



## TIGHTEN UP

It is so easy to become accustomed to our name, Alcoholics Anonymous, that its meaning is sometimes ignored and even flagrantly transgressed.

A public official whose work brings him in daily contact with alcoholics, a conscientious man who has worked closely with AA, mentioned the loss of influence of the group because the aspect of anonymity was more and more violated.

It is time to tighten up. Any carelessness on our part that decreases the effectiveness of the program should be ended. A little more care can do it.

Let us consider some aspects of this problem:

While we were still active alcoholics one of the greatest hurdles before us, a **bugbear** that we shied away from, was the fear that someone would discover we were an alcoholic.

It took a great deal of swallowing of false pride to admit that we were alcoholics. The fact that everyone but ourselves were well aware of it in no way eased the difficulty. If we were reminded of this, resentment only flared higher.

The turning point was reached when we admitted we were an alcoholic. Contributing heavily to that decision was the fact that here was an organization where no one would be aware of our weakness outside of others similarly afflicted.

Looking back we realize that the anonymous aspect had a psychological pulling power that may have made the difference between our continued drunkenness and our sobriety.

We cleared the hurdle and became active, enthusiastic members. Before long we began to think how foolish we were not to admit we were alcoholics. As the benefits of the **program began to unfold** we came to **take pride** in the fact that we were alcoholics.

In some instances we made sure that some people found out we were in. That, we held, was part of our program of rehabilitation and making amends. Then came a further development: we didn't care who knew we were in.

Here, as in so much else we do, moderation must be exercised. It is legitimate to take this view of ourselves and our feelings, but we are duty bound to think of the others, of the new men and the problem **they** faced in making a decision, the same that gave us so much heart searching at first.

This indifference to anonymity soon spreads through the community. There isn't anyone who doesn't know several members of Alcoholics Anonymous. This remark is encountered everywhere. Prospective members therefore face a bigger handicap. They assume the attitude that if they join AA the whole town soon will know they are alcoholics. At that stage they no not consider in their befuddled minds that someday they might not care whether the town knows it or not.

We are not, of course, talking for complete anonymity. That is impossible. When we call on a candidate for the group we have to reveal our connection. Occasionally a member will talk to a luncheon club or church organization as "**Mr. X**." There may be a few people in the audience who know his identity. That cannot be helped.

*(Continued on page four)*

## HAD A CHECK-UP LATELY?

One of our finest AA members likes to tell the story about the serious little boy who was on the telephone inquiring about a possible job. The truth of the matter was he really was only "checking on himself" to see if his work has been satisfactory. He was making the inquiry from his own employer!

It's a cute story, and quite true, especially for we alcoholics who most assuredly must "check on ourselves" constantly.

The question is, do we do so often enough, or perhaps even at all? We are sober, to be sure, but do we check on ourselves regularly to examine this sobriety, and its quality?

There is always the danger of just being "dry" and not really sober, and **there's** the rub, because there is such a **vast** difference.

It's New Years again, and what better time to think a bit more seriously about "checking up" on ourselves? In the "old days," or so they seem to us, there was a lot of talk about "resolutions," etc., and maybe for some of us "**alkies**" there were pledges and resolutions to "go on the wagon."

Now, however, we're not drinking, and are trying to live reasonably sound, productive lives. It might, therefore, be very good for us to examine this sobriety and ascertain if we're doing a good job. It really isn't too hard to do, if we **apply** ourselves.

Let's take a few situations and compare ourselves with them. How did we react this morning when some "nut" pulled out in front of us in heavy traffic, and we were already late for work? Of course, if we were late for work, **whose** fault was that?

But how did we react? How was, our temper?

When the boss chided us for something we did or didn't do at work, did we flare up in self-defense and maybe "pass the buck," or try to blame some other circumstance?

If we had someone disagree with us or something, or question our exalted opinion did we act sensibly, or did we "fly off the handle" and revert to our old "drinking days temper tantrums"?

How were we at home? Did we treat our families as we would like to be treated, or did we leave AA at the meeting place, and behave at home like the same old "characters" we were when we were still drinking.

Yes, we need constantly to examine ourselves. We can easily slip back into our old "stinking thinking," and the next step is back to the bottle.

It might pay to "**get** on the 'phone" and talk to our Creator, a little more often and "check up on ourselves," and we don't have to worry about the night rates either!

■ ■ ■ ■

You must give some time to your fellow-men. Even if it's a little thing, do something for those who have need of help; something for which you get no pay but the privilege of doing it. For remember — you don't live in a world of your own. Your brothers are here too.

— Albert Schweitzer



Published monthly by the Central Bulletin Foundation, Inc., a non-profit corporation dedicated to service. Address all letters to Central Bulletin, Box 6712, Cleveland, Ohio 44101. Subscription price — \$2.00 per year.

Harry D. Pounder and Editor 1892-1968



Vol. 29

January, 1971

No. 4

### MILL ENDS AND REMNANTS

As another calendar year passes into the millenium, it is again "off with the old and on with the new." To those of us in AA there are other New Year's days, when we observe anniversaries of our own releases from the shackles of alcohol.

Nevertheless, the universally observed New Year's Day is a good time for inventory, not that we haven't taken 365 of them in the year being completed, but let us consider that as we start another, perhaps we haven't been as thorough and searching in our daily inventories as we might have been.

Admittedly, we do not dwell on the past, nor for that matter do we project the future, but as long as we review the past constructively, noting our diversions and derelictions that may be recorded as experiences for correction, our action has a healthy overtone.

It is to this end that re-inventory taking may prove of invaluable measure as we go about future 24-hour periods allotted to each and everyone of us. And in doing so the chances are great that we will improve our "to the best of my ability."

Thoughtful, meditative review of the Twelve Steps will be a good starting place, and we dare say most of us will find out how little we know, regardless of the length of the road we have traveled.

Another source of study to abet our re-inventory could well be that little gray covered pamphlet — "The Four Absolutes" It is surprising what new horizons and knowledge can come from their rereading.

And as we embark upon this restudy course, let's not fail to include the Twelve Traditions, for therein lies the strength of the fellowship as a whole — its strength for the past and its promise for future generations of suffering alcoholics.

Let us rededicate ourselves, by George.

### ON ENTHUSIASM

"Nothing great was ever achieved without enthusiasm!"  
—Emerson

Enthusiasm is having real interest and all of us know what having a real interest in an endeavor can accomplish. Our spirits rise when action starts and there is an enlivening feeling of zest. Enthusiasm is interest plus energy, a wish to do something and the spirit to get on with it. It is doing things — not talking about them. Enthusiasm is action to which one must commit oneself.

### LIFE'S PURPOSE

Strange is our situation here upon earth. Each of us comes for a short visit, not knowing why, yet sometimes seeming to divine a purpose. From the standpoint of daily life, however, there is one thing that we do know:

That man is here for the sake of other men — above all, for those upon whose smile and well-being our own happiness depends, and also for the countless unknown souls with whose fate we are connected by a bond of sympathy and understanding.

—Exchange

### MINUTES OF CENTRAL COMMITTEE MEETING DECEMBER 1, 1970

The meeting was opened by Moderator John F. with the Serenity Prayer. There were 24 group representatives present. Ray M., Vice Moderator, read the Purposes of Central Committee and The Twelve Traditions of AA, and after approval of minutes of November meeting, Jean C., Treasurer, reported balance in Treasury of \$198.90.

#### COMMITTEE REPORTS:

**Action Committee:** Dick F., Chairman, reported on subject of circular of meeting schedules with indications of commercialism on back, which appear to be a violation of our Traditions. After short discussion issue was resolved.

**Areawide Meeting:** Lou W., Chairman, reported on the Areawide Meeting to be held December 4.

**Central Bulletin:** George M., Editor, no report.

**Hospital Committee:** Ann T., reported that women's ward at Rosary Hall had experienced capacity admissions.

**Institution Committee:** Helen D., Chairman, stated that six participating AA members had attended the V.A. Hospital Group Meeting on November 3rd, and urged continued support of the meetings of the reopened group which meets at 8:00 p.m. in the Patient's Library at the Hospital located at E. 105th Street.

**P.I.C. Committee:** Dick P., Chairman, reported that in the eleven months of 1970 a total of 152 speakers to non AA meetings and groups had been supplied by the District Office.

There being no old business, new business comprised annual election of officers of Central Committee and the following were named to serve in 1971:

Moderator: Ray M.

Vice Moderator: Dick F.

Treasurer: Jean C.

Secretary: Joedy M.

Central Committee then commended John F. for the splendid job he had done as Moderator, and upon meeting being turned over to him, *new* Moderator, Ray M., announced the appointment of following Committee Chairmen: Rosary Hall, Ray M.; Bay View, Bernie B.; Action, Bob W.; P.I.C., Dick P.; Areawide, Lou W.; Institution, Helen D.

Meeting was closed with the Lord's Prayer.

—Joedy M., Secretary

### VA HOSPITAL GROUP

This group which reopened on November 3 needs support of outside AA members and what better way is there to carry the message of hope and example to the patients who seek the help of the AA Program. Meetings are at 8:00 p.m. Tuesdays, in the Patient's Library at V.A. Hospital on East 105th Street.

### THANK YOU

Staff of the Central Bulletin acknowledge with gratitude the numerous greetings and expressions of good wishes received during the Holiday Season. Each is fully reciprocated, and you may be sure of our efforts to fulfill the purposes of the Bulletin with devotion.



Only the person who has failed to gain insight from his failures has truly failed.  
—Mildred Fenner

### 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, 2969 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**

Almighty God, as we enter this New Year, we pray for your ever present help for continued guidance and sustinence that we may live our lives in line with your wishes, not our own. Amen.

**AS A NEWCOMER SAW IT**

Fear brought me to my first meeting. Contempt accompanied me too, as I took a seat and listened. Attracted by people calmly relating experiences, I was given identification straightaway. Deflation I experienced as I said to myself for the first time 'I am an Alcoholic.' I surrendered. One thing I learned from that meeting was that I had made a start. I was down, and there was only one way left . . . UP.

A complete stranger accompanied me home; he left me in the early hours of the morning as a friend. Contempt also vanished. Realising by his example that I could stop drinking now, a genuine want was instilled in me, to investigate my problem positively. To him, I shall be grateful. And when another stranger, a member, called on me the next night, I felt I had known him for a lifetime by the time he left. Quickly I learned the meaning of Fellowship. Meeting after meeting I attended, now with a blind faith and a receptive disposition. My thinking started to change for the better. Always aware of that 'pull' to try that first drink again, some other Power within me was preventing me from lifting the glass. Positive thinking was returning. My priorities were returning smoothly. Meetings taught me honesty; I was getting at the bits clogging up the works. These meetings taught me to clear my thoughts of prejudices and so to receive valuable messages. They gave me Willingness to accept that I had an incurable sickness and that I could do something positive to arrest it.

Passing by my old haunts after six months sobriety was certainly a milestone in my life . . . I hardly realized that they were there or that I was passing them.

And most of all, I am grateful to AA for the ability to cope with daily situations, for being able to meet Reality face to face, and for the first time, sober.

-L. M. in the Road Back, Dublin, Eire

**ON CHARACTER**

It is not true that only the alcoholics have character defects. Every human being has defects of character. Life on this world is a battleground where virtue grapples with evil, where the beacon of consciences is trying to vanquish the legions of man's erring nature. The outcome of the battle depends entirely on how man will use the facilities that God provides for him.

Should his lower nature emerge victorious from his battle, he will find himself groping in the darkness and the filth of life. And if his higher nature wins, he will be elevated in spirit and grow in character. Character cannot be built in time of battle, but only to make evident what is already there. Our character and courage will be tested on the day of temptation only if we have built it into life long before.

-The Old Philosopher

**DERAIL**

Every time I have growled at the world for handing me, what I thought was a raw deal . . . every time I felt sorry for myself . . . every time I resented circumstances, I have discovered later that it was me and not the world that was all wrong. I know some people who are forever bewailing their fate, who cry for understanding and sympathy. But what they really need to do is pause and realize that the "Hill of Life" which seems steep and long is caused because their wheels of faith and courage are off the track.

— Alanotes, Minneapolis

**DATES TO REMEMBER**

- January 1-A HAPPY AND PROSPEROUS NEW YEAR.  
 5—Central Committee Meeting, 8 : 30 p.m. Room 362, Hanna Building.  
 5—7th Anniversary, River Tuesday Group, 8 : 30 p.m., Rocky River Methodist Church, 19414 Detroit Rd. Speaker: Tom McG., Edgelake.  
 16—16th Anniversary, Mentor Plains Group, 8:30 p.m., Mentor Plains Methodist Church; Rte. 306 and Lake Shore Blvd. Speaker: Kay H., Canada.  
 19—Anniversary, Suburban West Alanon, 8 : 30 p.m., Our Saviors Lutheran Church, 20300 Hilliard Road. Speakers: Betty & Tom B., Newbury, O.  
 23—12th Anniversary, Cleveland Teamsters Group, 8:30 p.m., Joint Council Bldg. #41, 2070 East 22 St. Speaker: Eddie L., Teamsters.  
 26-8th Anniversary, Laurel Group, 8:45 p.m., Brooklyn High School Cafeteria, 9200 Bid-dulph Road. Speaker: Sidney A., Coventry.
- February 2—Central Committee Meeting.  
 6—7th Anniversary, Bay View Group, 8 : 30 p.m., Bay Presbyterian Church, Lake and Columbia Roads. Speaker: Bruce M., Mansfield.

**TWO REASONS**

I listen quietly the while a friend tells me his troubles; it helps him, but it also makes my little joys seem double.

**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  
 HAWTHORNECEN HOSPITAL-Cottage # 10, 305 Northfield Rd. 7:30  
 PROVEN WAY—Grafton Honor Farm, Rte. 75, 2nd & 4th Tuesday ..... 8:30  
 TRUSTY HALL-1009 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. .... 8:00

**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  
 NOWHERE'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.  
 BRECKSVILLE V.A. HOSPITAL-Bldg. 2 ..... 8:00  
 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 OLMSTEC-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-Northminster 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**

### "PLAYING WITH IDA"

There is a sort of game that newcomers to AA often play. The game is called "IDA." Everyone who has done any **12-Step** work will know exactly what I mean. You've heard the new man say, "If IDA just had money I wouldn't have become a drunk" OR "If IDA had a better job . . ." OR "If IDA had a better education . . ." If IDA this or IDA that!

We recognize this playing with IDA as a sign that the new man (or woman) is still looking for an excuse. He's admitting the problem but he'd still like to blame it on something else or someone else. (And we **understand that, don't we?**)

It's a dangerous **phase**, though. Dangerous because it means the **individual** hasn't **yet accepted**. Admitted, maybe; but not accepted. In other words, he hasn't taken the first step — because to completely admit something we have to accept it as the truth.

So how do you answer a statement like that? What do you say to the new man or woman who is playing with IDA? Well, let's take a good look at 01' IDA.

"**If IDA just had money.**" About a year ago I called on a man who lives in one of the fanciest homes I've ever seen. This humble domicile probably was worth \$250,000 before the first stick of furniture went in; looked like a movie set!

But the master of the house had called AA (even as you and I). His attire consisted of a tee-shirt, slacks and socks. One toe of his sock had a large hole. He had been sick on this fashionable get-up; had tried to **pop** it off without too much success. So he didn't smell too good. And he had a learge tear slowly running down one cheek.

He needed help! His money, of which he obviously has plenty, didn't prevent him from becoming an alcoholic. And look around in AA. We have a number of **well-heeled** members who will tell you that their bank accounts couldn't keep them out of trouble. So apparently money isn't the problem, after all.

"**If IDA had a better job.**" Again look around. You'll see the answers to that **one** in the many, many **AA's** who had excellent jobs when they came into AA: teachers, bankers, lawyers, engineers, doctors, salesmen and you name it. They'll all tell you their jobs didn't keep them out of trouble. No, one's job isn't the problem, either.

"**If IDA had a better education.**" Look around. AA is full of people with education that just doesn't, quit! AA is full of **ABs**, Masters' Degrees, **LLD's**, **MDs**, **PHDs**, **DDs** — but none of these kept us from getting the **DTs!** Education isn't the problem.

No, **the** problem is us. Me and you. We wanted to drink. We drank too much, too often and too long and wound up with unmanageable lives.

So, if you have a baby who is "playing with IDA" perhaps you can point some of these facts out to him. Tell him to be glad that all that is the matter with him is alcoholism. (That's not nearly so bad as some of the things he has privately suspected were wrong with him!)

All that is the matter is alcoholism. And we in AA have the answer to that. That's easy to prove. Again, look around — you can point out 100 successfully recovering alcoholics for every one of the other kind who are still "playing with IDA."

-Bob L., S.W. Sunday

(Continued from page one)

There is a natural inclination to shout our new found happiness in AA from the housetops. But membership is one thing that should not be paraded in public. Membership should be counted as a sacred trust. It should, like prayer, be exercised in secret, **the** better to retain the fullest effectiveness of the program.

■ ■ ■ ■

"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

We are living in a world where temptation is crowding honesty and integrity **out** of our lives. Men are doing their utmost to corrupt the minds of men, women and children. The liquor dealers are telling the world that alcohol will improve our health. The tobacco dealers are urging us to use their brand of cigarettes, because they will cool you in hot weather and warm you in cold weather. The drug producers are working day and night to keep up with the demands for pills — pills that will cure a **headach** in five minutes and pills that will put you to sleep in one minute, pills that will cure every ailment imaginable. The dope pushers are busy in our schools, in our colleges and in our streets destroying the minds of young men, women and children with their merchandise.

Yet, none of us can boast that we are not in bondage to anyone or to anything, until we can say that we are not in bondage to ourselves; to our appetities, to our tastes, to our prejudice, to our resentments, to our fears, to our jealousies and to our worries. No man is free when he lets his impulses get out of control.

A visit to any hospital, mental institution, or a penal institution will show us the high price **some** men must pay for trying to satisfy their lower instincts. The greatest destroyer of our freedom is our inner conflict for the forbidden fruits. When we lose control of our lower instincts, we no longer are free. We lose our respect for the commonly accepted moral **standard** as set forth in the Ten Commandments. AA offers us a choice between **self-discipline** or **imposed discipline**.

There may be **no** musts in AA, but the mere act of living **imposes** duties and restraints upon all of us. We are never free of the necessity of eating, drinking, sleeping and the many essentials of health and cleanliness, and by practicing self-discipline we can turn these tasks into pleasant habits of clean living in body and soul.

God created all of us with a set of instincts, and they are a power in our nature that must be kept under control. We all have the instinct to love, the instinct to hate, the instinct to fight, the instinct to eat, drink and sleep. The instinct to love God and our fellow man; the instinct to hate evil, the instinct to fight for our convictions, the instinct to keep in good physical health, but when we give them a free rein they break out of bound and we become their slaves.

We may find our life difficult in time of moral and spiritual confusion, but to let our instincts run wild is simply to turn our life adrift from any **possibility** of finding a satisfying answer to our problems, or locating a goal which will be permanently desirable. Man is, indeed, fortunate who has control over his instincts when temptation is at its highest, **but** it is too late to start building restraints in the hour of temptation, but only to make evident what is already there.

Men who can control **their** instincts are bigger than anything that can happen to them. They do not worry about obstacles because they know how to turn defeat into victory. They are too big to surrender their freedom to appease their inner conflict.

-Edward B., Akron, Intergroup News

### S M I L E S

A GI who returned to camp in a drunken state after a 24 hour pass was ordered to report to his captain. "There's no need for you to drink like this," the officer lectured. "If you could **stay** sober you might become a corporal. In fact, you might even become a sergeant. Wouldn't you like that?"

"Captain," the soldier replied, "**The** fact is that when I get a few drops in me, I **feel** like a colonel."

At a party a woman remarked to her husband: "That's the fifth time you've gone back for more punch. Doesn't it embarrass you at all?"

"No," he answered, "**I** keep telling them it's for you."

■ ■ ■ ■

Romance has not changed much through the ages. The Greek gals used to sit in the moonlight and listen to a lyre, too.



## A PRIVILEGE TO ENJOY

At every AA meeting we attend we hear the stories of men and women and what their lives were like when they were still victims of alcohol. They relate how much time was wasted in their work and of broken homes. The wealth of talent that was never developed and the loss of moral character are also part of the price.

We also hear of the many and different attempts made to stop or control their drinking and which proved futile. Then they tell how once in a moment of despair and frustration they asked for AA help and how from that blessed day on their lives began to change.

Their homes were no longer just a place for existing but a place for living. They began to feel the respect and affection of those they live with, something they had not felt for a long time. Those who worked became steadier in their jobs, bills were being paid on time and so many say they returned to the church of their faith.

All of those wonderful members expressed their appreciation for all of the material benefits acquired which has been given them and their beloved ones a more comfortable and freer living.

