave. 7:30

WEST 25th STREET—Eighth United Church of Christ, 2409 Willowdale Ave., off W. 25 St. 8:30

WESTSIDE WOMEN—West Blvd. Christian Church, W. 101 St. & Madison Ave. 8:30

WILLOUGHBY—First Presbyterian Church, 4785 Shankland Rd. 8:30

WILLOWICK MORNING—Bonheur Club, 29522 Euclid Ave., Wickliffe 10:30 a.m.

TUESDAY

ASHLAND—Methodist Church, corner Cottage & Sandusky Sts. 8:00

ASHTABULA COUNTY WOMEN—Harris Memorial Presbyterian Church, W. 58 & Adams—2 & 4 Wed. 8:00

BAINBRIDGE GRATEFUL—Valley Presby. Church, Rt. 306 & Chagrin Rd. 8:30

CLARK—1917 Clark Ave. 8:30

CORLETT MEN'S—141 E. 116 St. (Parking on Putman Ave., rear) 8:30

EATON—Grace United Church of Christ, 14911 Westport off E. 152 St. 8:00

EDGE LAKE—Trinity Lutheran Church, 16400 Detroit Ave., Lakewood 8:30

ESQUIRE—St. James Episcopal Church, 1681 E. 55 & Whittier, off Payne 8:30

EUCLID MORNING—Lake Shore Christian Church, E. 280 St. & Lake Shore Blvd. 10:30 a.m.

FAIRMOUNT—St. Paul's Episcopal Church, Fairmount & Coventry 9:00

FAIRVIEW PARK—Fairview Grace Church, W. 224 St. & Lorain Rd. 8:30

FALLS—Community Church, 7853 Columbia Rd., Olmsted Falls 9:00

FORD 1250—17250 Hummel Rd., Brookpark 11:00 a.m.

GARFIELD HEIGHTS—Garfield Municipal Bldg., 5555 Turney Rd., Garfield Hts. 8:30

HELFPFUL—First United Church of Christ, 2150 Warren Rd., Lakewood 8:00

KIRTLAND—Old South Church, Rt. 306, Kirtland 8:30

LAKE COUNTY—Methodist Church Fellowship Hall, Rt. 20 & E. Southwood, Mentor 8:30

LAUREL—Brooklyn High School Cafeteria 9200 Biddulph Rd., Brooklyn 8:45

LCRAIN AVENUE TUESDAY-S. John Bosco Church, 6450 Pear, Rd., Parma Hts. 9:00

LORAIN CENTRAL—Trinity Church, Elyria Ave. & 25th, Lorain 8:30

MANSFIELD—Grace Episcopal Church, 41 Bowman St. 8:30

MAYLYND—Hillcrest Evan. United Brethren Church, 1400 Lander Rd., Mayfield Hts 8:30

MIDTOWN—Trinity Cath. Parish Hall (rear), E. 22nd & Prospect 8:30

NIGHT & DAY—13857 Euclid Ave. 8:30

NO. RIDGEVILLE—Shepherd of Ridge Luth. Church, Rt. 20, East Rt. 76 8:30

OPPORTUNITY CLOSED DISCUSSION—6769 Middle Ridge Rd., Madison 7:30

RIVER TUESDAY—Rocky River Methodist Church, 49414 Detroit Rd., Rocky River 8:30

SANDUSKY AFTERNOON—Municipal Bldg., Meig St. 1:00

SHOREGATE MEN'S STAG—Wickliffe City Fire Station, (up), 28730 Ridge Rd., Wickliffe 9:00

SMITH WILSON—St. Joseph's School Bldg. (front, right) 9321 Orleans 8:30

STRONGSVILLE—Strongsville Methodist Church, 13354 Pearl Rd. 8:30

SUPERIOR—North Presbyterian Church, E. 40 St. & Superior 8:30

YOUNG PEOPLES—First Methodist Church, Euclid Ave. at E. 30th 8:30

12 STEP WOMEN'S DISCUSSION—Episcopal Church of the Advent, 3760 Dover Center Rd., Westlake 1:00

WESTLAKE DISC. (Closed)—Christian Church, 25800 Hilliard Rd. 10:00 a.m.