Invariably these stories have a finale which perhaps may differ in the wording but in essence are the same. They agree on one undeniable truth, that the most cherished gift received from the AA way of life is the faith in a Higher Power whom they ask daily for calmness of the spirit to face life and to accept that which be changed and the courage to change that which can be changed, and that God give them the wisdom to know the difference.

The question comes to their minds as to what they can do for AA as an expression of gratitude. All of us in the fellowship know that there are innumerable avenues of activity in AA in which one can participate. The one of paramount importance is to be ready and willing to help those who are still suffering alcoholics and to aid them in getting out of the same hell which once enveloped us. The most practical means of finding those victims and to hear from them is through our AA District Office.

Shortly after February 1 you will have the privilege of expressing your gratitude for your sobriety in AA. On that date the Cleveland AA District Office funding campaign will begin. This annual drive provides the funds by which the District Office is maintained and the doors kept open for those still suffering and in search of help.

Volunteer campaign workers will visit all AA groups and will explain how simple it is to enjoy the privilege of the giving which never fails to have a twofold return. Should you fail to see any of these workers during the campaign, send your contribution to Cleveland AA District Office, 205 Frederick Building, Cleveland, Ohio 44114.

It doesn't hurt nearly as much to give as it does to hold back!

## AA and ONE DAY

There's a catchy little phrase that has been passed around AA for a good many years, **UPON** which a whole series of ideas and thoughts can be built — if we just take the time to think about it. Not too many of us did a great deal of "thinking" during our drinking, except about just that — drinking. Remember?

We're all grateful for our sobriety, or we all **should** be. How about trying this catchy little phrase on for size and see if we can be grateful for 'one day at a time.'

Yes, that's the catchy little phrase: "One day at a time," and when we think about all the "yesterdays" we regretted, and the "tomorrows" we feared, it's sort of welcome to know that AA reaches us to stay sober "one day at a time" by **living** "one day at a time." Once we can learn how to **do** this, it's **really** something to be grateful for.

Make no mistake, the awful weight of guilt from yesterday, and the pressure of tomorrow's fears are enough to overload us completely. Then, when we try to crowd in the extra load of **today's necessities**, we find we just "can't cut the mustard."

Men have known about, talked about this simple "one day at a time" idea for thousands of years. Notwithstanding, we still try to cram too much into one day! We hear that one cannot for long (if at all) carry around the weight of the world on his shoulders. AA and "one day at a time" brings home to us the cold, hard fact that if we wish to live life as it is intended that we should, we cannot even carry the load of **three** days, let alone the world.

Isn't it wonderful to think about this for a moment? De don't have to worry about yesterday or tomorrow.

We **can**, and it seems most men **do**, but AA and "one day at a time," simple as it sounds and **is**, shows us we just aren't capable of more than one day and **sometimes** not even **that** much!

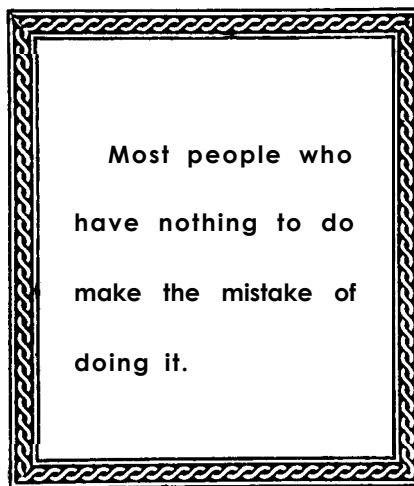
Remember: "Don't bite off more than you can chew?" Well "one day at a time" is quite similar. So is: "take it easy."

Granted, it's nice to "look ahead" and sort of plan for the future, but it is also wise to remember that we can't really guarantee the future will become "today" for us any more than we can bring back yesterday and make a few needed changes.

I never met a dog or a horse that seemed to be concerned about yesterday or tomorrow, and I've heard all my life that some dogs are smarter than people. Horse sense is another thing I've heard about all my life, and I've seen some demonstrated. The biggest trouble was that it was always some horse that had it and proved it, and not me!

Nowadays, if I **listen** a little at these AA meetings, I see some of it demonstrated by some durned good AAs and **they** do it one day at a time!

The vision to **see**, the faith to **believe**, and the will to **do** will take you anywhere.





Published monthly by the Central Bulletin Foundation, Inc., a non-profit corporation dedicated to service. Address all letters to Central Bulletin, Box 6712, Cleveland, Ohio 44101. Subscription price — \$2.00 per year.

Harry D. Pounder and Editor 1892-1968



Vol. 29

February, 1971

No. 5

### MILL ENDS AND REMNANTS

At the last count there were over 200 groups in the greater Cleveland area that considered the Cleveland AA District Office their service contact and outlet. Yet pitifully small numbers of the groups see fit to send their representatives to the four times a year meetings of the Advisory Groups so that the Operating Committee of the Office may have the benefit of the voice of the group conscience.

As this is being written prior to an Advisory Group meeting called for January 19 at Hotel Hilton, we have no way of knowing what the attendance will total, but we dare say it will be far under the maximum desirable of 200 plus. And this is a most unfortunate circumstance, for our service entities need and deserve the support of every member and every group and the latter need and deserve the guidance that our service entities can give.

In the December 31st letter to group secretaries announcing the January 19 meeting, it was stated that very important announcements and reports would be presented and this information alone should impel the secretary addressed or his qualified representative to be present. Not infrequently matters are voted upon which affect each individual group and it seems to this writer that group officers who fail to exercise the voice of their groups are failing in their responsibilities to the group they serve.

There will be those who say the writer is finding fault. Not quite, but he is chiding those who are not facing up to the opportunity and responsibility for functioning fully within the scope of the office to which they have been selected to serve. It is our thought that in accepting the responsibilities of service we need to educate ourselves and become knowledgeable as to all facets of service and become so steeped in the wisdom of the Twelve Traditions, etc., that we cannot do otherwise than perform a truly contributory service in every area of AA. This takes application, but the returns are worth the effort.

All of us, of course, came to AA to get sober, and most of us have stayed happily so, but so few have seemingly offered themselves for devoted service, service that assures AA's continuance for those yet to come for the help that we found. We hope and pray that growing numbers of our members will become service activated in order that the places of the thinning ranks of devoted members may be filled without disturbing the continuity of our service need.

Secretaries; Committee Members; Group Representatives: Read your mail, study and learn your service manuals and support and attend the meetings of the Advisory Group of the District Operating Committee; of the Northeast Ohio General Service Committee; of the Central Committee.

Your group's voice should be heard in these councils, by George!

\* \* \* \* \*

Adversities do not make the man either weak or strong, but they reveal what he is.

-Faith Forsythe

### MINUTES OF CENTRAL COMMITTEE MEETING JANUARY 4, 1971

Moderator Ray M. opened the meeting with the Serenity Prayer, followed by a reading of the Purposes of Central Committee and the Twelve Traditions of AA by Dick F., Vice Moderator. The roll call, in which group representatives introduced themselves, disclosed there were 33 in attendance. Following reading of the minutes of the December meeting, which were approved, Jean C., Treasurer, reported treasury balance of \$198.90.

#### COMMITTEE REPORTS:

**Action Committee:** Bob W., Chairman, had nothing to report, at this time.

**Areawide Meeting:** Lou W., Chairman, reviewed December meeting, an outstanding one, and thanked everyone who had helped make it so.

**Central Bulletin:** George M., Editor, reviewed history and philosophy of the Bulletin for the benefit of the newer members present, pointing out that it is in its 29th year of publication and is six months older than AA Grapevine. He thanked the groups which keep a steady flow of subscriptions coming in and asked that those groups which are not doing so, to please make the additional efforts.

#### HOSPITAL COMMITTEE :

**Rosary Hall:** Ray M., Chairman, again brought out the continuing poor sponsorship procedures, citing examples. Lou W., reported that no one should bring a patient to Rosary Hall for admission unless the patient is ambulatory and coherent.

**Bay View:** Bernie B., Chairman, discussed the importance of hospitals to the AA program and our sometimes laxity in cooperating with the hospitals.

**Brecksville:** Harry G., Chairman, reported that 64 Big Books have been donated and 53 have been placed — one at each patient's bed and others in visitor's room and staff room. He stated that the Brecksville Hospital Staff was very pleased with our efforts.

**Institutions Committee:** Helen D., Chairman, no report.

**P.I.C. Committee:** Dick P., Chairman, reported that the Cleveland District Office had supplied 165 speakers to non-AA functions during the year 1970.

There being no old business, new business comprised revival of the subject of circulars of meetings and speakers' schedules which bore advertising material for services and as agreed upon at December meeting was in violation of the Twelve Traditions. In view of the continued distribution of the circulars, subject was referred to the Action Committee for further handling; although in continued discussion it was pointed out that while the group is automynous, any action averse to other groups and AA as whole was in violation of the Purposes of Central Committee and the Twelve Traditions. Further, such circulars can lead to serious breach of anonymity of individual members. It is to be hoped the issuance of the circulars will be discontinued forthwith.

Ensuing discussion concerned repeated intermittent violations of the Twelve Traditions and the need for all members and especially those entrusted with the service responsibilities having full understanding and a working knowledge of them. Simply stated, there are three measures which should be applied to all questions and decisions and these are: (1) Is it good for the individual group concerned? (2) Is it good for the continued sobriety of the members of the group concerned? (3) Is it good for AA as a whole?

There being no further business the meeting was adjourned with the Lord's Prayer.

Joedy M., Secretary

### LOVABLE QUALITY

The most lovable quality any human being can possess is tolerance. It is the vision that enables one to see things from another's viewpoint. It is the generosity that concedes to others the right to their own opinions and peculiarities. It is the bigness that enables us to let people be happy in their own way instead of ours.

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

**PRAYER OF THE MONTH**

I know not by what method rare . . . But this I know, God answers prayer. . . . I know not if the blessing sought . . . Will come in just the guise I thought. . . . I know not when He sends the word . . . That tells us fervent prayer is heard: . . . I know it cometh soon or late; . . . Therefore, we need to pray and wait.

**AA IS A SPIRIT**

It cannot be touched, nor can it be completely understood. It is as wide as the world, yet small enough to fit snugly into the heart and mind of man. It has brought light where only darkness dwelt. It has given hope to the helpless and help to those who yearned in despair. It has nourished forgiveness in those who knew no pity. It has given strength to the weak and humility to the strong. It has given greatness to the common. It has spurred to higher goals those who strove for nothing. It has transformed sorrow into a weapon of happiness. It has given purpose to the trackless and shelter to the lost. It has taught patience to the hurried and action to the slothful. To youth, it has given vision. To the older, promise. To the restless, rest and to the sick it has been the doctor. To the dying it has revived the desire to live. To those who have fallen it is a helping hand. It has no judgment against, the untouchable, nor has it any praise for those who learn. To the outcast it is a family. To the ignorant, wisdom. To the wise, tolerance. It gives love with enough left over to share with each other.

-The Brighter Side, Waterloo, Ia.

**PANEL 21 OFFICERS**

The Northeast Ohio General Service Committee has elected the following officers to serve during the service years of 1971-1972. Delegate: Shirley S., North Madison, Ohio; Chairman and Alternate Delegate: Esther R., Cleveland, Ohio; Secretary: Maggie I., Cleveland, Ohio; Treasurer: Robert B., Akron, Ohio.

We commend these officers to your individual support and to the support of every group in the Northeast Ohio area. Meetings are held quarterly at the American Legion Hall in Brecksville, Ohio.

**FULFILLMENT**

However and whenever you achieve fulfillment for yourself, you will usually find that it arrives at least in its beginning — when you begin to respect yourself for what you are presently doing and what you hope to achieve. You will also help yourself by remembering — male or female — always feel fulfilled. In general, it is a lifetime trip, as well as a long-range goal.

— Roberta Roesch in Women in Action

**LOOK TO THIS DAY**

Every day takes us somewhere — either forward or backward, either up or down. One evil day may poison a lifetime. One day of definite, determined decision for the right can be the beginning of a new and noble career.

-Contributed

**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.

GENE SLEDZ, who was an active and long time member of the Baxter Group, passed away on October 7, 1970, following a prolonged illness after a severe heart attack in January 1970.

DON SCHREMP, an active and devoted member of the Lorain St. Marys Saturday Night Group, passed away suddenly on January 8 as a result of a train-auto accident.

**DATES TO REMEMBER**

- February 2-Central Committee Meeting, 8 : 30 p.m., Room 362 Hanna Building.
- G-7th Anniversary, Bay View Group, 8: 30 p.m., Bay Presbyterian Church, Lake and Columbia Roads. Speaker: Bruce M., Akron, Ohio.
- 6—11th Annual Al-Anon Dance, 8:00 p.m., Masonic Auditorium, Euclid Avenue at East 36th Street. Dancing, buffet and prizes.
- 16-9th Anniversary, Lorain Ave. Tuesday Al-Anon Group, 9:00 p.m., St. John Bosco Church, 6400 Pearl Road. Speakers: Jack and Joan B.
- 23—10th Anniversary, Olmsted Falls Group, 9:00 p.m. Community Church, 7853 Columbia Rd. Speaker: Bill F., Lorain Inter-racial.

**INTERGROUP DINNER**

On Saturday, May 8, 1971, the Twentieth Annual Intergroup Dinner will be held at Hotel Statler Hilton in Cleveland. Speaker for this affair will be announced at a later date.

An added feature to this year's annual affair is dancing after the dinner and speaking portions have been concluded. Tickets are now being distributed to groups which purchase them and cost is \$6.50 each, an increase brought about by cost of meals rising. Those wishing to attend should arrange for their tickets promptly.

**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 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-71DC 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
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.	9:15
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.
BRECKSVILLE V.A. HOSPITAL-Bldg. 2	8:00
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
NORTH CANTON-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

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

### MADE A DECISION

Our Step Three idea is that we have decided, or are making *the* decision to *turn* our will and our life *over* to God as each of us understand Him. This enables us to let Him demonstrate through us what He can do. Then, and only then, do we commence to lose our fears and this, in turn, builds courage. It's *necessary* to be sorry for all the undesirable and wrong doings. With this attitude we are more apt to be on the road to a better life which will need a lot of reconstruction. If you want release and happiness, this is the answer. It would be worthwhile if each of us took stock in ourselves and realized our actions and goals. It is all within ourselves. There are so many rewards for *acknowledgeing* Step Three and a spiritual living. First of all we find a power that is greater than our own that is more important than alcohol. We have no other choice but to turn our will and our lives over to God. When we realize this and are serious and desperate to seek His help and wilfully accept His care, then one begins to lose his inhibitions, confusion and fear. Humility is one of the first requirements in order to be willing to accept a Higher Power for help; humility being the opposite of pride. My life had been useful before and I know if I follow this plan of action I cannot fail to regain that assurance of a sober and sane life after we have accepted this higher power. Then other requirements fall into place if our hearts and minds are seeking this. It takes a lot of learning . . . the Lord is first, my friends second and I'm third. It is quite necessary that we make our minds up at this point to follow the twelve steps and ask God's help every day. I know and realize now that my life under the influence of alcohol was wasted and I had accomplished nothing. Too many times one's life becomes distorted and out of line, not remembering that the ground rules were there but we overlooked them by being self-centered and weak, or just not caring. We are only as strong as our weakest link. It is a fact and not an opinion. After we accept this then we turn to our Higher Power who is our Physician and Refuge.

A truly humble person is one who is not affected by praise, power or flattery; nor by scorn, derision or slander. He retains his equilibrium and perspective on an even level through the good and the bad that his life, or the acts and words of others, may bring to bear on him. He is forever aware that all virtues or talents he may have are a gift from God, and all burdens also are a gift and a means of reaching a higher degree of perfection in God's eye. Humility is a special virtue and gift because the humble man is never aware he is special.

It has been a year and a half since I entered AA. At first I felt relief and pride that at last I was doing something to change my life for the better. I, at the same time, harbored a tiny resentment against God for cursing me with this miserable malady. Then one night we visited an *Alanon* meeting and I was astounded to hear a woman say "Thank God, I married an alcoholic. It has made a much better person of me." This woman's humility and understanding of the true meaning of life made me ashamed of how self-centered I had become. Alcoholism is really a small burden compared to the weight of the bad habits I have acquired over the years. AA has opened the window on the dusty, dirty room I call my soul. I feel deep remorse for all the grime, and at times get discouraged because I am so weak and never seem to be able to get all the dust from the corners. If I had not come here when I did, I might never have realized how much housecleaning I had to do. My faults are still *many*, but my association with all of you, and my confidence in God's love and mercy will keep me on the right path. Here there is hope and all of you have a plodding determined courage that I never found in any bottle.

Now, instead of resentment, I wonder why God was merciful enough to single me out from the thousands of alcoholics still destroying their lives in bars tonight. For the first time, my children are all doing well in school. For the first time I feel completely aware of what a truly good person my husband is, and how fortunate I am to be his wife.

(Continued in next column/

I feel deep compassion for the poor woman seeking solace in bars or hiding behind her living room draperies this very night.

Anyone who knew what shape *I was in before coming* here would have to acknowledge that it had to be a strength greater than I possessed to get through the front door. I was sick in body and soul, drowning in self-pity and resentment and guilt. It was a terrible struggle within, and had the outcome been different, my husband and eight children might have drowned right along with me.

God said He will never test a man beyond his endurance. I really feel that the struggle before joining AA is as much as I care to ever endure again.

Jim and I had been through many struggles and troubled times, but I can honestly say I had never experienced such a painful tussle as I had with myself at that time.

For some, alcoholism is maybe a sickness of the body. For myself, it was an outer manifestation of an inner sickness of my soul; a struggle between God's will and my will. Thank God, I lost, because in losing this battle there was a double victory.

-Mary M. in Alanotes (Minneapolis)

### SHARING EXPERIENCE

At *meetings* we share our experience, strength and hope with one another. The wisdom we thereby-acquire could be loosely divided into two categories.

- Those practical tips which forewarn us of our weaknesses and of danger areas. Tips like avoiding our old haunts for some time, how to refuse a drink and carry some source of quick sugar, such as chocolate, in our pockets; and about not getting overtired.
- The Twelve Steps, our programme which is tersely and neatly the experience of our first members. We are encouraged and strengthened by our own older members experience here. This helps us to walk tall, restoring us by satisfying our need for value in our own eyes and the eyes of our fellows . . . This in turn encourages us to find fulfillment of ourselves in a plane of experience which we call Spiritual, if only to distinguish it from the things physical and material. To me it was like reversing the flow in a pump which had been emptying my tank of all values. That tank was so utterly empty when God's help through AA showed me what was happening . . . and it continues to show *me* how to refill it. As long as I ask each day for the grace of this to continue and remember to be grateful, I can hope and feel that the miracle will go on.

—S.M., in Road Back, Dublin, Ireland

### SMILES

An unhappy motorist brought his car into the shop for its 150-mile inspection. "Is there anything the matter with it?," asked the service manager. "Well there's only one part of it that doesn't make a noise," said the motorist, "and that's the horn." \*

"Congratulations," said the psychiatrist to his patient. "You are cured." "Some cure," replied the patient. "Before coming to you, I thought I was Napoleon. Now I'm just another nobody." \*

On his return from leading an AA meeting Harry's wife asked, "How was your talk this evening?" "Which one?" retorted Harry. "The one I was going to give, the one I did give, or the one I delivered so brilliantly to myself on the way home?"

### SING IN YOUR HEART

You haven't a voice like Caruso? You can't even moan like der Bing? You *sneeze* and you croak and half the time choke, but still feel an impulse to sing? Well, brother or sister, then DO so, whenever you feel that, start! You may not be heard but sing like a bird, by having a song in your heart.

-Treasures





## WILLIAM GRIFFITH WILSON

NOVEMBER 26, 1895

JANUARY 24, 1971

Beloved Co-founder of AA, Bill Wilson, passed away on Sunday, January 24, 1971 in a Miami Beach, Florida, Hospital, from pneumonia and cardiac complications, which followed lingering difficulties of acute emphysema.

Revered by thousands who knew him and thousands of others who did not as the instrument by which they have been released from the shackles of alcohol and given the way of life of a happy sobriety, Bill had observed his 36th anniversary of sobriety last Fall.

All AA members have heard and read his story and how on June 10, 1935, the day Dr. Bob downed his last drink, the program of Alcoholics Anonymous came into being, for they found that in sharing of their experiences they could cope with their mutual problems. Since then thousands of us are recovering from alcoholism through use of this therapy.

A tall, tall man passed our way and though deeply saddened, all of us shall be continually grateful that his path of life crossed our own. The torch is now ours to carry and to carry it high and in full flame is the responsibility of each and everyone of us.

### PRINCIPLES AND PURPOSES

Where there are great and rapid changes it is easy to lose sight of basic values. While it would not be wise to turn back the clock, it is essential to hold firm to certain fundamental truths that come to us from the past if we are to prevent the crumbling away of all that up to now has composed the essence of social, religious, political and economic life.

We need a point of reference, a standard of excellence, or we cannot tell whether a proposed change of course is beneficial.