WEST PARK—Puritas Lutheran Church, W. 138 St. & Puritas 8:30

WEDNESDAY

BAXTER—St. Stanislaus Recreation Hall, E. 65 St. & Baxter 8:30

BEDFORD WEDNESDAY MORNING—Bedford Christian Church, Blaine & Warrenville Center Rd. 10:30 a.m.

BEDFORD—Bedford Christian Church, Blaine & Warrenville Center Rd. 8:30

BE NICE DISC. (Closed)—Emmanuel Pres. Church, 476 E. 156 St. 8:00

BRAINARD CIRCLE WOMEN—Trinity Cong. Church, Inter. Brainard, Shaker & Gates Mills Rds. 8:30

BRECKSVILLE WED.—A. Hospital, 10000 Brecksville rd 8:00

BRUNSWICK—Cuyahoga Savings Bldg., Laurel Square (entrance next to Marsha, Drug) 8:30

COLLINWOOD—14812 St. Clair (rear) 8:00

DOAN MEN—Windemere Presbyterian Church, Windemere & Euclid 8:30

EASTSIDE MORNING—Emanuel Episcopal Church, 8614 Euclid Ave. 11:00 a.m.

EUCLID WED. (Closed)—Master's Evan. United Church, 771 E. 260th St. 8:30

FAIRPORT HARBOR—525 Eagle St., Fairport Harbor 8:00

GARFIELD HEIGHTS—Pilgrim E. & R. Church, 4592 E. 431 St. 8:30

HAGUE—Bethany Presbyterian Church, W. 65 St. & Clinton 8:30

LAKE COUNTY WOMEN—First Presbyterian Church, 4785 Shankland Rd., Willoughby 1:00

LEE ROAD WEDNESDAY—St. Ann's Church (basement), Coventry & Cedar 9:00

LORAIN COUNTY WOMEN—Vincent Methodist Church, Detroit Rd., Rt. 254 east of Rt. 57 8:30

LORAIN OHIO INTERRACIAL—Mt. Zion Baptist Church, 39th & Wood Ave. 8:00

MANTUA CENTER—St. Joseph Church, Pioneer Trail, Mantua 8:30

NORTH OLMSTED—Episcopal Church of the Advent, 3760 Dover Cr. Rd., Westlake 8:30

PARMA HEIGHTS—All Saints Episcopal Church, 8911 Ridgewood Dr. 8:30

ST. JAMES—St. James Church, E. 83 & Cedar 8:00

SANDUSKY GROUP #1—Providence Hospital Cafeteria 7:30

SHEFFIELD LAKE—St. Thomas School (new hall south, east bldg.) 8:30

T.C. 1005 UAW (Progressive Hall)—5615 Stumph Rd. (between Brookpark & Snow) 8:30

TWENTY-FOUR HOUR—Church of Ascension, 13216 Detroit Rd. 8:30

WEDNESDAY MEN'S DISCUSSION—St. Paul's Shrine, 4120 Euclid Ave. 8:30

WEST SHORE—West Shore Unitarian Church, 20401 Hilliard Rd., Rocky River 8:45

WICKLIFFE—Presbyterian Church, E. 296 St. & Ridge (so. off Euclid) 8:30

THURSDAY

AA TOPICS DISCUSSION (Closed)—St. Martin's Episc. Church, Bentleyville, O. 8:30

ALBENDALE—St. Paul's Episcopal Church, 1563, Euclid Ave. 8:30

ANGLE—St. Malachi's Church, 2499 Washington Ave. 8:30

ASHLAND THURSDAY—St. Matthew's Church, 1515 Mifflin Ave. 8:00

ASHTABULA HARBOR—Bethany Lutheran Church, Penn. Ave. (between 9th & 10th) 8:30

BAY WEST DISCUSSION—Church of the Redeemer, 23500 Center Ridge Rd., Westlake 8:30

BEREA THURSDAY—Fine Art Club, 323 Bagley Rd. (east of Eastland Rd., 9:00

BROADWAY 55th—Our Lady of Lourdes School Ha., 8:30

BROOKLYN—St. James Lutheran Church Hall, 4771 Broadview Rd., at Oak Park Dr. 8:30