There are people who would throw aside in contempt a valuable haystack in their search for a paltry needle. They do not perceive the loss involved in depreciating such primal things as patriotism, religion, authority and responsibility.

Man has learned to dominate his universe; now he must learn to control his own actions and thoughts. Dr. Salvado E. Luria, the 1969 Nobel Prize winner in medicine, put it this way: "For the first time in his history, man has learned enough about his environment, with which he is engaged in an unending game, that he may deal his own hand. But he has not learned enough about himself."

Sensible people do not want the innovations they made yesterday to end in themselves. What seemed like fixities then were merely the seeds of what, we have today. Yet there is a common inclination to rest on what has been attained and take things easy. As Milton said in Paradise Lost: "Ease would recant vows made in pain."

Long-run successes cannot be assured by short-term changes. There is a tendency in mankind to see only the immediate effects of policy, or the effects on a special group or situation, and not inquire into their long-run effects.

-from "On Coping with Change" in The Royal Bank of Canada Monthly Letter, Dec. 1970.

### RESPECTABLE "FORGETTERS"

Every time we turn around we're forgetting something! Well, most of us are, if we're at all human, and who can say that alcoholics are not human? There were times when we seemed to be something other than human, but we were not ourselves in those drinking days and sobriety helps to change us from those almost inhuman characters into nice, normal, respectable, sensible people.

Right? Certainly! That's why no matter how long we're sober, we still make mistakes, do stupid things, forget this, forget that! Nice normal, respectable, sensible? We may never fully achieve any of these qualities, but it seems to me that neither do most other people! They all make mistakes!

The main thing is, we are trying, as AA teaches us, to lead better lives, and if we're sincere about it, we'll have, are having, a whole lot of fun in the process.

Remember how you started off full of vim and vigor and high ideals this morning, for example? Today, you are going to do your very best to live by those Twelve Steps and the Four Absolutes. You asked your Higher Power for His help to go through the day, like your conscience told you you should. Of course, nobody bargained on that character in the other car who cut you off on the way to work, and your losing your temper!

How 'bout the opportunity you had in the day's business to cut a couple of corners (no one would ever know), and make a few extra dollars? After all, they'd never miss it anyway, and a big company like that could afford it. No? With the cost of living what it is we little guys have to make it where we can. No?

Remember how you promised to give the church so much money last year and sort of forgot? Well . . . . . Oh yeah, and how about that District Office pledge made last February, and never completed? But then,

(Continued on page two)



Published monthly by the Central Bulletin Foundation, Inc., a non-profit corporation dedicated to service. Address all letters to Central Bulletin, Box 6712, Cleveland, Ohio 44101. Subscription price — \$2.00 per year.

Harry D., pounder and Editor 1892-1968



Vol. 29

March, 1971

No. 6

### MILL ENDS AND REMNANTS

Following is a letter dated February 8, 1971, addressed to all Delegates, ex-Delegates, Trustees, ex-Trustees and World Service Delegates:

Dear Friends:

Dr. Bob, Bernard Smith, and now Bill have left us. We can no longer turn to them for help and support and guidance.

Bill, in his wisdom and concern that AA should always be available to the still suffering alcoholic, turned over the leadership and responsibility for AA to the General Service Conference and the General Service Board, in 1955, at the St. Louis Convention. At the Toronto Convention in 1965, each one of us present took the responsibility for seeing that, when anyone, anywhere, reached out for help, AA would be there. Yet, in these endeavors, Bill and Bern were always at our elbow.

Today, and from now on, the full responsibility is ours. May we, each one of us, take again today that pledge which so many of us took in Toronto, and so many more have taken since then, throughout the world. "When anyone, anywhere, reaches out for help, I want the hand of AA always to be there" — strong, vital, alert, welcoming. "And for that: I am responsible."

Sincerely,  
Signed: Dr. Jack  
John L. Norris, M.D.  
Chairman, General Service Board of  
Alcoholics Anonymous

This letter is shared for the reading and rereading by all of our members so that its impact may be fully impressed upon the hearts and minds of all members of Alcoholics Anonymous.

Individually, and collectively, WE ARE RESPONSIBLE, by George!

### DISTRICT OFFICE CAMPAIGN

As we go to press the Cleveland AA District Office funding campaign is mid-way in its drive which began February 1 and will end on March 1.

Workers are contacting all groups and individual members for contributions and pledges of funds to this most necessary activity so that the budgeted needs of \$29,000 are realized to assure unstinted operation of the District Office. Every group and every member should respond whole heartedly in signifying their support.

While the campaign is conducted during a specific period, contributions are most acceptable throughout the year in case individual members are not contacted during the campaign, or if they wish, as many do, to make gifts on the occasions of their individual AA anniversaries.

Support our District Office in every way, always!

### MINUTES OF CENTRAL COMMITTEE MEETING FEBRUARY 2, 1971

The meeting was opened by Moderator Ray M., with the Serenity Prayer, after which Dick F., Vice Moderator, read the Purposes of Central Committee and the Twelve Traditions of AA. Roll call disclosed there were 35 group representatives present. Treasurer Jean C. reported a balance in the treasury of \$213.06, after which the minutes of the January 4 meeting were read and approved.

#### COMMITTEE REPORTS:

**Action Committee:** Bob W., Chairman, reported the matter of circulars and speakers' schedules discussed at January meeting had been handled with the persons involved. A lengthy discussion followed and the subject resolved.

**Area-wide Meeting:** Lou W., Chairman, reported next area-wide meeting would be held at 8:30 p.m., March 12, in Jordan Hall of Charity Hospital. Speaker will be announced in advance of the meeting.

**Central Bulletin:** George M., Editor. Nothing of moment to report.

#### HOSPITAL COMMITTEE :

**Rosary Hall:** Ray M., Chairman, reported that Sister Victorine had requested that anyone knowing of employment opportunities to contact her, as some of the patients in Rosary Hall need such help.

**Bay View:** Bernie B., Chairman, stated that things are quiet, but added that 1971 had started off well.

**Brecksville:** Harry G., Chairman, reported inquiry of the staff at Brecksville as to why there is not more visitation to AA patients and would like for more members to visit the patient ward. It was also reported that admission hours are 8:00 a.m. to 4:30 p.m., Monday through Friday, and there are no week-end admittances. Admittance is completely voluntary and a veteran may admit himself. A minimum stay recommended is 21 days but this is not compulsory.

**Institution Committee:** Helen D., Chairman. Everything quiet.

**P.I.C.:** Dick P., Chairman, reported 44 speakers had been supplied to non AA meetings and groups in January 1971 by the Cleveland District Office.

There was no old business and new business comprised a discussion by Shirley S., Delegate, Northeast Ohio General Service Committee, with respect to an area-wide memorial meeting to be held on Sunday, February 14, commemorating Bill W., who passed away on January 24, 1971. It was concluded Northeast Ohio General Service Committee and Central Committee would collaborate in this undertaking.

Following further discussion it was decided that a representative of N.E.O.G.S.C. would attend future Central Committee meetings, and on motion duly passed it was agreed that Central Committee would appoint representative to attend the Third Legacy meetings of the General Service group. Ray M. will represent Central Committee.

There being no further business the meeting was adjourned with the Lord's Prayer.

Joedy M., Secretary

### RESPECTABLE "FORGETTERS"

(Continued from page one)

of course, that was last year! Too late to do anything about it now!

Yep, we're just "forgetters"! Isn't it easy to forget how sick we were when we asked for help and sobered up? And, of course, we sort of forgot about the new man who is in that same boat and could use a visit or two from us, now that we are such nice, normal, respectable and sensible, sober AAs!

In case you've forgotten, one of our finest members used to say: "Show me a Grateful AA, and I'll show you a sober AA!" It goes along nicely with what, we've been saying doesn't it — when you stop and think that grateful AAs don't forget so easily!

PRAYER OF THE MONTH

0 Lord, we ask You to receive the prayers of Your people and grant that they may have the power to do the things they ought to do. Amen.

THOUGHT FOR ANY SEASON

If there is righteousness in the heart there will be beauty in the character. If there is beauty in the character, there will be harmony in the home. If there is harmony in the home, there will be order in the nation. When there is order in the nation, there will be peace in the world.

-Contributed

MIND THE COMPUTER

Alcoholism is a disease that affects the part of you that you can see and touch, your flesh and blood; another part of you that you cannot see, your mind; and your spirit, that also you cannot see but that supplies the data for your mind's decisions. That is, your spiritual thinking is processed into your computer mind, and from this your mind issues its directions to your physical body, which in turn carries them out. The mind, like a good computer, will work satisfactorily when supplied with reliable data. But much of a drinking alcoholic's data may come not from his experience but from his Will. He can process into his mind his experience of trouble sparked off in the Past by restarting to drink, the necessity perhaps for at least an immediate limited period of sobriety for business, financial, health or family happiness reasons. But all these can be outweighed by his Will's one contribution . . . that he MUST have a drink.

Recovery through AA follows the same procedure as the damage, but in reverse. The physical damage is treated first, then the mental; so that the spirit, the essential source of living, may have the chance of recovering in a healthy surrounding.

In AA, the treatment of the physical and mental damage, is left to the expertise of the doctors. Treatment of the spiritual harm is mainly the personal care of the alcoholic himself. The Steps, set down out of experience of success, are the AA code for training the spirit to a discipline that can eliminate, the egotistical power of the will and put in its place a well-balanced manner of thought.

Our spiritual programme is purely what it says it is . . . a spiritual, not a religious programme. It can be practiced profitably by the atheist, Christian, Mohammedan, Jew or member of any other Faith or Sect alike. It is a guide to living, not praying; not a guide to becoming a good Christian, atheist, etc., just a guide to becoming a contented non-drinking alcoholic. It deals with the most dangerous part of the disease. For if the computer mind is fed with false ideas, the body will receive the wrong decisions and will react again to its disadvantage. It is vital for us to get our thinking rightly adjusted before any sort of continuing recovery can start up in us.

-from The Road Back, Dublin, Ireland

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.

EDWARD HCMOVEC, an eight year plus member, passed away on December 26, 1970. He was an active and founding member of both the Eaton and Wednesday Men's Discussion Groups.

WILLIAM G. WILSON, Co-Founder of Alcoholics Anonymous, passed away on January 24, 1971 in Miami, Florida.

DATES TO REMEMBER

- March 2-Central Committee Meeting, 8:30 p.m., Room 362 Hanna Building.
12--Areawide Meeting, 8:30 p.m., Jordan Hall, Charity Hospital, East 22nd Street and Central Ave. Speaker: To be announced.
May 8--20th Annual Intergroup Dinner, 7:00 p.m., Hotel Statler Hilton, Cleveland, Ohio.

SMILES

The Ability to speak several languages is valuable, but the ability to keep your mouth shut in one language is priceless!

Parson Jones phoned the local Board of Health to have a dead mule removed from his lawn. The young clerk, who took the phone call, thought he would be smart, and said, "I thought you ministers took care of the dead." "We do," answered the parson, "But first we get in touch with the relatives."

Joe: Was Harry shocked when his mother-in-law died?
Moe: Shocked, man? He was electrocuted.

A husband is broken in when he can understand every word his wife isn't saying.

The one person who is trying hardest to "keep up with the Joneses" is the bill collector.

HOSPITALS AND INSTITUTIONS

Table listing hospitals and institutions with their addresses and operating hours. Includes entries for Trusty Hall, Hopeful-State Hosp., Brecksville V.A. Hospital, Hawthorneden Hospital, Proven Way-Grafton Honor Farm, Cleveland Psychiatric Hosp., Fairhill Psychiatric Hosp., Veterans Hosp.-E., and Warrensville-Women's House of Correction.

ALANON GROUP MEETINGS

Table listing Alanon group meetings with their addresses and times. Includes entries for Garden Valley, Brookpark-Parma, Elyria, Lakewood, Now There's Hope, Stag Group, Vermillion, Euclid, Lorain Avenue, Olmsted Falls, Suburban West, Bedford, Brecksville, Chagrin Valley, Fairport Harbor, Ignatia-Grace, North Dlmsted, Nu-You-Highland, Trinity, Cleveland Hts., Lorain County, North Canton, West Side, and East Cleveland.

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

I MUST TRY — SOMEHOW

Editor's Note: Some years ago the following article was published in this space. Subsequently it was widely reprinted by newspapers and magazines. Late-ly persistent requests have been made that The Press republish it in its entirety. Thus it is in response to these requests that it appears herewith.

"There, but for the grace of God, go I." Singularly true. Inspiringly rich. That sentence. One which forever goes through my mind. Walking down a street, seeing a blind man. Or some one of God's other children with warped bodies or ill-used minds. Or staggering like a broken reed in the storm set up by alcoholic confusion.

Why should I feel especially smug or comfortable in the presence of another's tragedy? Why should I not, indeed, try somehow to do something about it?

Granted that I, for example, am and always have been and perhaps always will be a teetotaler. Liquor and my strange biology don't mix. I don't get drunk. I get sick, deathly sick.

'Chronic alcoholism is just as much an illness, as desperate an illness, as any of the others for which hospitals, doctors, nurses and specialists have been established in this country.

The man or woman you see staggering, unkempt, undependable, completely lost, unrepresentable, absolutely down and out — that man or woman is as good as you or I, impelled by as fine ideals, ambitions and hopes as you or I; as keenly concerned about family and friends and place in society as you or I.

The difference is . . . sickness, genuine illness . . . just as certainly a biological weakness and spiritual deficiency, as any other person afflicted and devitalized of body and spirit, by any other illness.

Sure it takes patience. Sure it takes stern measures. Sure it even takes, sometimes, stark blunt reality in dealing with a person thus afflicted by this devastating illness. Sometimes it works. Sometimes it doesn't. Sometimes — most of the time the cure is locked up in the person's own heart, in his contact with his God; in his reliance upon some Power bigger, vaster, stronger than himself.

I have seen men go all the way down. Not part way. All the way. My heart went out with them. At last, smothered, beaten, frustrated, weak, they reached out voluntarily for the hand of God and always His hand clasped theirs and lifted them back to good health — a good health in all respects, physical, spiritual, psychological, moral.

In my years as an editor I have had some of those who are closest of all to me, my best and dearest friends, my most inspiring and ablest associates, fall ill of chronic alcoholism. Nothing can tear out a man's heart worse than to see that happen. Nothing, by the same token, can elevate, inspire and make one feel happier than to see those same men, with the help of God, restore themselves and be restored, to complete good health, and all it means . . . and come back all the way.

And when they do come back, they are better men and women than the rest of us; a statement I make advisedly. They are stronger.

Their belief in the eternal truths of human existence and divine guidance is stronger and more deeply-rooted. Their impulses, their sympathies, their strengths, are all better and their inner resources ampler than ever before.

They are better friends. They are better business associates. They are better citizens. They are better parents and husbands and wives and sons and daughters.

They have been through a terrible illness and by strength and deep belief they have made themselves well and strong.

Thus I say to those who may be struggling with friends or associates afflicted by this illness which strikes men and women down as far as they can go . . . stay with them, somehow: Be with them, somehow. Handle them in your own way; but above all else stay with them.

They need you — more than any other sick person needs the help of a stronger person. Be prepared for

(Continued in next column)

anything. But in being prepared, help with anything.

The time will come inevitably when the hand of the sick and weak and utterly exhausted and defeated man or woman will come, voluntarily, feebly at first, and then by increasing degrees of strength and will, seeking for God, and for you. God will be there. And so, too, should you!

-L. B. S.

PROBLEMS OTHER THAN ALCOHOL — WHAT CAN BE DONE ABOUT THEM?

By BILL

(Editor's note: this article is a composite of quotes from an article by Bill W. which ran in the February, 1958, issue of The Grapevine.)

In AA we have members who have made great recoveries from both the bottle and the needle. Many AAs, especially those who have suffered these-particular addictions, are now asking, "What can we do about drugs — within our Fellowship, and without?" Can a non-alcoholic pill or drug addict become an AA member?

Now there are certain things that AA cannot do for anybody, regardless of what our several desires or sympathies may be.

Our first duty, as a society, is to insure our own survival. Therefore we have to avoid distractions and multi-purpose activity. An AA group, as such, cannot take on all the personal problems of its members, let alone the problems of the whole world.

Sobriety — freedom from alcohol — through the teaching and practice of the Twelve Steps, is the sole purpose of an AA group. Groups have repeatedly tried other activities and they have always failed. It has also been learned that there is no possible way to make non-alcoholics into AA members. We have to confine our membership to alcoholics and we have to confine our AA groups to a single purpose. If we don't stick to these principles, we shall almost surely collapse. And if we collapse, we cannot help anyone.

Certainly there is every good reason for interested AAs to join with other groups, working on the narcotics problem, provided the Traditions of anonymity and of no endorsements are respected.

In AA, the group has strict limitations, but the individual has scarcely any. Remembering to observe the Traditions of anonymity and nonendorsement, he can carry AA's message into every troubled area of this very troubled world.

-Thanks to Good News, S.F.

ALONG THE WAY

Life is like a road — a road that is always going around corners. When we are quite young, we expect to find something new and delightful around every turn. But the road gets harder as we get further along, and often there are rocks in the path, and unpleasant surprises meet us when we turn corners. And it isn't always easy to be calm and kind and honest. Lines and wrinkles come, but if the lines come from thoughtfulness and the wrinkles come from laughing at ourselves, then there is no need of trying to hide them with paint and powder.

ARE YOU PLANNING TO MOVE?

If so, clip this coupon and mail to Box 6712, Cleveland, Ohio 44101, immediately. It is urgently needed before the next issue of the Central Bulletin.

Name .....

New Address .....

City..... State ..... Zip Code .....

It will help you and it will help us.



PUBLISHED BY

CENTRAL BULLETIN FOUNDATION, INC.  
BOX 67 12, CLEVELAND, OHIO 44 10 1

VOL. XXIX-No. 7

## BOOMERANG

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

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

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

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

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

At a Consolidated Meeting a number of years back the speaker, Ernie G., emphasized this very point. He was told at the hospital that there was a question in the minds of all his visitors that he would make the program. In the first place he hadn't drunk enough to qualify, he hadn't lost enough material things and besides that he was too young and too quiet.

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

By golly, he showed these doubting Thomases! He moved to a neighboring city and started a group and many years of sobriety ensued! He showed them! He used the Twelve Steps as his guide and the Four Absolutes as his goal and serenity and good will has been his reward.

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

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

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

### DEFINITION

Efficiency: The right man in the right place at the right time doing the right thing the right way.

## "NO PLACE LIKE HOME"

There are times when producing this column seems to call for a bit of humor or even flippancy in our attempt to bring a smile or a thought or two to some whose faces were not always smiling, or whose minds were not attuned to the humorous side of alcoholism.

This time is not one of them. Rather, this will be more to the serious side, and a look at how it may all have come into being, and how it continues to be after AA has successfully dealt with countless thousands and, we might add, quite obviously, is very much alive.

Alcoholics Anonymous has now lost the first of the two men who were selected for the task of starting the fellowship and who along with the beloved members here in the Cleveland-Akron area so beautifully and lovingly labored many years on behalf of AA, serving as a direct link between AA and our Higher Power.

Considering all of this it **might**, therefore, seem possible that this Higher Power, or our Heavenly Father, as many choose to call Him, now believes the fellowship strong and capable in its responsibilities, and that it can and will flourish as the ever-present answer to the still suffering alcoholic, who, but an hour before AA, has no answers.

This is heard many times in many AA meetings: "We had nowhere else to go, but to AA." Perhaps we take it for granted, after a **time**, but the fact remains — we had nowhere else to go!

We can pause here a moment, and begin to take stock of ourselves, our lives, our direction. The light begins to dawn. None of us, alcoholic or no, believer or non-believer, great or small, rich or poor have anywhere else to go, save back to He who in

His infinite wisdom **placed** us here. We have only to ask ourselves four simple questions:

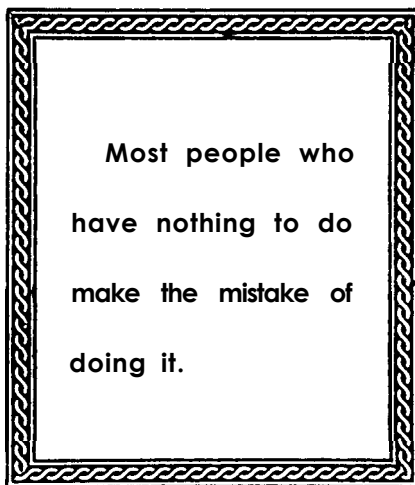
"Whence came I?" "What am I doing here?" "Who am I?" "Where am I **going**?"

Simple questions? Certainly! But who can answer them completely, and be sure he is correct? It may be that we can answer them reasonably well, and that the answers we arrive at may seem correct and right **as** far as conscience goes. If so, it would follow that we are on the right track, but to be certain? It is unlikely.

When we, as sober alcoholics, in constant search for improvement, realistically, honestly take a searching inventory from time to time, we must eventually come to grips with two things: 1. We are infinitesimal specks in the scheme of things evolved by the Infinite Mind, our Higher Power. 2. Yet, at the same instant, each soul, each mortal fits into that same scheme, that same **universal** plan, and **must** be important to the scheme, else he would not be existent.

All things are useful, and so must be man. To find this usefulness must be our **aim**. We need realize that while it is probably not necessary or feasible to lead each soul "by the hand," as a little child, through his entire existence, that **same** mortal must at some time, young or old, sober or drunk, **come** to realize he cannot, and will not, make it unless he returns to the place of beginning for guidance and assistance. Be he great or small, rich or poor, alcoholic or not, whatever he may

(Continued on page four)





Published monthly by the Central Bulletin Foundation, Inc., a non-profit corporation dedicated to service. Address all letters to Central Bulletin; Box 6712, Cleveland, Ohio 44101. Subscription price — \$2.00 per year.

Harry D., founder and Editor 1892-1968



Vol. 29

April, 1971

No. 7

## MILL ENDS AND REMNANTS

Elsewhere in this issue of Central Bulletin we report on the theme of the 21st General Service Conference of Alcoholics Anonymous to be held in New York on April 19-24, and if your editor may be allowed the prerogative of personal observation, as an ex-delegate he urges, in fact pleads, that you express your thoughts and opinions on any one or all of the six areas of interest enumerated.

A delegate needs and deserves all the help and guidance to be garnered if he is to serve you well and express the group conscience at the General Service Conference. We are talking a lot about responsibility, so let's perform responsibly. Record your thinking, but do so promptly.

Time and space limitations preclude no more than a mere cursory consideration of the six areas of interest and not all of them; but of this you may be certain the writer will discuss each of them with our Delegate prior to the mid-April meetings.

Having just returned from home group meeting lead by an under thirty home group member we can positively state that young people contribute a great deal to the sobriety of the older member. Individual of whom we speak has added quality to the group and a sustaining influence upon other members regardless of years, whether in age or in sobriety. Universally, we believe, the older member is grateful that the young people have been spared the suffering and trouble inherent to prolonged abuse over many years, which most older members experienced when the average age of admission was higher than it now appears to be.

Is there a generation gap in AA? In this writer's opinion the answer is negative, unless, of course, each group — young and old, will it to be so. Honestly, however, why should or could there be in face of each of us living to the best of our ability within the framework of the Twelve Steps and guided by the conduct suggested in the Twelve Traditions. Does responsibility or propriety have age limits — low or high? We think not!

As to the responsibility of sponsorship and the question whether sponsorship is declining, it has been our observation that the question might well be answered affirmatively, if we are to accept reports of inferior direction to this life saving responsibility. On the other hand, it has been observed that apparently younger people have been doing a better sponsorship job. Responsible and effective sponsorship is a legacy that is passed on as a quality inheritance, and if the quality is poor the inheritance is dissipated for future generations to enjoy. Therein lies the responsibility.

Point of interest number four is most worthy of deliberate thought and action, and just what attention are we giving, collectively and as individuals to the plight of AA in the inner city of our metropolitan areas? The need to carry the message of hope is perhaps much greater in the inner city than elsewhere, for the obstacles for attaining happy sobriety are more numerous and seemingly more insurmountable, notwithstanding which many AAs have overcome them, because AA was there. An AA friend once related the struggle he had to even get off skid row, let alone the struggle of admission and surrender, but AA was there, and he enjoyed a number of

(Continued in next column)

years of AA sobriety before his untimely death. Others of our acquaintance never made it all the way, but AA was there to give them surcease when they wanted to try.

In a letter to Central Bulletin in August 1955, Bill W., wrote in part: "Nor shall we at New York, or any of us in AA elsewhere, ever forget that in Cleveland the demonstration was first made that we could grow to great size quickly AND THAT THE KEY TO ALL THIS WAS ADEQUATE PERSONAL SPONSORSHIP."

"Adequate personal sponsorship" — a responsibility, by George!

## MINUTES OF CENTRAL COMMITTEE MEETING MARCH 2, 1971

The meeting was opened by Moderator Ray M., with the Serenity Prayer, after which Dick F., Vice Moderator, read the Purposes of Central Committee and the Twelve Traditions of AA. Thirty-nine group representatives answered the roll call. Following reading of minutes of February meeting, which were approved, Treasurer Jean C., reported balance in treasury of \$183.06.

### COMMITTEE REPORTS:

**Action Committee:** Bob W., Chairman. Again the subject of circulars of speaker's schedules was discussed at great length and finally resolved that the proper persons will handle with the Operating Committee of the District Office.

**Areawide Meeting:** Lou W., Chairman, reported on the upcoming March 12 meeting in Jordan Hall of Charity Hospital, at Bob T., Garrettsville, Ohio, would speak.

**Central Bulletin:** George M., Editor. Things quiet and going smoothly.

### Hospital committee:

**Rosary Hall:** Ray M., Chairman, reported that Sister **Victorine** has again complained of poor sponsorship practices at Rosary Hall, stressing that a man is to take out a man on his discharge and a woman member is to take out a woman patient on her discharge. This is not being adhered to.

**Bay View:** Bernie B., Chairman, reported member visitation has been of quantity and quality.

**Brecksvills:** Harry G., Chairman, reported getting very good results also.

**Institution Committee:** Helen D., Chairman, reported more outside attendance needed at VA group. Also, Warrensville Women's Group is in need of literature.

**P.I.C.:** Dick P., Chairman, advised that 73 speakers had been supplied to non AA meetings and groups during January and February 1971.

**Old Business:** Dick P., reported that the Memorial Services for Bill W., on February 14 turned out very well in every respect and expressed appreciation to everyone who had cooperated in the endeavor.

**New Business:** Shirley S., Delegate, Northeast Ohio General Service Committee, discussed six areas of interest that will be considered at General Service Conference in New York in April. (Ed. note: The six points are presented elsewhere in this issue. See: General Service Conference).

Maggie I., Secretary NEOGSC, stressed importance of more group representatives participating in the quarterly Third Legacy meetings in Brecksville.

There being no further business meeting adjourned with the Lord's Prayer.

Joedy M., Secretary

## ANNUAL INTERGROUP DINNER

Jeanette S., from New York, N.Y., will be the speaker for the 20th Annual Cleveland Intergroup Dinner-Dance, to be held Saturday, May 8, 7:00 p.m., in the Grand Ballroom of Hotel Statler Hilton.

With respect to the Intergroup Dinner, it has been announced that all holders of dinner tickets on consignment must return unsold tickets to the District Office no later than Saturday, April 17. If tickets are not returned on the stated date the holders will be expected to make reimbursement.

**PRAYER OF THE MONTH**

O Lord, increase our faith. When misfortune comes, when the day brings disappointments, when friends fail us, when we come upon sickness or tragedy, help us to hold on to faith. Help us to remain steadfast in Your will, faithful in Your truth and devoted to Your love. In the hour of temptation, when life seems cruel and unjust to us, when our burdens become heavier and heavier, hear our prayer when we cry out of the depths: "Lord, help me." Amen.

**ACKNOWLEDGMENT**

Following is a letter for all AA members in the Cleveland area acknowledging the gift which was transmitted after the memorial service held for Bill W., on February 14:

Dear Friends :

We would like to be able to write personal letters of acknowledgment to all those who have written such beautiful letters about Bill and who have sent money for the Memorial Fund but there have just been too many. So we are taking this way of letting you know how much the letters have meant to us at G.S.O. and how much they will mean to Lois who will see them all.

Your contribution will be held by the General Service Board in the Memorial Fund as requested by Bill. They will not be credited in the World Directory to individuals or groups. You can be sure these contributions will be used for a worthwhile AA purpose and you will be advised of the exact use as soon as this decision is made by the Trustees.

All the letters seem to have a universal theme. It is that AA's should now rededicate ourselves to our beloved Fellowship, and carry on the responsibility that Bill and Dr. Bob have left with us. Let us all work together to carry out the legacy of service which is ours.

Your G.S.O. Staff

One of our Cleveland area members observes: "The most important part of the letter for me is the last paragraph. This is a challenge to all of us to rededicate ourselves to our responsibility to answer the call when others reach out for help. In this way, the memory of Bill and Dr. Bob will live on . . ." May it ever be so!

**SPEAKERS NEEDED**

It has been called to our attention that qualified AA members are needed for talks to non-AA groups; such as junior and senior high schools and colleges, and also before adult groups in schools, churches, as well as lodge groups and the various service clubs.

There has been a growing interest and demand for speakers before the groups enumerated and there does not seem to be enough members available to accept the commitments.

Members who are qualified and can accept these speaking engagements should advise the Cleveland District Office of their willingness to serve in this important Public Information endeavor.

**DISTRICT OFFICE FUNDING**

Tabulation of receipts and pledges during the February campaign on behalf of the Cleveland District AA Office discloses that the needed \$29,000 will become fact when all pledges have been paid. It goes without saying, of course, that those members who were missed during the campaign can send their gifts direct to the office at 205 Frederick Building, Cleveland, Ohio 44114.

Successful efforts such as this can only be accomplished by thorough planning and execution and the complete and devoted cooperation of all worker-members. Appreciation is expressed to everyone participating to the workers for their performance and to the donors for their response.

**DATES TO REMEMBER**

- April 6—Central Committee, 8: 30 p.m., Room 362, Hanna Building.
- 11-Easter
- 15-23rd Anniversary, Allendale Group, 8:30 p.m., St. Paul's Episcopal Church, 15837 Euclid Avenue. Speaker: Jesse A. Akron, Ohio.
- 17—7th Annual Buffet and Dance, Night and Day, Groups, 8 : 30 p.m., Masonic Auditorium, 3615 Euclid Avenue.
- 18—15th Anniversary, Y.O.U.R. Group, 7:15 p.m., St. John Lutheran School, East 176th and Nottingham Road, Cleveland. Speaker: Sam T., Akron, Ohio.
- 29-1st Anniversary, Brecksville Wednesday Group, 8:00 p.m., Recreation Hall, Building 24, Brecksville VA Hospital. Speaker: Jim D., Independence Group.
- May 2-8th Anniversary, Grateful Group, 2:00 p.m., St. Paul's Episcopal Church, 158 37 Euclid Avenue. Speaker: Father W., Mentor Sunday.
- 8—20th Annual Intergroup Dinner Dance, 7:00 p.m., Hotel Statler Hilton, Cleveland, Ohio. Speaker: Jeanette S., New York, N.Y.



No one is so rich that he does not need another's help: no one so poor as not to be useful in some way to his fellow man; and the disposition to ask assistance from others with confidence and to grant it with kindness is part of our very nature.

— Pope Leo XIII

**HOSPITALS AND INSTITUTIONS**

<b>SUNDAY</b>	
TRUSTY HALL-1000 ft. east of House of Correction	10:00 a.m. and 5:00 p.m.
<b>MONDAY</b>	
HOPEFUL-State Hosp., 4455 Turney Rd., New Chapel Bldg. # 1	8:00
<b>TUESDAY</b>	
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
<b>WEDNESDAY</b>	
CLEVELAND PSYCHIATRIC HOSP.-1708 Alken at Scranton	8:30
FAIRHILL PSYCHIATRIC HOSP.-1220 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
<b>THURSDAY</b>	
TRUSTY HALL—1000 ft. east of House of Correction	8:00
<b>FRIDAY</b>	
MAIN GROUP—House of Correction, 4041 Northfield Rd.	8:00

**ALANON GROUP MEETINGS**

<b>SUNDAY</b>	
GARDEN VALLEY-7100 Kinsman Rd. (2nd & 4th Sun.)	4:00
<b>MONDAY</b>	
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
<b>TUESDAY</b>	
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
<b>WEDNESDAY</b>	
BEDFORD—Christian Church, 98 Warrensville Ctr. Rd.	10:30 a.m.
BRECKSVILLE V.A. HOSPITAL-Bldg. 2	8:00
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 (lower floor) 3525 W. 25th St.	8:30
<b>THURSDAY</b>	
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
<b>FRIDAY</b>	
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**

## GENERAL SERVICE CONFERENCE

During the week April 19-24, inclusive, the 21st General Service Conference of Alcoholics Anonymous will be held in New York.

The theme of this Annual Meeting is "Communication": Key To AA Growth. The six points of interest to be voiced are:

1. What can young people contribute to older members?
2. Is there a generation gap in AA?
3. Responsibility of Sponsorship — is sponsorship declining?
4. What can be done in areas that are becoming slums when groups are moving out and not being replaced?
5. Closed and open meetings
6. Should G.S.O. and AA Service Offices accept contributions from "Clubs" formed by AA's for AA's?

(a) Should AA Groups contribute to Clubs?

Each AA member and every group of AA members should have some thoughts on all or any one of these six points, as well as the above theme, and such comments, suggestions and expressions should be sent to Shirley S., Delegate, Northeast Ohio General Service Committee, 1868 Redbird Road, North Madison, Ohio 44057.

## HONESTY

Honesty requires the determination to follow principles rather than expediences, ideals rather than conveniences which are in conflict with right principles and high ideals are but the solace of the blind or the dishonest.

A right principle is timeless. An expediency, on the other hand, is an act in which a timeless principle is violated. An act of expediency is, therefore, wrong; there is no such thing as a short-term good deriving from a long-range evil. An act which bears an ill effect in the future, no matter how distant, is an evil act when it is committed.

Our blindness to the losses may give the appearance of net gain from an evil act, but it is only a false appearance. The failure properly to weigh the time dimension in our calculations, signifies the inability to think correctly.

-Contributed

## TEAR DOWN THAT WALL

At the height of his success, Frederick the Great built himself a palace which he called Sans Souci "without a care." The king had planned to retire, time and again, to this place to escape the affairs of the state. But he soon discovered that he could not "wall out the worries and troubles of life."

All mankind is seeking a Sans Souci, especially we in AA. The escape I had thru the bottle was short lived — and all too soon I had to face reality. I had to find the answer to my problem somehow — but where do you go and how do you start to come from behind the "walls" of alcoholism.

After much searching for a way out, I went to AA as a last resort. It has become the cornerstone to a palace built upon Love, Charity, and Unselfishness; with this as my guide through life, I have become a more tolerant and acceptable person to myself, and more charitable to others. Life again has a meaning to it.

There are many great monuments built throughout the world for many great achievements, but the greatest of all, for me, was when AA said "tear down that wall" and as the song writer has expressed — "Open up your hearts and let the sun shine in." Many thanks to the AA Fellowship.

-Howard K. in Toledo Area News

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

## DISTRICT OFFICE ELECTS

While we go to press prior to the March 25 meeting of the Advisory Committee to the Cleveland District Office, we report as information names of nominees for election to the Operating Committee of the District Office.

Jim S., Secretary, Friendship Monday Group  
John F., Treasurer, West Shore Wednesday Group  
Virginia H., Rocky River Tuesday Group

Nominees elected will serve terms of three years and will fill vacancies created by three members of the Operating Committee whose terms of office expire in March.

## THE HOMEMAKER

Isn't it strange that princes and kings — And clowns that caper in sawdust rings, — And common folk like you and me — Are builders for Eternity? — To each is given a bag of tools, — A shapeless mass and a book of rules, — And each must fashion ere life is flown — A stumbling block or a stepping stone.

## IMPORTANT WORDS

6 important words: "I ADMIT I MADE A MISTAKE."

5 important words: "I AM PROUD OF YOU."

4 important words: "WHAT DO YOU THINK?"

3 important words: "I LOVE YOU."

2 important words: "THANK YOU."

1 important word: "We. . . and a word of small importance "I."

-from Chit-Chat, Robesonia, Pa.

## GOING UP!

"Everything is going up!" Well, the rain's still coming down there's no tax on sunshine, or the red and gold and brown of autumn leaves, or on the snow that makes a mountain crown.

"Everything is going up!" But bird songs cost no more; no twenty per cent luxury on the jasmine round the door, and moonlight in my garden's inexpensive as before.

"Everything is going up!" But the price of joy's the same; it costs no more to work or sing, or fan the ancient flame of love; and to a comrade's smile we still may stake our claim.

"Everything is going up!" Come, come, what's that you say? The things that really matter cost just the same today. The broad blue sea, the mountain tops, the trees, the rain, the sky; they're tax exempt forever — Oh lucky you and I.

-Contributed

## SMILES

Judge: "Officer, what makes you think this man was drunk?" Officer: "Well, Judge, I didn't bother him when he staggered down the street or when he fell flat on his face, but when he put a nickle in the mail box and said, 'Good Heavens, I've lost 14 pounds!', I brought him in."

A new barber nicked a customer badly in giving him a shave. Hoping to restore the man's feeling of well-being, he asked solicitously, "Do you want your head wrapped in a hot towel?" "No thanks," said the customer, "I'll carry it home under my arm."

## "NO PLACE LIKE HOME"

(Continued from page one)

be. he must bend to the will of the Infinite Mind, the Creator.

We insignificant men in our shallow little minds have no full conception of the magnitude of His creation. We see, we hope, "as through a glass darkly," and yet He has made His path so simple for us to follow — He says: "Knock, and it shall be opened unto you."

But, knock we must, and here in AA, in the only safe place left for the alcoholic, we find we don't even have to knock. We can just walk in, and we're home!





PUBLISHED BY

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

VOL. XXIX-No. 8

## ESCAPE FROM FANTASIA

Who among us does not occasionally remember the weird world of fantasy we inhabited when we had taken leave of rationality through alcohol?

At times it was an attractive world. It often hypnotized us. We lived only to run away to it as quickly as possible. In a state of semi-sobriety we would go through the routine of daily life, doing our job perfunctorily, just to get by, the sooner to escape to that realm of the **imagination**.

Over the years this retreat from reality became a habit. The world we had made possessed irresistible color. Within it there were possibilities unlimited. Its inhabitants were all agreeable. It had no particular place or time. Once over its borders we were uninhibited in our movements. We seemed to have no body. It was pleasant and its atmosphere washed away the ugly facts of mundane existence.

The only cost of passage to this Valhalla was the price of a few drinks. The illusion was enticing until one of two things happened. We sank so deeply into the area of fantasy that it became nightmarish and horrifying. Or we came out of it to the cold gray dawn of sobriety.

We can thank the Higher Power that we are refugees from that Never Never land. Most refugees are beaten and pitiable individuals. But refugees from that fevered land of alcohol are among the fortunate few of this earth.

Thanks are due because we have escaped from a tyranny worse than any political dictatorship. Thanks are also in order because, taking stock of ourselves and surveying that actual world from which we tried so long to run away, we find it not as frightening as we suspected. It is really pleasant, just as pleasant as we make it according to how we treat our fellow men.

We soon discover that there is no comparison between the sights and colors of the alcoholic realm and the world in the spring. That old static, synthetic land that never existed becomes pale, tawdry and repulsive when we conjure up its memory.

The real world, with all its problems and woes, its ups and downs, is far more enticing, far more stimulating to the imagination. It challenges us as the old shoddy world never could. We gain a sense of being, a glad-to-be-alive feeling. The spiritual sense that is inherent in every being is picked up and enlarged as we contrast the world that God has made with the horrible land of fantasia we built in a disordered brain.

At this time of the year, with the wonders of the real world unfolding about us, it is well to contemplate in our own thinking the greatest event that has occurred to us. As the physical world is coming to life we should recall the manner in which we came to life. Had it not been for that Power which manages the seasons and keeps the world on its course, had it not been for the Source of all life, we still would be haunting the ensnaring corridors of the lower depths — if we still were allowed to draw breath.

(Continued on page four)

## TAKE TIME TO STAY SOBER

It seems as though just about everything in this world nowadays is done in a big hurry. If it isn't somebody's "working on it" to speed it up, **someway!** Most of us are going so fast we don't have time to see where we've been, or where we are going, and we're so busy worrying about "getting there" we can't really see where we are now. In short, we don't have time!

Ever notice when you're in a big hurry on the road, and you very expertly weave in and out, cut a corner here and there, "skin" through a changing light or two, and then suddenly find yourself smack up against a freight train at a crossing or some other obstacle? And what happens? There you sit and in about 60 second here **come** all of the "sensible" people you passed to get where you are, and where are you?

It certainly appears that Aesop's old tale about the rabbit and the turtle was never more true or applicable than today.

There's one thing we do have to take time for, nevertheless, and that's sobriety. This is, of course, if we **really** want to be sober. It may not seem so at first, but staying sober is a little, in fact very **much** like breathing or living. You just cannot hurry it. Trying to hurry one's sobriety is like trying to live too fast, and it usually leads to trouble.

We all know the stories about the newcomer to AA who "has it all wrapped up" in a week or two and is already voicing opinions on this and that and how to change one thing or another. He is usually amazed at the simplicity of The Twelve Steps and the Big Book and everything else. The trouble it seems, he usually has done in ten days or

a month what other AAs have been working on for 10-15-26 years. The program is so simple for this, "fire ball" to understand that he never does slow down enough to see that "staying sober" is a long, slow process and will last just as long as he breathes. When his breathing stops that's when he can stop "staying sober." It cannot be "had" in a month or a year or five years and plus.