CHRISLER TWINSBURGH—Chrysler Union Hall, 8650 Chamberlin Rd., Twinsburg 8:30

COVENTRY—Fairmount Presbyterian Church, Scarborough & Fairmount 9:00

CROSSROAD—% Luke's Episcopal Church, W. 78 St. & Lake Ave. 9:00

EASTLAKE—Reformation Lutheran Church, 34300 Lake Shore Blvd. 9:00

EAST SHORE WOMEN—Euclid Richmond Library, 26155 Euclid Ave. (base, rear) 8:15

ELYRIA THURSDAY—St. Ames School Basement, Lake Ave. & Dewey 8:30

GARDEN VALLEY—7100 Kinsman Ave. 8:00

GOLDEN GATE WOMEN—Lynchurst Community Church, Annex * 5312 Mayfield Rd., Lynchurst 8:30

INDEPENDENCE—Presbyterian Church, 6824 Public Square, Independence 8:30

MANSFIELD DISCUSSION (Closed)—20 1/2 South Park St. 8:00

MAPLE LEAF—Congregational Church, Fellowship Hall, West of Park, Burton 8:30

MIDPARK—Middleburgh Hts. Comm. Church, Big Creek Pkwy & Bagley 8:30

NIGHT & DAY—13857 Euclid Ave. 11:00 a.m.

NORTH RANDALL—North Randall Village Hall, 21937 Miles Ave. 8:30

OBERLIN—Grace Lutheran Church, West Lorain St., Oberlin 8:30

PAINESVILLE—St. Mary's Church Basement, 242 N. State St. 8:30

ROCKY RIVER—Rockport Methodist Church, 3301 Wooster Rd., Rocky River 8:30

ST. CLAIR THURSDAY—Nottingham Methodist Church, E 185 St. & St. Clair 8:30

WESTSIDE MORNING—Westside Hungarian Lutheran Church (rear) 11:00 a.m.

WILLARD—Willard United Bank Bldg., Willard 8:30

FRIDAY

AVON LAKE—Congregational Church, 3281 Electric Blvd. 8:30

BEREA FRIDAY—Berea Congregational Church, Seminary & Church Sts. 8:30

BROADWAY-HARVARD—8437 Broadway 8:30

CEDAR—Salvation Army, 5000 Euclid Ave. 8:00

CHAGRIN FALLS—Federation Church, 76 Bell St. 9:00

CHARDON—St. Mary's Church, 401 North St. (rear) 8:30

CHARITY—St. Vincent Charity Hospital Amp., 6th Floor, 2222 Central Ave. 8:30

CLEVELAND CO MEN'S—Matt Talbot Inn, 9307 Superior Ave. 8:30

CLOCKWATCHERS—Christ Episcopal Church, Hudson (Closed Meeting) 8:30

CONNEAUT—Jay Cee Hall, 240 Main St. 8:30

EAST CLEVELAND DISCUSSION—13857 Euclid Ave. (Night 8 Day) 10:45

EAST SIDE FRIDAY (Closed)—Lynchurst Comm. Presby. Church, 5312 Mayfield 9:00

ELYRIA FRIDAY—St. Andrew's Church, 300 S. Third St., Rt. 20 8:30

EUCLID FRIDAY—Church of Epiphany, Lakeshore & E. 210 St. 9:00

FRIDAY AFTERNOON WOMEN—Flymouth Church, Coventry & Drexmore 1:00

GORDON SQUARE—West Blvd. Christian Church, Madison Ave. & W. 101 St. 8:30

HEIGHTS CLOSED DISCUSSION—Heights Christian Church (rear), 17300 Van Aken at Avalon 8:30

MANSFIELD FRIDAY—A.A. Clubroom, 2014 South Park St. 8:30

MAPLE HEIGHTS—Maple Heights City Hall, Corner Lee Rd. & Maple Hts. Blvd. 8:30

NORTHEAST—Hope Evangelical Lutheran Church, 2222 Taylor Rd. at Northvale 8:30

PAINESVILLE FRIDAY—St. John's Baptist Church, 15 Jackson 8:30

PARMATOWN MEN'S—Parma Community Hospital-Assembly Room, 7007 Powers Drive 8:30

POST OFFICE GROUP—Main Post Office, Room 4079-A 8:00

SISTER IGNAZIA—St. Paul Church, E. 200th & Chardon Rd. 9:00

SOLIDARITY—2382 Unwin Rd., Quincy & E. 55 St. 8:30

STELLA MARIS—1320 Washington St. 8:15

VENICE—Betty Rindery School, Galloway Rd., Sandusky 8:30

WELLINGTON FRIDAY NITE—St. Patrick's Catholic Church, N. Main St., Wellington 8:30