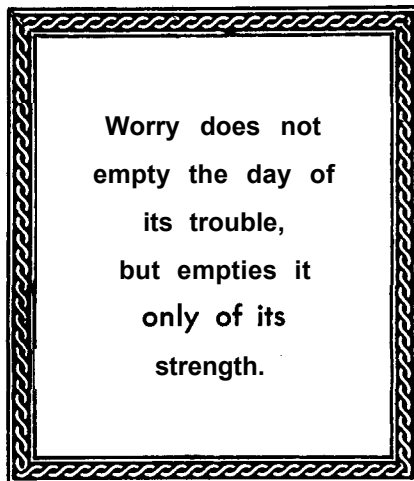
It probably might be of some value to us if we could breathe for tomorrow, or "live" for tomorrow, and then "rest" for that day. But it doesn't work that way, does it? And if it did, you can bet we'd ruin it anyway. No, it's just not in the scheme of things for us to get all our "staying sober" done today so we can rest on our laurels tomorrow.

We can retire from business or our occupation and go to warmer climes, etc., but we cannot retire from staying sober. It is simply a lifetime proposition. It always has been, it always will be, so why should we be in such an "all-fired" hurry to "get it" all in one day or one month?

Being patient is hard for us "alkies," but steady attendance at meetings and doing what AA teaches us will bring home to us the meaning of "Take it easy!" and "First things first."

We were all like the driver who's in such a hurry and then gets stopped by the train. Those were the drinking

(Continued on page four)





Published monthly by the **Central Bulletin Foundation, Inc.**, a non-profit corporation dedicated to service. Address all letters to **Central Bulletin, Box 6712, Cleveland, Ohio 44101**. Subscription price — **\$2.00 per year**.

**Harry D., founder and Editor 1892-1 968**



Vol. 29

May, 1971

No. 8

## MILL ENDS AND REMNANTS

Recently we read an **essay** on "The Game of Give and Take," which most of us learn, sooner or later, that ours is a world of give and take. As the author said, the phrase was not intended in the sense that it is usually employed, but that all of us must, if we wish to be really contented and happy — give a great deal and at the same time take a great deal. However, the difference is in the taking, for we discover, and slowly, that we have to take any number of things we neither want nor like.

This could well be another way of saying it is more blessed to give than to receive. Generally, when we give something we do so because we wish to. We may feel or at least hope what we give will be useful to and perhaps bring happiness to the recipient. All of us have **experienced** that — both ways. Nevertheless, this being the kind of world it is and the people in it being what they are — frequently we are handed something that we do not like in no ways. All too often, that is the beginning of trouble. This is the sort of thing that **occurs** between individuals, between groups and even between nations, and its fruits are always evil. It is the sire of dislikes, suspicions, hatreds and wars.

"Ever since the long ago day when man first began to realize there are immutable laws of justice, honor, truth, morality and brotherhood, he has been trying various systems, methods and devices to get his conduct into line with those principles." The imbued of even some barbaric races reveal some concept of them, and the evolution of law is based upon them, and social codes of all people recognize them. Yet, our progress has been so very slow, individuals still quarrel; sometimes greed and avarice get the better of us; sometimes we cheat or steal; have been known to make evil laws.

In large part this has been due to the fact that more often than not we are confused over the matter of getting and giving. Our fellowship has taught us that giving and sharing is a great thing in our lives. It teaches us that we need learn to take reverses and disappointments calmly as a part of living. Disappointments are bound to come to those who devote their energies to getting, thus sidestepping the rich returns laid up for the giver. Regret comes from certain realization that they have missed the greatest joy in life, that of helping to make someone else happy.

In doing good we discover that what we have to take is not so bitter, and the way to remove the sting from adversity or disappointment is to find someone worse off than we and then help him.

Then we play the game, by *George!*

## DISTRICT OFFICE NEWS

At the March 25 meeting of the Advisory Group to the Cleveland District Office the following were elected to three year terms on the Operating Committee of the District Office:

Teresa C. of the Garden Valley Group; John F. of the West Shore Group; and Don C. of the Sister Ignatia Group.

## MINUTES OF CENTRAL COMMITTEE MEETING APRIL 6, 1971

The meeting was opened with the Serenity Prayer by Moderator Ray M., and Vice Moderator Dick F., then read the Purposes of Central Committee and The Twelve Traditions of AA. There were 35 group representatives in attendance. Minutes of the March 2 meeting were read and approved, and Treasurer Jean C., reported balance in treasury of \$182.68.

### COMMITTEE REPORTS:

**Action Committee:** Bob W., Chairman, reported on group *misuse* of secretary list and matter having been corrected. Recurring subject of certain groups using names on open face cards was again discussed and has been handled for correction.

**Area-wide Meeting:** Lou W., Chairman, stated that next **area-wide** meeting would be held Friday, June 18, in Jordan Hall at Charity Hospital. Speaker will be announced.

### Hospital committee:

**Rosary Hall:** Anne T. reported that Sister Victorine had suggested that visitors bring patients more useful gifts of fruit, candy or cigarettes instead of flowers. It was also suggested that visitors to the women's ward use the second entrance or exit off the first floor.

**Bay View:** Bernie B., Chairman, reported visitation still good.

**Brecksville:** Harry G., Chairman, reported that due to being understaffed admittance of patients to the **alcoholic** ward had been reduced to 30. How long this reduction will remain in effect is not known. Orders have also been received that service-connected patients are to be admitted in preference to non-service patients.

**Institution Committee:** Helen D., Chairman, expressed appreciation to the District Office for having sent literature to the Warrensville Group. She also stated that Laura T., could no longer continue as group secretary and they are looking for a volunteer to assume this task.

**P.I.C.:** Dick P., Chairman, advised that 142 speakers had been supplied for non-AA meetings and groups in the first quarter of 1971.

There was no old business to be considered and new business entailed a discussion by Maggie I., of the Ohio General Service Conference to be held in Cincinnati on July 23, 24 and 25. Registration cards are available from all secretaries.

There being no further business, meeting was adjourned with the Lord's Prayer.

Joedy M., Secretary

## "SERENITY THROUGH SERVICE"

Is the theme of the 1971 Ohio General Service Conference to be held July 23-24-26 at Sheraton-Gibson Hotel, Cincinnati, Ohio.

First flyer for this conference reads: "Plan now to attend this inspirational conference and share the fellowship of excellent speakers, panels, banquet and dancing."

Registration and banquet tickets are available before July 1 at \$11.00 per person and after that date at \$12.00 per person. Registration fee is \$4.00 on the early bird plan and \$5.00 after July 1.

Write to: Ohio General Service Conference, P. O. Box 875, Cincinnati, Ohio 45201.

## 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, we pray that the doors of our lives may be wide enough to receive all who need human love, fellowship, and Your care, and narrow enough to shut out envy, pride and hatred. Amen.

**FAITH**

When the body, the senses and the soul of a man are weary unto death, when day after day he walks in the light of Faith that sometimes grows dimmer than dusk, it is then that a man finds his living difficult. He must then measure up to the height of Manhood and walk straight ahead, though darkness is closing round him. He must walk fearlessly and unflinching without even the light of a star to guide him. That is the real challenge of Life . . . the demand for flaming Faith . . . from Burnt Out Incense, by M. Raymond

**REFLECTIONS OF A BLIND MAN**

We are all oddities, all peculiar, all individuals. But the loneliness of being separate and distinct is softened by our sharing of a common life. We all thrill to the same hopes and cower before the same monsters and, most of all, are forced to act on insufficient knowledge. We are forced irrevocably to commit ourselves financially, emotionally, intellectually and spiritually without being able to foresee the consequences. As parents, as teachers, as statesmen, we are all the blind leading the blind.

The future into which you walk is as dark to you as the pavement before the feet of the blind. When next you see a blind man walking down a busy street, do not think to yourselves 'There goes an unusual man.' The courage to walk into the unknown is the courage required of all human beings. Think instead, 'There goes a man who knows no more about his next step than I do about mine. In this world, we are all brothers.'

The Mainstay, New Zealand

**ONLY A TRADE**

How many times have we heard, "Why, I've given him the shirt off my back and now look what he has done to me," or, "I've given him the best years of my life and look what I get in return." If we bestow a gift or a favor and expect a return for it, it is not a gift but a trade.

**SATISFACTION**

The Greatest satisfaction in life is not in getting ahead of others, but in getting ahead of ourselves. It comes from breaking records, from doing something better today than we were able to do yesterday. Trying to get ahead of others is a mistake which often leads to envy from failure to conceit from success. In trying to outdo ourselves we have nothing to lose and a world of satisfaction to gain.

**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:

**TONY RODENICK** passed away on March 28 at age 48 after 17 years of uninterrupted sobriety. He had been a long time and active member of Redwood and Euclid Friday Groups.

**CHALMER BARGER** passed away on April 4 at Holy Cross Family Home. A long time member, he had been active in the Night and Day Groups.

**DATES TO REMEMBER**

- May 2--8th Anniversary, Grateful Group, 2:00 p.m., St. Paul's Episcopal Church, 15837 Euclid Avenue. Speaker: Father W., Mentor Sunday.
- 6--31st Anniversary, Brooklyn Group, 8: 30 p.m., St. James Lutheran Church, 4771 Broadview Road, S.W. at Oak Park. Speaker: Walter C., River Tuesday.
- 8--20th Annual Intergroup Dinner Dance, 7:00 p.m., Hotel Statler Hilton, Cleveland, Ohio. Speaker: Jeanette S., New York, N.Y.
- 23--Second quarterly meeting Northeast Ohio General Service Committee, 3:00 p.m., American Legion Hall, Brecksville, Ohio. All are welcome.
- 31--MEMORIAL DAY
- June 6--First meeting West Side Breakfast Group, 12:30 p.m., Perkins Pancake House, West 117th Street and Berea Road, Cleveland, Ohio.
- 18--Areawide Meeting, 8: 30 p.m., Jordan Hall, Charity Hospital.
- 25-26-27--Founders' Weekend at Akron, Ohio. 36th Annual Founders' Day Speaker on Saturday, June 26: Dr. Kate M., Dublin, Ireland. Breakfast Club Speaker Sunday morning, June 27: Mrs. Win G., Toronto, Ontario, Canada.

**TONGUE TWISTER**

Sheridan Shott and Noah Nott shot it out. Nott was shot and Shott was not. So surely it is better to be Shott than Nott.

**HOSPITALS AND INSTITUTIONS**

<b>SUNDAY</b>	
TRUSTY HALL-1000 ft. east of House of Correction	10:00 a.m. and 5:00 p.m.
<b>MONDAY</b>	
HOPEFUL-State Hosp., 4455 Turney Rd., New Chapel Bldg. # 1	8:00
<b>TUESDAY</b>	
BRECKSVILLE V.A. HOSPITAL-IWO 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
<b>WEDNESDAY</b>	
CLEVELAND PSYCHIATRIC HOSP.-1706 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
<b>THURSDAY</b>	
TRUSTY HALL-1000 ft. east of House of Correction	8:00
<b>FRIDAY</b>	
MAIN GROUP-House of Correction, 4041 Northfield Rd.	8:00

**ALANON GROUP MEETINGS**

<b>SUNDAY</b>	
GARDEN VALLEY-7100 Kinsman Rd. (2nd & 4th Sun.)	4:W
<b>MONDAY</b>	
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
<b>TUESDAY</b>	
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:W
SUBURBAN WEST-Our Savior Church, 20300 Hilliard Rd.	8:30
<b>WEDNESDAY</b>	
BEDFORD-Christian Church, 98 Werrens ville Ctr. Rd.	10:30 a.m.
BRECKSVILLE V.A. HOSPITAL-Bldg. 2	8:00
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
<b>THURSDAY</b>	
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
<b>FRIDAY</b>	
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**

## ACCEPTANCE

In AA, we hear of the distinction between **admission** and acceptance. Most other groups of people do not understand the importance of the distinction. For me, acceptance was and is the most vital part of the AA programme of growth. What am I asked to accept? As a scoundrel, a dishonest and altogether unreliable individual who shirked responsibility at every turn? A moral leper? A social liability? All these and other descriptions fit most of us alcoholics, when we continue to drink and steadily progressed downwards to the gutter. What are we asked to accept? What must we accept? When do we know that we have learned to accept?

We are asked to accept that we suffer from a three-fold illness, each of which is capable of destroying us. Physically, we can deteriorate and die; but this takes a long time. Mentally, we become ill, incapable of thinking straight and objectively; and so all our views on almost every subject becomes a subjective estimate, and therefore, unacceptable, to all about us. Spiritually, we become, thanks to our mental illness and its ways, victims of our own selfishness. We find that life has treated us poorly, and so on . . . Our illness is difficult for us to accept, because the vital part of that illness is our inability to see things as they are. Self-delusion is a difficult enough symptom to recognize, and a far more challenging thing to accept. The capacity of an alcoholic to deceive himself is almost infinite. What are we asked to accept? That we are **victims** of an insidious disease, that is progressive and fatal and incurable; but one that can be arrested; It has taken many of us years of suffering to learn to accept that we are victims of this disease called alcoholism. It merely confirms the fact that our mental and emotional illness is even more deep seated than our physical disease and therefore needs treatment, over a longer period.

No matter how long one is sober, one can never be sure that he has regained his objectivity in full. This is the reason for our elders' advice to us to consult our Sponsors where we are in doubt. In our own affairs, we continue to be subjective, often arriving at conclusions that are wrong. Emotional and mental illnesses manifest their symptoms in many strange ways, and they therefore have to be treated over a longer period. The educated and gifted men and women, in particular, are the most difficult people to learn this hard lesson. Part of the reason for their short-lived sobriety is their reluctance to accept the fact that they are ill.

Acceptance is strength. The strongest man knows his weakest points, and guards against them. A general relied on the defenses of the weakest points, so that they do not trip him, but help him to use his strength to its fullest. The same way, the alcoholic knows his weakest points, so if he guards against them, he becomes strong. He is released from crippling weakness to soaring strength, from depressing failure to saving success. He knows the art of using his mental and emotional abilities constructively, instead of destructively; towards helping instead of hindering others; towards perceiving the good and noble in others instead of seeing the bad and the ignoble in others. The basic change in outlook brings about a change in attitude in other respects as well. The failure of yesterday become a success today, not because of any dramatic change or miracle, but by a simple, but **profoundly** difficult achievement of acceptance. Handicapped people have done remarkable things in life precisely because they learned to accept their weakness and compensate by cashing-in their assets. If we do not accept the fact of our illness, we can become slobbering specimens of self-pity that destroys us altogether.

Thanks to AA. I accented that I was a victim of alcoholism. I have now learned to accept that I **am** a diabetic. Both are incurable diseases, but both can be arrested. I am healthier now than I ever was, because both diseases have given me a programme for living. There is no one watching over the shoulder and I am free either to obey the rules suggested to me or disobey them to my own destruction. If I follow the rules faithfully, I am not **doing** anybody any favour, but I insure my own health, and through it, my capacity to

work, and earn whatever I want. As compared to my life when I drank freely, mine is today the envy of many. All that I brought to this way of life was a willingness to accept my disease and its havoc. God did the rest. Once I accept, my mind is free to think of all things that I had ignored. Won't you learn to accept too? God Bless you.

Dr. Joe S., Niagra Falls, N.Y.  
via Sharing Session (Texas)

## NEWCOMER CORNER

There come a time in the life of each of us when we must make that great decision: Am I or am I not an alcoholic.

Until this decision is reached there will be no **progress** made toward a continuous and contented **sobriety**.

There is a great deal of confusion about the matter and it is unfortunate that many of us have to listen to the wrong words or read the wrong material concerning this decision.

In the interest of simplicity or clarity we might consider the choices we have in the matter, there are three: A. We are tee-totallers. B. We are social drinkers. C. We are alcoholics.

The idea of any of us being a teetotaller is sufficiently laughable to require no comment. Therefore we must decide if we are social drinkers or alcoholics.

This is the area of confusion and we can only add to it by any sort of lengthy discourse. It is our aim to keep it simple and we do it thus: If we were social drinkers we would not have to make such a decision. No social drinker in the world has ever had such a problem. When we must decide whether or not we are alcoholic, we have already crossed the line. Sorry about that. It seems like such a dirty shame. But the moving finger writes, kids, and all thy tears will not bring it back to cancel nary line. Look that baby in the eye a spell.

-Rosalie Newspaper

## SMILES

Two alcoholics met in the same bar and started talking. "Hey," said one of them suddenly, "are my eyes deceiving me, or is that a purple rhinoceros serving behind the bar?" His buddy stared **stupidly** for a few seconds. "Nothing wrong with your **eyes**," he said finally, "it most certainly is a purple rhinoceros." "**How** peculiar," said the first drunk. "Why is it peculiar?" asked the second ditto. "**Well**," replied the first, "I'd never thought Joe the pink elephant who used to **work** here would have lost his job."

The trouble with what melts in your mouth is the way it bulges in front of the mirror.

\* \* \*  
1st Boy: "My father can whip your father!"  
2nd Boy: "BIG DEAL — so can my mother!"

\* \* \*  
Husband to wife: Dear, if we continue to save at our present rate, at retirement we'll owe \$300,000.

## ESCAPE FROM FANTASIA

(Continued from page one)

Never must we permit ourselves to become so sure, so certain of our own **capabilities** that we forget to give thanks to the Power which brought us over the border to a new and real life. Only by renewed expressions of gratitude can we make permanent our escape.

## TAKE TIME TO STAY SOBER

(Continued from page one)

days. Now that we're sober, it pays to take it easy. Why race our motors? Sobriety, like Rome was not, is not built in a day.



## WHO IS READY?

The program of Alcoholics Anonymous cannot be advertised and sold in the market place. It must be sought and paid for — not in the coin of the realm but in that heartfelt sincerity wherein it is desired more than anything else.

Years ago the idea that some good salesmanship could rescue a lot of people from life being ruined by alcoholism was abandoned. It was tried and failed. Direct missionary efforts never paid off. You can't convince someone that they should stop drinking. This is a decision that only the individual can make.

Occasions arise in the life of every alcoholic when he is sure he wants to stop drinking. The most transient of these periods are those that accompany a particularly nasty hangover. The hangover passes and so does the conviction that something has to be done about the problem.

Of greater duration are those periods when a husband or wife threatens separation or divorce if the alcoholic does not reform. Or those occasions when the employer warns that one more binge will bring dismissal.

Under such pressures alcoholics often turn to Alcoholics Anonymous for help. Sometimes, but rarely, the help received under these conditions takes hold and, through talks with his sponsor and other members, through meetings and a reading of the literature, the alcoholic sees the light. He becomes aware of the problem and, for his own sake, does something about it.

This is the exception. Most people who are compelled for some reason to seek help simply don't catch on.

A great deal of time and energy could be saved for more hopeful prospects if we, as sponsors, explored deeper than we now do, the reasons why an applicant wants to associate himself with our fellowship.

We are not suggesting that these applicants should be turned away. They should be given the program and every help and encouragement as though they had finally made up their own minds — instead of having it made up for them by some threat — as are those who sincerely want it.

What we are saying is that when these forced applicants simply can't or won't make the initial effort of not taking a drink today, we are fanning the air in trying to persuade them. They are not ready yet.

These thoughts come to us because of another experience of this sort. The applicant lost his job, his wife threatened him and he asked for the program. To begin with he was impatient listening to what members sent to him, by his sponsor, had to say. He came out of the hospital and in a six-week period there were only three days on which he did not have at least one drink. Some days he was plastered. He wants the program — if someone would work it for him.

It is discouraging for a sponsor to give up. It is like admitting defeat. But it is not this. It is the material we work with. Therefore, we could devote the same time

(Continued on page four)

## ALL FROGS NEED WATER!

Times change. People change. The world we live in is constantly undergoing changes and more rapidly now than ever before. Man, in his quest for new and better ways, has progressed more in 70 years than he did in the 500 preceding them.

It all appears wonderful! Yet we sometimes wonder if we've missed **something** in our mad plunge for progress and a better life. Somewhere, somehow, something seems to be lacking. Many men have tried to pinpoint that "something." Few have succeeded or didn't recognize it when they did.

It is quite evident to those of us in AA and happily sober, that 35 years ago our Founders "found" or were "given" an answer to what that "something" is, and through their efforts and those of the people they gave it to, AA and its "certain something" has grown and flourished.

It might be interesting, however, to note that neither they nor their succeeding AA membership ever changed much. Basically, AA and its simple suggestions have remained pretty much the same. AA members found through the years and their experience too much change, too much deviation from the basic AA precepts usually led to trouble, and for AAs trouble usually means alcohol.

AA today is beset by many would-be "changers." We have many people who wish to initiate this change or that. AA is a pretty "straight and narrow" path, and there are many people who like to take short cuts or detours around certain situations. They seem to find the old tried and true methods unsatisfactory, too slow, or archaic.

There are various problems confronting our Fellowship that somehow seem to be completely alien to the basic AA way. We have people within the Fellowship who have brought the dirty game of politics with them. Our traditions do allude to politics and it is obvious there is, and should be, no place for them inside AA, nor out. If we do not take sides outside, we should not do so inside, it seems.

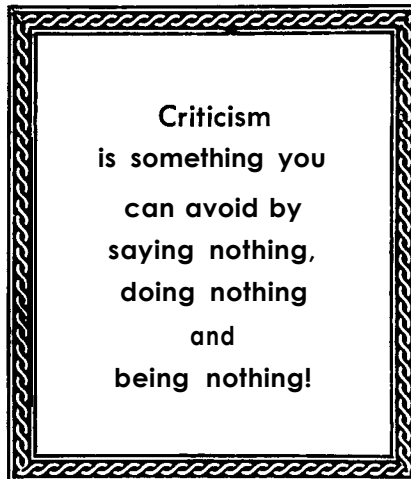
As one fine old AA member insists: "There are NO 'Misters in AA!'", and the playing of politics within the Fellowship smacks loudly of those would be "Misters" and seem to seek personal recognition as such.

There are areas now within the program where people are beginning to lean toward promotional affairs, rather than a Program of Attraction. AA is not a Promotion! It is a Program of Attraction. Expensive dinners and celebrity speakers from New South Wales or Manchuria or wherever do not help many people get or stay sober.

Where has all our simplicity gone? Dr. Bob said so simply, so eloquently: "Keep it simple! Don't louse it up with Freudian and other complexes." Must we not remind ourselves constantly of these words when we begin to dream of the great things we could do if we just could run AA for a little while?

We were always pipe-dreamers! AA came along and

(Continued on page four)





Published monthly by the Central Bulletin Foundation, Inc., a non-profit corporation dedicated to service. Address all letters to Central Bulletin, Box 6712, Cleveland, Ohio 44101. Subscription price — \$2.00 per year.

Harry D., Pounder and Editor 1892-1 968



Vol. 29 June, 1971 No. 9

**MILL ENDS AND REMNANTS**

While it is a recurring thought, there seem to have been more occasions in the recent past and today to reflect upon those who have left their mark upon our life by reason of their paths having crossed our own.

As we pick our way through today's dizzy, giddy whirl of modern change and development, it is proper that we give thought to leaving our marks on the walls we build, so that someone many years from now, perhaps, may see what we have done. If the works of our life are to last, we need to build in accordance with the precepts of truth and the teachings we have been taught.

Thirty-six years ago this month Bill W. and Dr. Bob began the fellowship of Alcoholics Anonymous and the marks of that historic meeting have been inscribed upon the walls of thousands of our lives, for in embracing AA and living happily sober lives we in turn pass on the influence by touching other lives and carrying the message.

If this influence is to continue to be felt (AND FOR THAT : I AM RESPONSIBLE.) long after we have passed through the corridors of this life, we must take the truths and teachings we have been taught to heart to believe in them and to practice them, and to make them an integral part of our lives. These fundamental truths and teachings must be a living, vital part of our existence.

It is well to reflect from time to time upon the wonderful contributions that some individual has made to our lives. This writer has found that these reflections open greater horizons, for not infrequently he reaches back into early youth to recall that he can be a better person by using the influence for good that had been made available through a good life having crossed his path.

To some of us it may have been a clergyman; or a teacher; or a friend with whom we have long lost contact; or a boss and co-worker; or significantly, any number of AAs — Bill, Dr. Bob, our sponsors, and the numerous others who have left their mark. The sources of influence are innumerable, if we will but recall them to mind, and then use that influence in practice, in living by sharing.

Let's leave our mark, too, by George!

**MY INFLUENCE**

My life shall touch a dozen lives — Before this day is done: — Leave countless marks for good or ill — Ere sets the evening sun. — So this wish I always wish, — The prayer I ever pray: — Lord, may my life help other lives — It touches by the way.

-Author Unknown

**GOOD**

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

**MINUTES OF CENTRAL COMMITTEE MEETING MAY 4, 1971'**

Moderator Ray M., opened the meeting with the Serenity Prayer, after which Dick F., Vice Moderator, read the Purposes of Central Committee and the Twelve Traditions of AA. After the roll call, which disclosed that there were 40 group representatives in attendance, the minutes of the April 6 meeting were read and approved. Treasurer Jean C., reported treasury balance of \$176.99. COMMITTEE REPORTS :

**Action Committee:** Bob W., Chairman, reported that matters with respect to open face postcards and misuse of secretaries' list had been handled with those concerned.

**Areawide Meeting:** Lou W., Chairman, stated that next Areawide Meeting is scheduled June 18 in Jordan Hall of Charity Hospital. Speaker will be announced.

**Hospital Committee:** Rosary Hall: There was short discussion regarding patients in the woman's section receiving mail and this well be checked and reported at next meeting. Ray M., reported that Sister Victorine had requested that notices for posting on the bulletin board be limited in size to 3" x 5"

**Bay View:** Bernie' B., Chairman, expressed the hope that visitation would continue at its present excellent level.

**Institution Committee:** Helen D., Chairman, stated that being unable to get volunteer to serve as Secretary for the Warrensville Women's Group she had taken on the job herself until Fall when it is expected another will take over. Helen urged that every support possible be given to this group to assist her.

**P.I.C.:** Dick P., Chairman, said that the District Office had supplied 163 speakers to non-AA groups and meetings in the first four months of 1971.

**Central Bulletin:** George M., Editor. Dick P. reported that the editor had asked him to report the need for additional subscriptions and that any matters or notices that groups wish reported in the Bulletin MUST be received by the 15th of the month.

**Old Business:** None

**New Business:** Shirley S., Delegate of the North East Ohio General Service Committee to the General Service Conference in New York, discussed what had transpired at the six day meeting in April. Question was raised as to availability of printed report of the Conference and it was stated it may be purchased from G.S.O. at cost of \$1.76.

Moderator Ray M., reported that Central Committee treasury balance now being below minimum amount carried, individual group contributions of \$5.00 are sought. Last time groups were billed was in November 1969.

There being no further business meeting was closed with Lord's Prayer.

Joedy M., Secretary

**FROM THE HEART**

I am far from being a writer, a poet, or anything else when it comes to pen or pencil work. But, my good friend asked me to write something for him about my way of life, and since we never say, No! — here goes.

When I came to AA 18 years ago today I had nothing. Today on my 18th anniversary I have everything we need and want. I don't ask for anything but what I can handle, because I don't think my Higher Power would give it to me anyway. He knows best, and since I have had such a wonderful time since I came to the Fellowship, I am more than satisfied. I have a host of friends, a wonderful loving and understanding wife, a beautiful home, and above everything else — an "ease of mind" — something I never knew before coming to this Fellowship. I owe everything to the people in AA.

Thank you again and again for the privilege of writing this — whatever you want to call it. So for now it is just — so long till next time, — I "never say goodbye". God bless you all.

— Jim R., in Toledo Area News

**PRAYER OF THE MONTH**

Kind Heavenly Father, we are gathered here in the Fellowship of Alcoholics Anonymous, in our effort to solve our common problem. We know through our experience that only as we answer for ourselves the great question of all, can we find meaningful and satisfying answers to the questions of our daily lives.

We ask Thy help to obtain the serenity, courage and wisdom that we especially need. We ask Thy forgiveness of our imperfections . . . our resentments . . . our intolerance; yes, and our forgetfulness of Thee.

We ask Thy patience with our human difficulties as we strive to place our will and our lives into Thy keeping. And we ask Thy blessing and Thy guidance as we try to help others who seek to know Thy power — which is so much greater than ourselves. Amen.

Invocation offered by Bob L., at  
5th Annual Inter-Group Dinner,  
June 6, 1956.

**OUR THOUGHTS**

Our thoughts make us. They are the silent builders of the temple of character we are rearing. They give color and form to the whole building.

If we think truly, we are rearing a fabric whiter than Parian marble. If our thoughts are evil, the fabric that is rising within us is blemished.

The inner and the outer life will always correspond in the end.

If a man's life is spiritual you know his thoughts are just. Thoughts seem mere nothings, flecks of clouds flying through the air, flocks of birds, flitting by and gone. But- they are the most unreal things about our lives. All the things we do originate in thoughts.

Our thoughts fly out like birds and take their place in the world. Then our heart is still their home nest, whither they will return at last to dwell.

**ANOTHER MILESTONE**

Another capacity attendance marked the 20th Annual Inter-Group Dinner and Dance on Saturday, May 8 in the Grand Ballroom of Hotel Statler Hilton, Cleveland. The principal speaker, Jeanette S., New York, and others who gave short talks made it another memorable evening. While this was the first annual affair that dancing became part of the program, from all reports, it won't be the last.

Some research prior to this year's annual get together uncovered that the 1st Inter-Group Dinner was held on May 12, 1952, at which the attendance in the Rainbow Room of Hotel Carter numbered 600. The speaker at the first annual dinner was the Rev. Walter F. Tunks of St. Paul's Episcopal Church in Akron. It was he, who 16 years earlier had received the telephone call from Bill W., from the Mayflower Hotel in Akron, which led to the start of Alcoholics Anonymous.

Interestingly, the annual gathering had its inception the year before, when in May 1951 a selected group of staunch District Office friends met at dinner and generously contributed \$1,040. toward continuation of the office.

**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:

RUTH ANDERSON of Attleboro, Mas., on February 17 following a coronary. A long time member of the Attleboro Group and Bulletin subscriber, she attained sobriety in Rosary Hall of Charity Hospital.

**DATES TO REMEMBER**

- June 1-Central Committee, 8: 30 p.m., Room 362 Hanna Building.
- 5-29th Anniversary, Lorain Avenue Tuesday Group, 8:00 p.m., St. John Bosco Church, 6460 Pearl Road, Cleveland. Speaker: Henry W.
- 18—Areawide Meeting, 8:30 p.m. Jordan Hall, Charity Hospital. Speaker to be announced.
- 25, 26, 27—Founders' Day Weekend at Akron, Ohio. 3 6th Annual Founders' Day Speaker on Saturday, June 26: Dr. Kate M., Dublin, Ireland. Breakfast Club Speaker Sunday Morning, June 27: Mrs. Wm. G., Toronto, Ontario, Canada.
- July 23, 24, 25—Ohio General Service Conference of AA — 1971, Hotel Sheraton Gibson, Cincinnati, Ohio. See your secretary or write P. O. Box 875, Cincinnati, Ohio 45202.

**FINDING SELF**

The longer we live, the more we realize that the man who wants to help himself can only do so by helping others. It is a basic law of success. The rewards go to the men who search diligently for ways to help others. No man is an island unto himself. Yet too many of us fear the loss of self through serving others. Actually, it's the only way to "find" yourself.

-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.	8:00

**ALANON GROUP MEETINGS**

SUNDAY	
GARDEN VALLEY-7100 Kinsman Rd. (2nd A 4th Sun.)	4:00
MONDAY	
BROOKPARK - PARMA—Redeemer Church 6151 Smith Rd.	8:30
ELYRIA—Community Church, 680 Abbe kd.	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.
BRECKSVILLE V.A. HOSPITAL-Bldg. 2	8:00
CHAGRIN VALLEY—Pres. Church Route 306, Bainbridge	8:30
FAIRPORT HARBOR-Luther Center, Eagle St. 8	0
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 A 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 OFF-ICE  
ROOM 50'7, COMMERCIAL BUILDING  
2056 EAST 4th ST., TEL. 621-1881**

## THE BUG WHO HAD A GIMMICK

There was this Praying Mantis who thought that everything was going to come out okay.

When he was full of the old grape he would assume the traditional attitude with his grasping appendages clasped together and his mandibles moving. Anyone who didn't know better might have thought he was deep in prayer. If the truth be known he was bombed out of his mind and couldn't budge. His mandibles moved because he was talking to himself.

A Robin Redbreast happened to spot him one day and lit upon a nearby branch to observe.

"Well now," said the Robin Redbreast, "He sure looks like a tasty morsel. More than that he looks like a nine course dinner. But I cannot interrupt his devotions just to avail myself of his nutritional benefits lest I jeopardize my immortal soul. It is undoubtedly a great sin to dine upon a being at such a time."

Thereupon the Robin Redbreast flew away to seek less pious sustenance.

The Praying Mantis thus decided he was immune to outside terrors and hazards and began to shoot off his mouth in the bars. He said he had all the answers or at least all that amounted to anything and so it should be clear to anyone that everything was going to come out all right.

"The hell you say P. M." the bartender said. "The hell you say."

One day the Praying Mantis took on his usual load of sauce and then had the poor judgment to take on some more. It was **some** sort of holiday, Clove Wednesday or Soy Bean Week or something. At any rate he had a great deal too much but he was not worried because he knew that everything would come out all right. The bartender was not convinced but then who pays any attention to bartenders.

He left the bar and climbed upon a twig and tried to assume his usual position but his supporting appendages would not support him and he sprawled out on his thorax. His mandibles would not function and his compound eyes revealed only veiled images — 16,000 veiled images. His antennae **drooped** down on each side of the twig and his wings dangled limply from his exoskeleton. He didn't look at all like he once did and no one in his right mind would have accused him of piety or religious fervor.

The Robin **Redbreast** came by and observing his sorry attitude, ate **him** forthwith. The Robin Redbreast felt no pangs of conscience whatever and his soul was in as good a shape as it ever was.

Rosalie Group News, Houston, Tex.

## FROGS AND FREEDOM

There's an old story that says you can't kill a frog by dropping him in boiling water. He reacts so quickly to the sudden heat that he jumps out before he's hurt. But if you put him in cold water and then warm it up gradually, he never decides to jump till it's too late. **By then he's cooked!!!** Men are just as foolish. Take away their freedom overnight and you've got a violent revolution. But steal it from them gradually . . . under the guise of "alcoholism" and you can paralyze them. Look at the results. It starts off with a drink to relax. If one makes you feel good, you have two. And for those **that become** addicted, there comes a **point** when they can't stop. It would have been easy to stop before it got "out of control," but like the frog, most of them wait until it is too late. Worst of all, some of us never learn. Even after years of trouble, we still don't believe that alcoholism is our problem. It ain't the booze. It's my mother-in-law. It's my boss. It's my job. It's . . . its . . . it's . . . The tragedies of yesterday are always repeated by those who refuse to learn. To seek guidance from others is not "turning the clock back," instead . . . it's a good way to keep out of hot water. **So** it is suggested to anyone who **is** drinking too much, be like the frog. "React quickly before you get hurt!!!"

-from Chit-Chat

## MEMBERSHIP AND RECOVERY

Recovered members attain to a state of mind where they do not actually ever feel a **NEED** for a drink. This, to a newcomer, may seem completely unattractive. To someone who has been drinking for a long time, even though he admits that his present state is hopeless, a future without any alcohol can appear to be very dismal.

It **has** been proved by hundreds of thousands of us that sincere people working together towards the goal of not drinking despite present habits and compulsions can succeed, win out and obtain a relaxed contented sobriety with far less **hardship** than we imagined at first.

And many of us have very strong personalities, some lively ones, precaucious and outgoing, others more taciturn, determined or is it plain ornery or dogged?

Our groups also **seem** to develop personalities of their own, and of course we all feel that our own group has the best quality of AA, even if we are discreet enough not to say it. If we feel we **BELONG** to a certain group, perhaps it is because we contribute to the personality of that group and its attitude to recovery. (Or maybe, because that group has contributed so much to **OUR** personality and recovery?)

As we are all concerned with the **good** of AA as a whole since we owe our whole lives to AA as a whole, we should be concerned that nothing in us reflects on AA. This can mean only watchfulness, but some sacrifice of our inclinations. Without losing our personality we can often give ground where our own will conflicts with the good of AA. We can, for example, remind ourselves more often that our views are those of one man only, and sacrifice of this kind is, I believe, the spirit of anonymity.

-S. M. in The Road Back, Dublin, Ireland

## ON FAULT-FINDING

Nothing is easier than fault-finding, no talent, no **self-denial**, no brains, no character are required to set up the grumbling business.

-Robert West

## SMILES

It's strange . . . some men will drink **most** anything, but check very carefully the oil for their car.

Storming into the frontier saloon, the fervid temperance evangelist boomed: Repent, you vile sinners! Drinking that obnoxious fluid will send you all to hell. Join with me . . . all of you who want to go to heaven, stand on this side." All but one drunk staggered to his side. To the holdout, the evangelist shouted: "Don't you want to go to heaven?" No, I don't," replied the drunk. "You mean to tell **me** you don't want to go to heaven when you die?" asked the evangelist. "**Ch,**" the drunk replied, "when I die, I thought you were taking up a load right now."

Nature does make mistakes . . . sometimes she puts all the bones in the head and not in the back.

## ALL FROGS NEED WATER

(Continued from page one)

helped us get out from under our phony, phony lives. Now that **we're** sober and thinking straight, why can't we just be people; instead of still living in never, never land and trying to be big shots? It's always better to be a little frog in a big pond. Big frogs in little ponds **sometimes** run out of water.

## WHO IS READY?

(Continued from page one)

to someone who really wants the program. Then when the person under pressure finally comes to AA without prodding we can be reasonably sure of success.



# CLEVELAND AREA *Guest Speakers* JUNE, 1971

**ALLENDALE (Thursday)** 3-Jay W., Wickliffe; 10—Dick O'D., Wickliffe; 17—Robert A., Chardon; 24—Paul S., Northeast.

**BAY VIEW (Saturday)** 5-Father H., Wed. Discussion; 12-Tom A., Solidarity; 19—Jim R., Brookpark; 26—Bob L., Southwest Sun.

**BORTON (Monday)** 7—John T., St. James; 14—Richard K., Angle; 21-Mose Y., Alliance; 28—Bob G., Lee-Seville.

**BRECKSVILLE WEDNESDAY (Wednesday)** 2—Bob H., Brooklyn; 9—Dan L., Fairview; 16—Woody M., Parma Sat.; 23-Jack M., Southwest Sun.; 30-Dr. Robert Custer, head of the alcoholic unit, Brecksville V.A. Hospital.

**BROOKLYN (Thursday)** 3-Neal C., Maple Heights; 10—Art N., Pearl Road; 17—Bob L., Southwest Sun.; 24-Harry W., Port Clinton, O.

**CHARITY (Friday)** 4-Tom F., Angle; 11-Gene B., Wickliffe; 18—Areawide Meeting Jordan Hall; 25—Dick O'D., Wickliffe.

**CLEVELAND TEAMSTERS (Saturday)** 5—"Chink", Mistletoe; 12-Pete L., Early Early; 19—Danny O'D., Wed. Discussion; 26-Dan B., Midtown.

**EARLY EARLY (Monday)** 7—Pete J., Valley View; 14—Woody P., Redwood; 21—Bud S., Memphis; 28—George B., Crossroads.

**EDGELAHE (Tuesday)** 1-Rosemary M., West Side Women; 8—Howard O., Rocky River Thur.; 15—Pat P., Rocky River Thur.; 22-Mary Ann O., West Side Women; 29-Walter S., Kirtland.

**ESQUIRE (Tuesday)** 1-Walter C., Akron, O.; 8—Laura D., Garden Valley; 15—George E., Solidarity; 22—Owen C., Barberton, O.; 29-Ken S., Redwood.

**FAIRVIEW PARK (Tuesday)** 1-Larry R., Lorain Mon.; 8—Maggie G., Mistletoe; 15-Paul L. (?); 22—George A., Superior; 29-Tex H., Memphis.

**FRIENDSHIP (Monday)** 1-Mary G., Edgelake; 14—Jean S., Maple Heights; 21-Bill D., Erie, Pa.; 28—Surprise.

**GORDON SQUARE (Friday)** 4-Joe W., Gordon Square; 11-Grace C., Crossroads; 18—Bud S., Memphis; 25—Tex H., TC-1005.

**GRATDFUL (Sunday)** 6-Tom C., Young People; 13—Bobby M. (18th Anniv.), Matt Talbot; 20-Pat S., Night & Day; 27—Theron B., Lodi, O.

**LAUREL (Tuesday)** 1-Joe K., West Clifton; 1-Marty K., Heights Discussion; 15-Sheila G., Laurel; 2-Jim D., Independence; 29-Ed C., Newburgh.

**LEE MONDAY (Monday)** 7—Jack C., Lee Monday; 14—Ben H. (?); 21—Kenny W. (?); 28—Walt S., Wed. Lee.

**LORAIN AVENUE TUESDAY (Tuesday)** 1-Jerry S. (1st Lead), Lorain Ave. Tues.; S-George T., Teamsters; 15-Gene M., Brookpark; 22-Dick D., Brookpark; 29—Bill S., Parmatown. NOTE: Group's 29th Anniversary will be observed at 8:00 p.m. Saturday, June 5. Speaker: Henry W.