WEST CLIFTON—Lakewood Congregational Church, 1375 Clifton 9:00

SATURDAY

ACTION—8437 Broadway 8:30

ASHTABULA—St. Peter's Episcopal Church, Main St. at So. Park 8:30

BAYVIEW—Bayview Hospital 8:30

28200 W. 28200 W. 28200 W. Village 8:30

BONHEUR CLUB—29322 Euclid Ave., Wickliffe 9:00

CALVARY—Calvary Church, E. 7 9 & Euclid 8:30

CLEVELAND TEAMSTERS—Teamsters Joint Council Bldg. 41, 2070 E. 22nd St. 8:00

FOREST CITY—2123 Broadview Rd. 8:30

L.S.I.—17600 Broadway, Maple Heights (cafeteria) 8:00

LANDER CIRCLE—Garfield Me., Methodist Church, 3650 Lander Rd., Pepper Pike 9:00

LEAGUE PARK—St. John's Cathedral, E. 9th St. & Superior 7:30

LEE SEVILLE—Advent Lutheran Church, 15300 Harvard 8:00

LIBERTY—14812 St. Clair (rear) 9:00

LORAIN ST. MARY'S—St. Mary's School Basement, 7th & Reid, Lorain 8:30

MADISON PERRY—St. Ann's in the Fields Church, Middleidge & Townline Rds. 8:15

MANSFIELD—20 1/2 South Park St. 8:00

MATT TALBOT—Windemere Presbyterian Church, Windemere & Euclid Ave. 8:30

MEMPHIS—Lakewood Congregational Church, 1375 W. Clifton 9:00

NEW LONDON—First Methodist Church, Main St., New London 8:00

NIGHT & DAY—13857 Euclid Ave. Midnight PARKMAN—Congregational Church, Parkman 8:30

PARMA SATURDAY—Third Federal Savings & Loan, 5950 Ridge Rd. (rear entrance) 8:45

PLAINS—Mentor Plains Methodist Church, Rt. 306 & Lake Shore Blvd., Mentor 9:00

REDWOOD—Euclid Lutheran Church, E. 960 St. & Foreview, Euclid 8:30

RICHLAND COUNTY INTERRACIAL—Gayle Life Aud., Manfield Gen. Hosp. 8:30

SOBRIETY—St. Mark's Church, 15300 Puritas 9:00

TRINITY—Trinity Evangelical Church, 3525 W. 25 St. 8:30

W. W. LEVINEY—Pilgrim Church, 2592 W. 14 St., Starkweather 8:30

WEST RICHFIELD—United Church of Christ, Rt. 303, West Richfield 8:30



REAL PEACE

The peace of God, which as Paul the Apostle put it in his letter to the Philipians, "surpasses all understanding," is a peace that comes to us through our directing our minds to the good that is in all life. Paul directed us to think of things that are true, honest, just, Pure, lovely, of good report, things in which there is virtue, things that merit praise.

This is the season of the year for thoughtful celebration, but it also is the season above all others for joy, for giving something of ourselves for others, for expressing love. It is a time when we want to share ourselves with our families and friends, to show our good will and to find mutual happiness. If there is anything false about this happiness it is because we make it so.

Love is the highest of all expressions of good. Love is the outgoing of the soul to something that is worthy; it is deep affection which we owe not only to God but also to all mankind. It is an expression of our higher selves.

Love is unselfish, and we find happiness in love only when we give as well as receive. We may benefit temporarily from the love of others without giving anything in return, but our minds become fertile soil for evil growing out of justification, then out of resentment, suspicion and then out of ill will.

We have to work our way back out of all these expressions of evil and then turn our minds to expressions of good.

Love is not mere score-keeping, one good act done for one good act received. Unselfishness demands that we do generous things without any expectation of return. Charity demands that we think well of others even though they may not think well of us, that we do good to others even though they may not seem to appreciate it.

If we learn to think of things that are true, honest, just lovely, of good report, we will discover that more good than evil exists in many places that we thought of only as being evil. If we learn to think of these things, we will be inspired to act in these terms, to respond to the good in others, and to give something of our selves to others.

The highest expression of love we owe to the Creator, who made all things good. But we owe love not to God alone, but to His creatures as well. Indeed, without love for others, we cannot show love to God; nor can we receive His blessings.

Love is the road to peace, to the peace of mind and happiness that we all seek, to the rest from the weariness of the strife of our lives, to the peace of God, which surpasses all understanding.

A happy Christmas to all! And with this greeting let us pray that we continue in the spirit of good will throughout all our days, that we learn each day to see and to do good, and that we grow in love for God and for all men.

■ ■ ■ ■ ■
"What are you doing in here?" growled the cop, catching a drunk in the phone booth. "I just came in to answer a call," said the drunk. "Yeah," the cop answered, "I see it on the floor . . ."

let's Not lose The Instructions

With the Holidays approaching it might be interesting to Pause a few moments and think a bit about AA and how wonderfully well all the people and pieces fit together to make such a successful fellowship.

The very fact that all the people and so many of the Pieces in and of themselves would amount to just so much confusion is amazing! It is obvious that before we found AA, and were by ourselves and for ourselves, our lives had very little meaning either to us, or to others.

One is reminded of the story told by a famous recording star about a problem at her house on a Christmas morning a few years back. Santa Claus, it seems, had delivered a "do-it-yourself" gift. It was a bicycle,

or some such device — in the cartoon, disassembled. Of course, Daddy was having some little difficulty in assembling it, since the instruction sheet was missing! During the ensuing confusion and exasperation, the bicycle's "would be" owner, being about 6-8 years old, suddenly and surprisingly asked Mommy if God still made little boys and girls. Mommy, a little taken aback, answered that she was sure He did. The small fry then replied, "well I sure hope He doesn't lose the instructions!"

As Christmas 1970 rolls around, we in AA should be humbly grateful that our "instructions" have not been lost, and that, if followed closely, they can enable us to enter into, and, become a part of a most beautiful fellowship. It is a fellowship whose people and pieces fit together magnificently, to work together toward sobriety and normal living.

Christmas, with all its gaiety and gifts, levity and good will, can be a terrific reminder to all of us in

AA that our very existence, our very being in the Programme, is a miraculous gift from a Higher Power to whom all mankind pays homage.

To pause and think about these people, these pieces, the wonderful gift of AA, can only humble us, and help us realize the more that God, as each of us understands Him, loves us! This realization can teach us in turn to love Him! It can give us the desire to try harder to know and do His will for us.

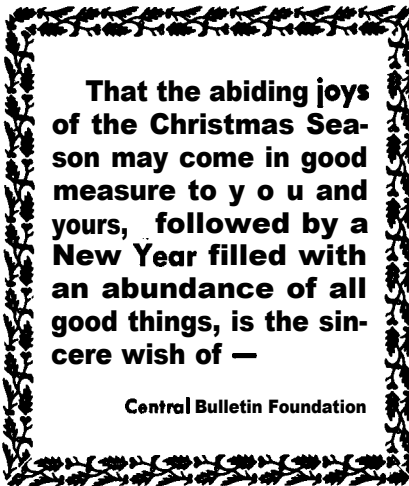
We are reminded by the bicycle story that our sobriety through AA is also a "do-it-yourself" affair, and that, with our instructions, we can "put it all together," and build happy, normal lives.

Christmas 1970! What better gift could He have afforded we miserable, hopelessly ill people than a way of life such as that offered us by Alcoholics Anonymous? !

This Yuletide Season let us all remember in our hearts His gift to us: AA, and let us resolve to do our part to strengthen it in the best way we can. If we "do-it-ourselves" we'll all be a part of the next newcomer's AA "instruction-sheet."

My sincerest wishes to all for the Happiest of Holidays.

■ ■ ■ ■ ■
Blessed is he who will work enthusiastically as a member of the committee of which he really wanted to be chairman.





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Hary D.. pounder and Editor 1892-1968



Vol. 29

December, 1970

No. 3

MILL ENDS AND REMNANTS

What have we learned? This is a burning and penetrating question. All of us have been given time for amendment of life; yet few of us have experienced an awakening accompanied by blazing, flashing lights. Nevertheless in our acceptance of our powerlessness and in recognition our shortcomings and our need to do something about them, we have been touched by the spiritual, the Holy Spirit, if you will, of a loving God **as we understand Him.**

Early in our AA life we **were** told to ask God for help in the morning and to thank Him at night, and as the days grew into months and the months into years of sobriety we have learned to observe a time of daily thanksgiving in expressing our gratitude for the many blessings that we count — even those which are blessings in disguise.