**MIDPARK (Thursday)** 3-Film "The Mask," Tom M.; 10—Carl S., Midpark; 17—Julius W., Trinity; 24-Tony P., Borton.

**NORTH OLMSTED (Wednesday)** %—Chuck B., Orchard Grove; 9—Father S., Rosary Hall; 16—Terry L., North Olmsted; 23-Tape; 30-Surprise.

**PARMATOWN (Friday)** 4—Joe K., Golden Link; 11—Paul B., Strongsville; 18—Jerry W., Angle; 25-Art B., Brookpark.

**RIVER TUESDAY (Tuesday)** 1—Theresa C., Garden Valley; 8—Bob G., Lee Seville; 15-Dr. Robert Custer, Brecksville V.A. Hospital; 22-Helen D., Garden Valley; 29—Rosemary C., Ridgewood Women.

**ROCKY RIVER (Thursday)** 3-Jack T., Rocky River; 10—Sybil L., River Bay; 17—Les S., Lakewood Men; 24-Mary G., Edgelake.

**SOUTHWEST SUNDAY (Sunday)** 6—Scotty R., North Randall; 13-Bill G., Independence; 20—C.R.S., Independence; 27—Warren C., Jr. Edgelake.

**STRONGSVILLE (Tuesday)** 1-Julius W., Trinity; 8—Carolyn B., West Clifton; 15—Joe M., Lorain Mon.; 22-Cora M., Hague; 29-Terry S., West Clifton.

**TRINITY (Saturday)** 5-Nick K., Lorain St. Marys; 12—Eddie H., Berea Fri.; 19—Billy M., C.P.I.; 26-Ralph V., TC-1005.

**VALLEYVIEW (Saturday)** B-Eddie M. (9th Anniv), Valley View; 12—Dick Z., C.P.I.; 19—Pete J., Valley View; 26-Tony K., Smith Wilson.

**WEST SIDE BRECKSVILLE (Sunday)** B-Howard O., Rocky River Thur.; 13-Carolyn B., Memphis; 20-Jack E., West Shore; 27—Phyllis W., Rosary Hall.

**WEST SIDE WOMEN (Monday)** 7—Mary H., Heights Discussion; 14-Margaret H., West Side Women; 21—Patricia B., West Side Women; 28—Dick L., Euclid Fri. **Y.O.U.R. (Sunday)** 6—Frieda P., East Shore Women; 13-Ken G., Plains; 20-Bob K., Chagrin Falls; 27—Andy C., Humble.

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

## JUNE 13, 1971

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 AA GROUP MEETINGS

## SUNDAY

AVON CENTRAL—Central Bank (rear down) 36690 Detroit Rd., Avon ..... 8:00  
 BEDFORD HEIGHTS—  
 St. Mary's Church Hall (rear) ..... 7:30  
 Broadway & Northfield ..... 7:30  
 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—8004 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, 2150 Warren Rd., Lakewood 9:00  
 MANSFIELD—20½ 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  
 MISTLETOE—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—Bd of Education Bldg. 390 Fair St. Berea ..... 8:30  
 SUPERIOR STAG—2028½ E. 105 ..... 11:00 a.m.  
 U.A.W. #45—13816 St. Clair ..... 7:30  
 Y.O.U.R.—St. John Lutheran Church Bldg., E. 176 & Nottingham, so. of 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  
 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—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 METHODIST—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 ..... 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—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, 2174 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, 2947 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 West ..... 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, 16400 Detroit Ave., Lakewood ..... 8:30  
 ESQUIRE—St. James Episcopal Church, 1681 E. 55 & Whittier, off Payne ..... 8:30  
 EUCLID MORNING—Lake Shore & Lake 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 ..... 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—S. John Bosco Church, 6460 Pearl Rd., Parma Hts. .... 9:00  
 LORAIN CENTRAL—Trinity Church, Elvira Ave. & 25th, Lorain ..... 8:30  
 MANSFIELD—Grace Episcopal Church, 41 Bowman St. .... 8:30  
 MAYLYND—Hilcrest 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., Meigs St. .... 1:00  
 SHOREGATE MEN'S TAG—Wickliffe City Fire Station, (up), 28730 Ridge Rd., Wickliffe ..... 9:00  
 SMITH WILSON—St. Joseph's School Bldg. (front, right), 9821 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. 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, 376 E. 156 St. .... 8:00  
 BRAINARD CIRCLE WOMEN—Trinity Cong. Church, inter. Brainard, Shaker & Gates Mills Rd. .... 8:30  
 BRECKSVILLE WED—V.A. Hospital, 10000 Brecksville Rd. .... 8:00  
 BRUNSWICK—Cuyahoga Savings 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—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. 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—Ann's Chch (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, 30th & 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—All Saints Episcopal Church, 8911 Ridgewood Dr. .... 8:30  
 ST. JAMES—St. James Church, E. & Cedar ..... 8:00  
 SANDUSKY GROUP #1—Pres. of Sandusky 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, 20407 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  
 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 Millfin 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  
 BROADWAY 53th—Our Lady of Lourdes School Hall ..... 8:30  
 BROOKLYN—St. James Lutheran Church Hall, 4771 Broadway Rd., at Oak Park Rd. 8:30  
 CHRYSLER TWINSBURGH—Chrysler Union Hall, 8650 Chamberlin Rd., Twinsburg 8:30  
 COVENTRY—Fairmont Presbyterian Church, Seaborough & Fairmount ..... 9:00  
 EASTLAKE—Reformation Lutheran Church, 34340 Lake Shore Blvd. .... 8:00  
 EAST SHORE WOMEN—Euclid Richmond Library, 26155 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, 6624 Public Square, Independence .... 8:30  
 LAKE SHORE MEN'S DISC. (Closed), Cove United Meth. Church, 12501 Lake Ave. (Rear) ..... 8:30  
 LAKEWOOD CROSSROADS—First United Church of Christ, 2150 Warren Rd., Lakewood ..... 9:00  
 MANSFIELD DISCUSSION (Closed)—20½ 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. Lorain ..... 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—United Church of Christ, 3281 Electric Blvd. .... 8:30  
 BERA FRIDAY—Berea Congregational Church, Seminary & Church Sts. .... 8:30  
 BROADWAY-HARVARD—8437 Broadway 8:30  
 CEDAR—Salvation Army, 5008 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 Amp., 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  
 CONNEAUT—Jay Cee Hall, 240 Main St. 8:30  
 EAST CLEVELAND DISCUSSION—13857 Euclid Ave. (Night & Day) .... 10:45  
 EAST SIDE FRIDAY (Closed)—Lyndhurst Comm. Presby. Church, 553 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, Mad. 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, 20½ South Park St. .... 8:30  
 MAPLE HEIGHTS—Maple Heights City Hall, 3007 Superior Ave. .... 8:30  
 NORTHEAST—Hope Evangelical Lutheran Church, 2222 Taylor Rd. at Northvale 8:30  
 PAINESVILLE FRIDAY—St. John's Baptist Church, 316 W. Jackson ..... 8:30  
 PARMATOWN MEN'S—Parma Community Hospital-Assembly Room, 7000 Parma Rd. .... 8:30  
 POST OFFICE GROUP—Main Post Office, Room 4079-A ..... 8:00  
 SISTER IGNATIA—St. Paul Church, E. 200th & Chardon Rd. .... 9:00  
 SOLIDARITY—2382 Unwin Rd., Quincy & E. 55 St. .... 8:30  
 ST. MARIS—1320 Washington St. 8:15  
 VENICE—Betsy 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 Washington ..... 8:30  
 BAYVIEW—Bayview Hospital, 28200 W. Lake Rd., Bay Village .... 8:30  
 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.—1760 Broadway, Maple Heights (cafeteria) ..... 8:00  
 LANDER CIRCLE—Garfield Mem. 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, Middlefield & Townline Rds. 8:15  
 MANSFIELD—20½ 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 St., Midnight PARKMAN—Congregational Church, Parkman ..... 8:30  
 PARMA SATURDAY—Third Federal Savings & Loan, 5960 Ridge Rd. (rear entrance) 8:45  
 PLAINS—Mentor Plains Methodist Church, Rt. 306 & Lake Shore Blvd., Mentor .. 9:00  
 REDWOOD—First Lutheran Church, E. 260 St. & Forest Hill ..... 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  
 VALLEYVIEW—Pilgrim Church, 2592 W. 14 St. at Starkweather ..... 8:30  
 WEST RICHLIFF—United Church of Christ, Rt. 303, West Richfield ..... 8:30



## JOURNEY TO SAFAD

Every alcoholic, if he would escape the hot valley of drunkenness and reach the cool air on the heights of sobriety, must make his journey to Safad.

This ancient city, crowning a mountain top in Northern Galilee, is the one of which Jesus said that a city set upon a hill cannot be hid. Safad seems to cling precariously to its peak, but it is firmly planted. For hundreds of years men have journeyed to it. Once it was the center of Hebrew learning after the Roman destruction of Jerusalem. The Crusaders came this way and built a castle fortress on the summit, the remains of which are still plain. Safad dominates the country round about. From the summit one can see for miles down the whole length of the Sea of Galilee to the Jordan River and beyond. From here the traveler can pick his route in any direction.

The trip from the hot and odoriferous Arab bazaars of Acre on the Coast, through the rising countryside to the foothills of the Galilean mountains, is not unlike the experience of an alcoholic. And to make the journey helps to impress some truths on the mind.

Hill unfolds out of hill in Galilee in what appears to be endless succession. Then there are sudden, sharp, precipitous drops and deep valleys. Our lives have been like that; periods when everything seemed on the up grade only to be let down sharply again because we were afflicted with a disease that for ages baffled man.

At last there comes into view the white and pink city of Safad, gleaming on its mountain top in the bright sunlight. It can be seen for miles. One has a view of it one moment and the next it is cut off by a turn or a dip in the road. At first Safad seems

unreal, like an artist's conception of a medieval city drawn in pleasing, soft pastels. One has the feeling that the view is an illusion and certainly unattainable.

After the alcoholic has had enough ups and downs and sharp turns and discouragements he begins to get a view of the fact that sobriety may be possible, but it is very far off and, for him, he believes, possibly unattainable. A sane, sober life seems to be the cruelest kind of illusion.

At last one comes into a broad, sweeping valley which is the approach to the mountain on which Safad rests. Now sight is never lost of the city, but the road to it is not straight. It turns and twists and doubles back on itself a disheartening number of times.

When, at last, we admit that sobriety is possible and sincerely want to achieve it, we are often faced with obstacles. The turns in our road are the Twelve Steps. Each one brings us nearer to the summit. There is no marching straight up the mountainside. We must plod along until at last we stand at the top.

This is not the end of the journey. We have reached sobriety, not the end of the road. For as we stand there looking out to all points of the compass, we can choose what we wish to do — a privilege that was denied us when we were bound to alcohol. We can pick our road: we can journey down the other side of the mountain and skirt the beautiful waters of Galilee to Tiberias and the

(Continued on page four)

## WARM WELCOME WIN WINNERS

AA's little cliché: "First things first," works in many different ways. Recently we heard a comparatively new member talking about the "warmth" extended to him at his first few meetings. He was impressed by the "warmth" shown among the members of the groups, and it helped him. He felt as if he "belonged," as if he were welcome, and that he wished to become a part of the "warmth."

So many times we've all heard of the absolute importance of being warm and friendly toward that new man or woman who is "just coming through the door." It is just that! It is absolutely imperative that these newcomers be treated in a warm and welcoming manner.

Most of us are pretty good at it too, but it doesn't hurt now and then to remind ourselves and "brush up" a little on our welcoming manner and our attitude toward everyone.

It might be interesting to recall that our "special warm and welcoming" manner should not be reserved for **newcomers only**. It is nice to be made welcome at a meeting no matter **how long we've** been sober.

Remember the old days when most of our acquaintances were not **really** glad to see us, **unless we** had the where with all (money)? If we didn't have money, they just didn't **want** to see us period! There wasn't any warmth in their welcome, if they **even** welcomed us at all!

How about some of our "drinking buddies" who really didn't care a hoot about us, but tried to **impress** us that they did? We all knew the phony at the bar who was always trying to **impress** somebody, either with tall tales, or loud talk, or by setting up a few drinks.

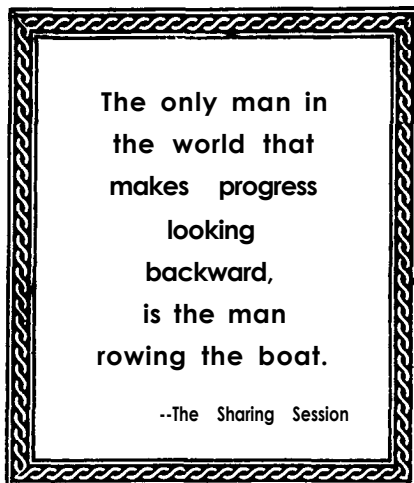
Somehow, sometimes it seems some of this desire to impress others carries right on over into sobriety. We all know people we see at meetings who give us a "glad hand" and "Hi, there Sam or Joe!" and "Golly, fella, how've you been?!" This interesting little conversation or discourse is, of course, in the presence of 15 or 20 more other AAs. Funny thing, though, when we saw that same AA four hours earlier, alone somewhere, he hardly spoke, and then very begrudgingly.

Alcoholics, it seems, are just marvelous actors and actresses! Most of us have spent so many years acting our various roles, and trying so hard to impress people, we have a hard time after we're sober, just learning to be ourselves.

We were so good at our phony roles we were even endeavoring to impress **ourselves** as well as others.

AA, if we are sincere, will teach us how to be a little bit sincere, a little bit honest, a little bit genuine. Then, and **only** then, can we begin to be real people, and be warm and welcoming to those we meet in AA, and we'll be warm and welcoming to everyone, wherever we meet, whenever we meet.

Genuine, warm people who are honest don't **have** to impress people. They do it unconsciously, and the sparkle in their eyes, the smiles on their faces, tell the story: They are **really** glad to see you, to know you and to warmly welcome any and all, new and old, to the Fellowship of Alcoholics Anonymous.





Published monthly by the Central Bulletin Foundation, Inc., a nonprofit corporation dedicated to service. Address all letters to Central Bulletin, Box 6712, Cleveland, Ohio 44101. Subscription price — \$2.00 per year.

Horn D., founder and Editor 1892-1968



Vol. 29

July, 1971

No. 10

## MILL ENDS AND REMNANTS

Some facts on alcoholism which recently crossed our desk included a declaration by Dr. Roger Egebert, Assistant Secretary for Health and Scientific Affairs of the Department for Health, Education and Welfare, that alcoholism is the number one health problem affecting 6.5 million Americans. Researchers at George Washington University set the figure at 9 million, with millions more on the verge of serious drinking problems.

An epidemic would be declared and the country would be "in a state of emergency" were 6.5 million Americans to contract a serious disease. Abuse of hard drugs and marijuana has nowhere reached the proportions of alcoholism, yet concern for alcoholism is far less than for hard drugs.

That alcoholism is a progressive disease you and I can attest. Alcoholics are sick, just as people suffering from heart disease are sick. One of every 13 employees is an alcoholic. Losses in industry because of alcoholism have been computed at 6 billion dollars per year, and the total cost to the nation and the human loss to individuals, to families and to communities is beyond calculation.

Every problem drinker adversely affects an average of 4 other persons in his family and more than 16 friends and business associates in the community. So, at the very minimum 130 million Americans are affected by alcoholism and this does not even include the alcoholic himself.

Alcoholics on "skid row" represent less than 5% of the total number of alcoholics. More than 95% of all alcoholics are found in homes, factories, office and communities — they have families and are employable. A large number are to be found in executive suites, as well as in the arts.

Consider these further facts:

Alcohol is a mood-changing drug, as are marijuana, heroin, cocaine, barbituates and amphetamines.

The alcoholic is addicted to alcohol and therefore an addict — he takes alcohol as a drug.

Of all fatal highway accidents today 50% involved alcohol and 50% of those involved an alcoholic.

The FBI reports that every third arrest in the United States involves public drunkenness, and more than 95% of short-term prisoners serve time in jail because of alcoholism.

Ninety percent of industry's alcoholic employees are from age 30 to 55; and have been working for 12-26 years.

It is stated that alcoholism ranks among the major national health threats, along with cancer, mental illness and heart disease. There are some 80,000,000 people in this country who drink, and of these the aforementioned estimated 6.5 million (8% plus) are alcoholics.

Rehabilitation, education and community services are the greatest forces operating today for the control and prevention of alcoholism in the home, on the job and in the community.

That is why — "When anyone, anywhere, reaches out for help, I want the hand of AA always to be there. And for that: I am responsible," by George!

## MINUTES OF CENTRAL COMMITTEE MEETING JUNE 1, 1971

The meeting was opened with the Serenity Prayer by Moderator Ray M., in which he was joined by the 26 group representatives in attendance. Dick F., Vice Moderator, read the Purposes of Central Committee and the Twelve Traditions of AA, following which the minutes of the May 4 meeting were read and approved. Treasurer Jean C. reported treasury balance of \$176.99. COMMITTEE REPORTS WERE AS FOLLOWS:

**Action Committee:** Bob W., Chairman reported everything quiet.

**Areawide Meeting:** Lou W., Chairman, reported that next Areawide Meeting was set for Friday, June 18, 8:30 p.m., Jordan Hall, Charity Hospital. Speaker: Ceverly McG., Flushing, N.Y.

**Hospital Committees :**

**Rosary Hall:** Ray M., reported patients may receive mail if it is addressed in care of Rosary Hall. There will be no mail sent out, however.

**Bay View:** Bernie B., Chairman. Things going well.

**Brecksville:** Harry G., Chairman, reported there is waiting list for admittance.

**Central Bulletin:** George M., Editor, again cited the need for expanded subscriptions to enable meeting rising postal and other expenses. Renewals and ANY changes should be reported promptly, especially address changes. Any notices or other matter for publication in the BULLETIN MUST be received by the 15th of the month, or it will miss the current issues.

**Institution Committee:** Helen D., Chairman. Visitors and every support possible is needed in this area of activity.

**P.I.C.:** Dick P., reported that 184 speakers were supplied by the District Office to non-AA meetings and groups in the first five months of 1971.

Old business discussed surrounded contributions to the support of Central Committee it being reported that requests had been mailed to group secretaries. Contributions should be mailed to the Central Committee in care of the District Office.

New business concerned a discussion of raffles at the various groups and it was the consensus that the group being autonomous it was the responsibility of the group to conduct same with proper propriety.

There being no further business, the meeting was closed with the Lord's Prayer.

Jean C., Secretary Pro-Tern

## NEWCOMER CORNER

We will not associate with AA very long before someone suggests we change our friends and avoid the old hangouts and environment that we have clutched to our hearts so dearly in the past.

If such suggestions seem somewhat high-handed or severe, we do well to remember they are based upon pure experience and a certain ability to use brains that the older members may have acquired.

The suggestion will be to stick to the winners and we find invariably that the winners have formed new habits, made new friends and, to a man, stay away from their old stomping grounds. No recovered alcoholic has ever come to grief by going into a bar if he had some sound, legitimate reason for doing so and none has ever failed to have trouble if he went for any other reason.

If we hang around bars and drink cokes to prove we can we are merely proving something once again and we have a lifetime of that foolishness. And once proven, what comes next?

We might also consider a detail called morbid fascination. This boogerbear can get us even if we are not proving anything. It is much too complex to undertake here but it is none the less, very real. How often have we seen one alcoholic go to 'help' another and someone ends up with two drunks instead of the original single. If we go at all we should go with a winner.

— Rosalie Newspaper Houston

**PRAYER OF THE MONTH**

O God, who in Your love has bestowed upon us gifts such as our fathers neither knew nor dreamed of: Mercifully grant us that we be not so occupied with material things that we forget the things which are spiritual; lest gaining the whole world, we lose our own soul. Amen.

**STANDING ON YOUR OWN FEET**

Everyone who leaves school or university this year is looking forward to standing on his own feet and making his own way in the world.

Benjamin Franklin was of the opinion that a ploughman on his feet is higher than a gentleman on his knees, and one of the characters in Ibsen's play *An Enemy of the People* says: "The strongest man in the world is he who stands most alone."

But before you can stand on your own feet you must have something more in your head than the desire to stand up. You need to know enough to keep your balance. That is why young people go to school and university and church; that is why wise older people keep learning by reading and observing. In this changing world it is not enough to have in your head nothing more than was there yesterday.

No person can be completely sovereign in the sense that he is no way affected by what happens outside himself. Independence must walk hand in hand with knowledge of what is going on, intelligent obedience to certain laws of life, and fidelity to certain customs of humanity.

The advice given a thousand years ago: "Be yourself" has been translated in these days into "Do your own thing." Some people draw attention to themselves by lavish display of qualities, like a storekeeper who thinks he has to crowd into his window everything he has to sell, or like a flower arranger trying to cram all of her garden into a table vase.