We do not thank our hearts for beating nor our eyes for seeing. We do not thank the sun for shining nor the rain for falling. We thank God, who is the maker and giver of all things needful to our lives.

We do not thank a constitution nor a Magna Carta for political freedom. We thank God. We do not thank a congress nor a parliament for church doors that are open. We thank God.

We owe Him our lives. The claims of all others are secondary. Our families, our friends, our churches, our AA — all are gifts that we hold in trust for Him.

Our most difficult problem is to keep Him in first place. We get exaggerated notions of our needs. We pay exorbitant prices for pleasures. We cripple ourselves with monthly payments for things we could do **with** out. Finally, the secondary demands have squeezed God out, and we find Him getting what is left over, if there is anything left over.

But we do want to thank Him. He gives us all that we have. He has given us forgiveness, shown us mercy, time for the amendment of life and reinstatement into the eternal.

We are truly blessed, by George!

WEEDS . . .

While traveling the highways we admired the beautiful flowers along the way, but seldom do we consider that to produce such beautiful displays we have to wage continual warfare upon the common of all plant life.

We plant a flower and soon a weed takes its place nearby and the fight begins. We watch the plant from day to day and throughout its life we pluck the weeds that would cause its destruction. Because of the attention we bestow, we are rewarded with a beautiful flower that seems to bloom in appreciation of our efforts.

In the Garden of Life there are many weeds that should be removed, but all too often we permit them to grow and become all powerful, blasting our hopes and choking our ambitions. There are weeds in every day life and it behooves us to do a little pruning now and then in our own little gardens.

Let us, armed with the hoe of determination, dig up the very roots of envy, hate and malice and give the flowers — the beautiful things of life, a chance to bloom.

MINUTES OF CENTRAL COMMITTEE MEETING NOVEMBER 2, 1970

Meeting was opened in the customary manner by Moderator John F. with the Serenity prayer. There were 29 group representatives present. Ray M., Vice Moderator, read the Purposes of Central Committee and the Twelve Traditions of Alcoholics Anonymous. Following reading and approval of minutes of October 6 meeting, Treasurer Jean C., reported balance of \$264.55 in the treasury.

COMMITTEE REPORTS:

Action Committee: Dick F., Chairman reported on the matter of flyers distributed advertising a dinner dance, which were in violation of our Traditions. After contacting people involved and following considerable discussion, it was concluded to cancel the affair and the circular withdrawn.

Areawide Meeting: Lou W., Chairman, reported the September meeting was a successful one and that after expenses, returns of \$25.11 were realized. Next areawide meeting will be held at Jordan Hall of Charity Hospital on December 4.

Central Bulletin: George M., Editor. No report.

Hospital Committee: Ray M., Chairman. There was a lengthy discussion on sponsorship and sponsorship responsibilities. Also, several items concerning Rosary Hall were discussed and resolved.

Institution Committee: In the absence of Helen D., Chairman, Harry G., reported that V.A. Hospital Group will reopen meetings on November 3 in the Patient's Library of the Hospital on East 105th Street at 8 : 00 p.m. He also reported that 33 Big Books had been donated to the Brecksville V.A. Group.

P.I.C. Committee: Dick P., Chairman, reported that 118 speakers to non AA meetings and groups had been supplied by the District Office during the first ten months of 1970.

There being no old business on the agenda, new business comprised the announcement by Moderator John F., that there would be nominations and election of a new Vice Moderator (one who represents a West Side Group) and a new Treasurer at the December meeting.

Meeting was closed with the Lord's Prayer.

—Joedy M., Secretary

AT BEDTIME

TODAY HAS PASSED — whether it held good or bad, it is now woven into the inevitable pattern of life. We cannot recall one unkind word, not retrace one foolish step. The tapestry is woven, we might look at the pattern and regret the threads of selfishness, ravelings of hate, but we cannot remove them, for they are now a lasting part of what holds together the weaving of today.

We may search for a thread of human kindness — we may look for a touch of love to give color to our drab design, but if we did not weave them into our tapestry of today, we cannot add them. BUT . . . if tomorrow comes; it will offer us a clean and empty loom, and fresh strands of hope. Perhaps then we can weave lovelier patterns, with less purple of pain, but with more of the gold of truth and the blue of trust, and the clean white of faith. Perhaps we can throw open our mental blinds so that there may be reflected upon our loom more of the sunshine of hope and focused on the beautiful instead of the ugly.

-From Alky Alley

CLEVELAND AA DISTRICT OFFICE

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

PRAYER OF THE MONTH

GOD GRANT ME THE SERENITY TO ACCEPT THE THINGS I CANNOT CHANGE

To be aware that the irritations and disappointments of each day are not a perverse plot aimed at me by the world. To understand that this world is not operated for my benefit; that its importance and its debt to me exist in direct ratio to my contribution and my adjustment to it.

COURAGE TO CHANGE THE THINGS I CAN

To eliminate from my environment and its associations things that I know to be harmful, attitudes I know to be insupportable and no matter how well I thought I argued them, reasons which had no logic,

AND THE WISDOM TO KNOW THE DIFFERENCE

To understand with neither prejudice, self-justification nor pity, why changes are necessary — and which changes will give my life meaning — without alcohol.

-From The Sharing Session, Vidor, Tex.

ARE YOU RICH?

You are richer today than you were yesterday if you have laughed often, given something, forgiven even more, made a new friend, or made stepping stones of stumbling blocks; if you have thought more in terms of "thysel" than "myself," or if you have managed to be cheerful even if you were weary.

You are richer tonight than you were this morning if you have taken time to trace the handiwork of God in the commonplace things of life, or if you have learned to count out things that really don't count, or if you have been a little blinder to the faults of friends and foe.

You are richer if a little child has smiled at you, and a stray dog has licked your hand, or if you looked for the best in others and have given others the best in you.

-Contributed

ABOUT ZIP CODES

Hardly a month goes by that we don't receive a renewal that a subscriber reminds us that he lives in East Cleveland, Ohio 44112 ; or Cleveland Heights, Ohio 44118; or Rocky River, Ohio 44116 or Maple Heights, Ohio 44137; or whatever suburb it may be.

All are justly proud of their local post office addresses, yet the greater Cleveland, Ohio, zip code of 441 followed by the local office numbers, is used on all of our mail to facilitate our handling, as well as that of the post Office Department, to assure your getting your monthly Central Bulletin as rapidly as possible.

DO THE BEST

It matters not what tools we use, — But that we use them well: — For some must write and some must print — While others buy and sell: — And some must preach and some must pray — And some must Plot and plan: — But this rule holds for one and all — Just do the best you can.

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 :

EDISON J. ASBECK: a 15 year member, passed away October 29 after a short illness. He had been a member of the Rocky River Thursday Group and active in other groups, including Stella Maria Hospital.

PETER J. ROSE, another 15 year member, passed away on November 19. Pete had been active in a number of groups, and a wonderful friend to all who knew him.

DATES TO REMEMBER

- December 1-Central Committee Meeting, 8 : 30 p.m. Room 362 Hanna Building.
- 3-1st Anniversary, Midpark Group. Speaker: Tom K., Jr., Barberton, Ohio.
- 4—**AREAWIDE MEETING**, 8 : 30 p.m., Jordon Hall, Charity Hospital, East 22nd and Central, Cleveland. Speaker: Sam P., Pittsburgh, Pa.
- 5—**23rd Anniversary**, Trinity Group, 8: 30 p.m. Trinity United Church of Christ, 3525 W. 25th St. (off Scranton). Speaker: Bob L., Southwest Sunday.
- 6-Committee Members Meeting, Northeast Ohio General Service Committee, 3:00 p.m., American Legion Hall, 7304 Chipewa Rd., Brecksville, Ohio.
- 6-7th Anniversary, Southwest Sunday Group, 8 : 30 p.m., Berea High School Cafeteria; Bagley and Eastland Roads, Berea, Ohio. Speaker **Jack B.**, Shenorock, N.Y.
- 25-MERRY CHRISTMAS!
- 31-Annual New Year's Eve Party of the Clark Group, Masonic Temple, East 36th St. and Euclid Ave., Cleveland, Ohio. Dancing 8: 00 p.m. to 1:00 a.m. Buffet dinner, favors, prizes. Contact secretary for information.
- 31-Annual New Year's Eve Dance of Euclid-Eaton Groups, 9:00 p.m. to 1:00 a.m., TRW Cafeteria, East 222nd St., Euclid, Ohio. Buffet dinner, favors, prizes, Contact secretary for information.
- January 1-HAPPY NEW YEAR!

HOSPITALS AND INSTITUTIONS

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

ALANONGROUP MEETINGS

SUNDAY	
GARDEN VALLEY-7100 Kinsman Rd. (2nd & 4th Sun.)	4:W
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
NOW THERE'S HOPE-First Pres. Church, Nela A Euclid Ave.	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
LORAIN AVENUE-St. John Bosco Church, 6400 Pearl Rd.	9:00
OLMSTEO FALLS-Community Church, 7853 Columbia Rd.	9:00
SUBURBAN WEST-Our Savior Church, 20300 Hilliard Rd.	8:30
WEDNESDAY	
BEDFORD-Christian Church, 98 Warrensville Ctr. Rd.	10:30 a.m.
CHAGRIN VALLEY—Pres. Church, Route 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	
CLEVELAND HTS.—Pres. Church, Fairmount & Scarboro	9:00
LORAIN COUNTY-Lutheran Church, 3334 Wilson St.	8:30
NORTH CANTON-Northminister 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	8:30

CLEVELAND ALANON OFFICE
ROOM 507, COMMERCIAL BUILDING
2056 EAST 4th ST., TEL. 621-1881

THOUGHTS ON SERENITY

Serenity was a word I had read and never understood before coming into AA and finding a "step-ladder" to reach it. NOW my serenity is the most Precious thing I have — it is nurtured, protected from aggravation and exposed to meditation everyday in the hopes that it will grow.

Today my serenity eludes me only when I make it uncomfortable. When I am upset or worried or afraid, then I cut myself off from my Higher Power which I find is the source of all I am today. Therefore, I must be careful to avoid situations where I am uncomfortable or where I am expected to do things beyond my capabilities. If I should find myself in such a situation, then I must ask my Higher Power to take over the problem or situation in order for me to carry on with what I am suppose to do.

I remember a time shortly after I came into the program and my nerves were in terrible shape when I was forced to take a fellow worker to lunch with me. She had irritated me for the year I had been working on this particular newspaper and I am sure in my befuddled condition that woman had the capacity to annoy me in more different ways than anyone I had ever met. She began to move her bridge work around in her mouth — producing the most extraordinary noise I ever heard — and I began to get annoyed. I soon realized that I was going to hit her if she didn't stop. However, I tried something that AA members had told me about. I asked my Higher Power to do something about that noise before I did something I was going to be sorry for. It worked. She didn't stop making that noise, but my Higher Power made the sound silent. I didn't have to listen to it any more, so it wasn't annoying me.

That incident happened quite a while ago, but there are things which happen everyday in my life which demonstrate that same power — and the power of AA in my life and the lives of others.

I have also found that the steps of AA and my ability to practice them brings me a better quality of serenity everyday. I have begun to find a continuing Peace of mind. I have begun to stop wanting things and am beginning to ask only for the things I need in order to do the things my Higher Power asks of me. I guess more than anything else I have finally started to grow up. I spent most of my adult years acting and living like a five-year-old, and now it is time for me to catch up my emotional and spiritual age to my chronological age.

I am grateful to AA and my High Power for the chance to grow and the opportunity to see the need for that growth.

-Connie B. in Broward County (Fla.) Newsletter

Every AA Group Should Have CENTRAL BULLETIN On Their FREE Literature Table. Has YOUR Group? WHY NOT?

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THE YEAR 'ROUND GIFT

BAD DAYS

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

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

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

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

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

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

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

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

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

—H.W.D., 8-55

SMILES

A distracted woman consulted the family doctor about her husband's drinking problem.

The doctor listened patiently and then asked:

"Has he tried AA?"

"Surely he must have," she replied. "He's drunk everywhere else!"

A drunk ran to his doctor to report that his son had swallowed a fountain-pen. "I'll be right over," the doctor promised. "But what are you doing in the meantime?"

"Using a pencil, of course," said the drunk.

Many a girl is disappointed to find out that her favorite flame is just an alcohol burner.

Mother: "After all he's only a boy, and boys will sow their wild oats."

Father: "Yes, but I wouldn't mind if he didn't mix so much rye with it."

She was only a moonshiner's daughter, but with all her faults, he loved her still.