What have you that is particular to yourself, a point of distinction, something in which you are proficient? That is the feature to display and develop. A man may find arithmetic or writing or carpentry difficult. That is no more remarkable than that a long-distance runner should find it impossible to do the 100-meter run in under ten seconds. The thing to do is to find your best quality and bring it to maturity.

However, advice to concentrate on what you do well should be taken with prudence. If you play the guitar skillfully you may become a bore by playing it too often or too long. It is judicious to spread your interests so that you acquire new talents and to dabble in things that broaden your life, even if you never rise above average in them.

Opportunity to shine will come to the man who enlarges his ability, stores his mind with useful data., and has the desire and energy to step out toward an objective.

-The Royal Bank of Canada Monthly Letter  
April, 1971

**PATRIOTISM**

Patriotism is as much a virtue as justice, and is as necessary for the support of societies as natural affection is for the support of families. The *Amor Patriae* is both a moral and a spiritual duty. It comprehends not only the love of our fellow creatures, not only of the present but of future generations. This virtue we find constitutes a part of the first character of history.

-Contributed

**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. HAWLEY** a member of the Edgelake Group passed away suddenly on June 6, two days after observing his 22nd Anniversary of continuous sobriety in AA.

**DATES TO REMEMBER**

- July 4-Independence Day
- 6-Central Committee, 8:30 p.m., Room 362 Hanna Building.
- 13-6th Anniversary, Eaton Group, 8:00 p.m. Grace United Church, 14911 Westropp Ave., Cleveland. Speaker: Kay S., Akron, Ohio.
- 23,24,25—Ohio General Service Conference of AA — 1971, Hotel Sheraton Gibson, Cincinnati, Ohio. See your secretary or write P.O. Box 875, Cincinnati, Ohio 45202.

**AA IS WHERE YOU FIND IT**

A conference of church women was also held at the New Yorker during the General Service Conference and there was considerable confusion for a time as to who met where. A very young couple who were obviously newlyweds or part of the church get-together wandered down one morning and were stopped at the door. "Sorry" they were told "the church meeting is upstairs, this is an AA Conference." The young man grinned. "Then, I'm among friends," he said. He was an AA member from Kitchener, Ontario, accompanying his wife to the big town for her church meeting. The ticket broker in the lobby was also a member.

-BOX 4-5-9

A man with a half-volition goes backwards and makes no way on the smoothest road; a man with a whole volition advances on the roughest and will reach his purpose, if there is even a little wisdom in it.

—Carlyle

**HOSPITALS AND INSTITUTIONS**

<b>SUNDAY</b>	
TRUSTY HALL-1000 ft. east of House of Correction	10:00 a.m. and 5:00 p.m.
<b>MONDAY</b>	
HOPEFUL-State Hosp., 4455 Turney Rd., New Chapel Bldg. #1	8:00
<b>TUESDAY</b>	
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
<b>WEDNESDAY</b>	
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
<b>THURSDAY</b>	
TRUSTY HALL-1000 ft. east of House of Correction	8:00
<b>FRIDAY</b>	
MAIN GROUP-House of Correction, 4041 Northfield Rd.	8:00

**ALANON GROUP MEETINGS**

<b>SUNDAY</b>	
GARDEN VALLEY-7100 Kinsman Rd. (2nd & 4th Sun.)	4:00
<b>MONDAY</b>	
BROOKPARK-PARMA—Redeemer Church, 6151 Smith Rd.	8:30
ELYRIA—Community Church, 666 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
<b>TUESDAY</b>	
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
<b>WEDNESDAY</b>	
BEDFORD-Christian Church, 98 Warrensville Ctr. Rd.	10:30 a.m.
BRECKSVILLE V.A. HOSPITAL-Bldg. 2	8:00
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
<b>THURSDAY</b>	
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
<b>FRIDAY</b>	
EAST CLEVELAND-Y.W.C.A., Lea 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

## IN MEMORY OF BILL

This 21st annual meeting of the General Service Conference is the first at which our beloved Bill is not with us. It is thus a sad and solemn occasion. Yet, it is also one which marks the time when our Fellowship of Alcoholics Anonymous must truly come of age. We can no longer turn to the physical presence of our co-founder for the guidance which he gave to us in such great measure throughout his lifetime.

To be perfectly honest, I still have not yet come to accept this completely. I do believe in my heart that Bill is here with us at this very moment. He has left us with an integral part of himself in this General Service Conference which makes up the voice of AA's group conscience worldwide. I think that it stands and meets today as one measure of his greatness and vision of the future.

I know that Bill believed that the wisdom of AA was to be found in the group conscience that it came out of church basements and not from the pulpit; that it was directed from the groups up through the delegates and the Conferences structure, rather than the other way around. Bill knew that it was not one voice that should be heard, but many thousands of voices: And it was his gift that he was able to listen to them all and out of the noise and confusion discern the group conscience. Then he would say something and all the rest of us would exclaim, "Why, yes, of course, that's it." And what Bill's death means to me now is that all of us — me, the other trustees and staff and delegates — will all have to listen much more carefully than we once did in order to make out of the voice of the group conscience.

I know this is possible, for this was Bill's vision — one that he lived to see fulfilled — to create a channel of communication within the Fellowship of Alcoholics Anonymous that would make it possible for all to be heard — from the individual through the group, to the delegates and to the trustees so that AA will always be here to extend a helping hand to the still-suffering drunk who is crying out in the night for help.

Those of us meeting here today are a part of that channel of communication — and have been. Yet I think that it is only now that we can truly begin to grasp the great responsibility that is ours. Now it is we who must listen and act upon the voice of the group conscience. While the responsibility is great, however, I do believe that we can meet it — through the Steps and Traditions and Concepts; through the legacies of Recovery, Unity and Service, and, yes, through the simple slogans we clung to in our own early days of recovery.

We have all of this, but in order to survive and prosper we need but one thing more. And that is the help of God. I ask for it now — that He give us knowledge of His will and the power to carry it out.

In closing, I would like once more to give thanks to God that Bill lived and did so much to make this world a better place for all of us. Bill was a great and good man, and I know that he left some of that greatness and goodness behind in all of us.

-John L. Norris, M.D., chairman  
General Service Board

## JOURNEY TO SAFAD

(Continued from page one)

Jordan and beyond. Or we can turn in the other direction and strike out for greater heights toward Mount Hermon whose perpetually snow-covered peak seems to float in the sky. We can go down to Capernaum where Jesus and his disciples did so much of their work. There is no limit to the possibilities before us.

There is no limit, either, to the possibilities in life before the sober alcoholic. Once he has made his journey to Safad he can remake his future by following the road he believes will be the most inviting, the most useful. After Safad the valleys and twistings and turnings of the road have no terror because the traveler, having seen, knows where he is going.

## IF GOD SPOKE TO AA HE MIGHT HAVE SAID

Into your weak and feeble hands I have entrusted a Power beyond your estimate. To you has been given that which has been denied the most learned of your fellows. Not to scientists or statesmen, not to wives or mothes, not even to My priests and ministers have I given this gift of healing other alcoholics, which I entrust to you. It must be used unselfishly. It carries with it grave responsibility. No day can be too long, no demands upon your time can be too urgent, no case too pitiable, no task too hard, no effort too great. It must be used with tolerance, for I have restricted its application to no race, no creed and no denomination. Personal criticism you must expect, lack of appreciation will be common, ridicule will be your lot, your motives will be misjudged. Success will not always attend your efforts in your work with other alcoholics. You must be prepared for adversity, for what men call adversity is the ladder you must use to ascend the rung toward spiritual perfection. I shall not expect of you beyond your capabilities.

You are not selected because of exceptional talents; and be careful always, if success attends your efforts, not to ascribe to personal superiority, that to which you can lay claim only by virtue of My gift. If I had wanted learned men to accomplish this mission, the power would have been entrusted to the physicians and scientists. If I had wanted eloquent men there would have been many anxious for the assignment, for talk is the easiest of all talents with which I have endowed mankind. If I had wanted scholarly men, the world is filled with better qualified than you whom would have been available. You were selected because you have been outcasts of the world, as your long experience as a drunkard has made, or should make you, humbly alert to the cries of distress that come from the lonely hearts of alcoholics everywhere. Keep ever in mind the admission that you made on the day of your profession of AA — namely, that you are powerless, and that it was only with your willingness to turn your life and will into My keeping, that relief came to you.

Think not, that because you have been dry one year or two years, or ten years, that it is the result of your unaided efforts. The help which has been keeping you normal will keep you so just as long as you live this program which I have mapped out for you. Beware of the pride that comes from growth, the power of numbers and invidious comparisons between yourselves, or your organization with other organizations whose success depends on numbers, money and position. These material things are no part of your creed. The success of material organizations comes from the pooling of joint assets; yours from the union of mutual liabilities. Appeal for membership in material organizations is based upon a boastful recital of their accomplishments; yours on the humble admission of weakness: the motto of successful commercial enterprise is: "He profits most who serves best," yours: "He serves best who seeks no profit." The wealth of material organizations, when they take their inventory, is measured by what they have left; yours, when you take moral inventory, by what you have given!

Ed. Note: Written many years ago by a Bulletin contributor we feel the foregoing needs be repeated occasionally, for, like so many things in AA, it is timeless.

## 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.



## JUSTIFICATION

What have I done today to justify my own recovery? It's a pertinent question that we should put to ourselves more often than we do. Especially is such a unilateral inquiry needed by those of us who have been sober a few years. It is so easy to slip into the belief that, because we have something of a record of sobriety, we can sit back like patriarchs and let the younger men do the work. No special privileges come with seniority in Alcoholics Anonymous.

When we reach the point where we believe we are conferring a boon upon humanity just because we refrain from making a general nuisance of ourselves we have reached a dangerous stage. Our thinking has become unhinged. And we incur the risk of betraying ourselves as insufferable egotists.

Never must we forget that sobriety is not a great accomplishment in which we can take pride. Sobriety has merely brought us to that line behind which we should never have slipped. We forget sometimes that sobriety is the normal condition of most people. And we should not expect anyone to roll out the red carpet, scatter roses at our feet or crown our enlarged brow with laurel because we have succeeded at last, with the help of God, in being normal.

Our gratitude for sobriety should be unbounded. But it cannot find honest expression if we just inflame our imaginations with the illusion that we are unsung geniuses for becoming dry. It can find expression only if we engage in activities which justify our recovery.

This suggests, immediately, twelfth step work. By helping the other fellow to regain a normal existence we are engaging in the **fundamental method** or retaining our own sobriety.

This, however, is not the only way. Great stress is laid in the other steps on the need to remold character. This means that in addition to making ourselves more normal people we will treat those around us — family, friends, business associates and just ordinary men and women we meet every day — with more consideration than has been our custom. We will remember that they are sensitive human beings, too. We will keep in mind that they have problems and troubles and worries and hopes and aspirations like us. We will discover that, contrary to all previous convictions, we are not the center of the universe.

Then we will begin to justify our recovery by acquiring, slowly but firmly, that sense of humility which recognizes the worth of our fellow man. We will see that tolerance must be tended to others if we are to enjoy it from others.

Does it not stand to reason that it is impossible for long to watch entranced, our own image in the pond? This practice will have disastrous results. Sooner or later we will get dizzy and fall in.

We must turn around, forget ourselves, face the world and the people in it, especially those who need the help that only we, who by our experience and the grace of God, are equipped to give them.

There is not one aspect of our daily lives, in addition to what work we may do for fellow alcoholics, in which

*(Continued on page four)*

## MORNING'S AT SEVEN

How absolutely grand it is to be sober! For most of us in AA there are so many benefits in its new way of life, we cannot begin to count them! Many things happen to us; many things come our way; we acquire possessions and qualities, we may never have dreamed of, and all because we are sober!

Much is said about inventories and double-checking for faults and short-comings. Inventory, we will discover, can be used both ways. We need to count the debit side, to be sure, and regularly, but it is equally as beneficial to tally up the assets as well. Taking stock of our assets now and then can be excellent medicine for resentments and creeping self-pity.

The poorest of us, if we be sober, are the richest of men. One oldtimer in our area often mentions that the wealthiest of men could not buy what this man's sobriety has afforded him, and it is so true!

Henry David Thoreau, the philosopher of a hundred years ago, asked: "What is the pill that will keep us well, serene, contented?" He was writing his essay on Solitude, and went on to conclude: "let me have a draught of undiluted morning air!"

We alcoholics used to have our draughts in the mornings all right, but **our** draughts were not air! We are after our elixir of tragedy and misery — alcohol!

Today, sober, we can appreciate the beauty of a clear, clean fresh morning, sans the headaches, the shakes, the worries. Sobriety is beginning to afford us some of the same serenity of which Thoreau wrote.

AA and sobriety teach us that the many things we used to dream about over the bars or with a bottle beside us, are now within our reach. However, the greatest **recovery** is that now we're sober and the fog is clearing. Many of the **things** we dreamed of, such as fame and fortune, and Cadillacs, are really not so wonderful. We're learning that to have an honest heart, to be able to live with oneself, and to laugh, and enjoy the things we have, no matter how poor we may be, is **what really counts**. In truth, the wealthiest of men could not buy it.

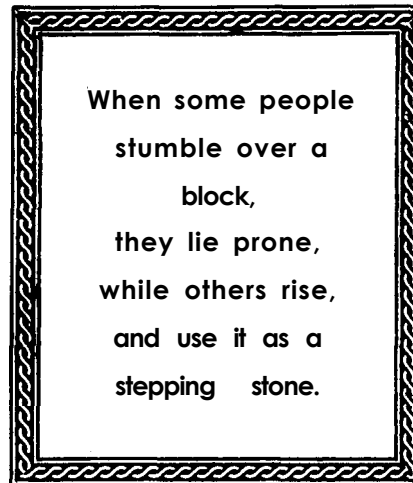
Is not the privilege of picking some wild flowers along a country road, when one is sober, and loving life and God and men, better than awakening to the haunting fears of what happened the "night before" when we were still drinking?

Today, sober, we can learn to enjoy the whole of life. We can learn to take it easy, and to remember that if our benevolent Heavenly Father cared enough to make it possible for us to find sobriety. He will also help us to maintain it, and to enjoy it.

It is indeed wonderful to be sober! To be sure, life will have its continuing problems, but with sobriety, and a clear mind, and the help of Him who made us, we can surmount our problems, and find life to be good. If life is licking honey off of thorns then how very **good** must that honey taste! Men do not appreciate that which comes too easily.

This AA loves life, and morning-time, and God, and

*(Continued on page four)*







Published monthly by the **Central Bulletin Foundation, Inc.**, a non-profit corporation dedicated to service. Address all letters to Central Bulletin, Box 6712, Cleveland, Ohio 44101. Subscription price — \$2.50 per year.

**Harry D.** Founder and Editor 1892-1968



Vol. 29

August, 1971

No. 11

### MILL ENDS AND REMNANTS

Is summer a time for nostalgia? Or is it that we have been sober continuously long enough to have matured sufficiently to observe the true beauty about us?

We know not positively the answer to either question, except that this has been an especially delightful summer time, and one that has reminded us of those of early youth.

Have you, too, noted the beauty of this summer's sky? The blue backgrounds for the **cumulous** white clouds that are inherent to fair weather? Doesn't it all remind us of a somewhat carefree youth when while lying on our backs in some grassy plot we envisioned cloud-sculpture portraying the heads, perhaps, of Washington, Jefferson, or Lincoln, or the shape of a ship, which for a time bore us on a journey and course charted by our imagination?

Somewhat older, somewhat wiser, on looking into this summer's sky we have envisioned many of the formations of those less demanding days, but being somewhat older, somewhat wiser and sober, the period of meditation and contemplation is a great deal more profound.

The wonder of it all! Is there any doubting that there is a Power? The same Power greater than ourselves that has restored us to sanity? Isn't it all miraculous, almost beyond comprehension? Aren't we all miracles?

Have you noted the lushness of this summer season? Healthy lawns and lovely flowers? Even the weeds are prospering, even as the weeds among mankind, awaiting conversion to the loveliness of the garden through loving, tender care.

Louise Seymour Jones says it well:

Who loves a garden  
Finds within his soul  
Life's whole;  
He hears the anthem of the soil  
While ingrates toil;  
And sees **beyond** his little sphere  
The waving fronds of heaven, clear.

There is something new under the sun — every day,  
we need but look for it, by George!

## NOTICE

**Continuing increases in costs — production, postage, mailing plates, box rental and the myriad of other things which go toward operation of Central Bulletin has forced, effective August 1, 1971, increase in the annual subscription rate to \$2.50.**

**Unlike most everything else, this is the first increase in subscription rate in ten (10) years and is absolutely vital to our maintaining the high standards and quality of the Central Bulletin.**

## MINUTES OF CENTRAL COMMITTEE MEETING JULY 2, 1971

The meeting was opened with the Serenity Prayer by Vice Moderator Dick F., in the absence of Moderator Ray M., who was on vacation. Lou W., then read the Purposes of Central Committee and the Twelve Traditions of AA. Roll call disclosed there were 34 group representatives in attendance. After reading and approval of minutes of June 1 meeting, Treasurer Jean C., reported treasury balance of \$372.92, which reflects gratifying response of the groups to recent appeal.

COMMITTEE REPORTS WERE AS FOLLOWS:

**Action Committee:** Bob W., Chairman, reported that the recurring complaint of use of open faced cards being used by certain groups, and this has again been handled for correction.

**Areawide Meeting:** Lou W., Chairman, reported next meeting will be held in September on a date to be announced. Speaker has not been selected at this time.

**Hospital Committees:**

**Rosary Hall:** Ann T., reported Women's Ward is full.

**Bay View:** Bernie B., Chariman, reported that summer decline in visitation has been noticeable.

**Brecksville:** Harry G., Chairman, reported Brecksvilld Hospital has a Ward Government System, and there followed a short discussion on sponsorship at **Brecks-**ville.

**Central Bulletin:** George M., Editor, reported that increasing costs made it appear inevitable there would be increase in subscription rate. August Bulletin will carry the story. New subscriptions and prompt renewal of subscriptions is the **key** factor in keeping costs down, or at least distributing them.

**Institution Committee:** Helen D., Chairman, reported new meeting place of Women's House of Correction meetings will be in Senior Hall, beginning July 7, 1971, and asked that the word be passed along. She also said more literature is needed.

**P.I.C.:** Dick P., Chairman, advised that 186 speakers had been supplied by the District Office to non-AA meetings and groups during the first six months of 1971.

There was no old business and new business embraced a discussion of the Alcoholic Unit of Cuyahoga County Welfare and the need for literature, including the Big Book by the group at the Cleveland V.A. Hospital.

There being no further business, the meeting adjourned with the Lord's Prayer.

Joedy M., Secretary

## YOUNG PEOPLE INTERNATIONAL IN CLEVELAND IN 1972

Fifteenth International Conference of Young People In AA will be held in Cleveland, Ohio, on June 16-17-18, 1972, and convention headquarters will be the Hotel Statler Hilton.

These columns will continue to carry current news of this conference and at this time we feel commendation is due the committee which worked hard to bring the convention to Cleveland, and which is charged with the responsibility for the culminating success which will ensue.

## DISTRICT OFFICE NOTE

Group secretaries will soon be receiving supplement, to the Secretary's List issued in June by the Cleveland AA District Office. An unusually large number of additions, corrections and changes, necessitates this action, and points up the need for all group secretaries keeping the Office informed currently of changes, so that the regular lists may be correct at issuance.

\* \* \* \*

A bore is a man who spends so much time talking about himself that you can't talk about yourself.

The greatest wealth is to live content with little, for there is never want where the mind is satisfied.



PRAYER OF THE MONTH

Grant us, O Lord, to pass this day in gladness and peace, without stumbling; without stain, that reaching the evening victorious over all temptation through Your ever present aid, we may praise Thee our God, who governs all things. Amen.

PRUDENCE . . . AND AA

When I joined AA and cultivated the desire to stay sober, I did not realize that a new world was opened to me. Apart from keeping me sober, AA and the practice of the Twelve Steps completely transformed my ideas of how to live. AA gave me greater life and vitality and the want to do the right thing at all times.

Everything I do now seems to have a new colour and dimensions and, most important of all, I do not want to drink. I know that this new found attitude will be renewed and re-presented for me today and every day as long as I continue to maintain a willingness to apply AA principles to my life in general.

Beforehand, i.e. before I accepted the First Step in depth and in its entirety, I hesitated, considered, weighed the pros and cons, procrastinated and generally wound up either doing the wrong thing or nothing at all. Now, however, AA helps me to live my daily life with a sense of responsibility and this in turn makes me more efficient and decisive.

In a word, thanks to God and AA I am more stable; and I feel I am progressively acquiring the disposition to do the right thing at the right time with respect to my sobriety and my life in general.

Joe M., Dublin, Ireland

SAFE RETURN

From time to time we have relayed communications from Clarence B., in Vietnam and the Philipines, and this past month received the following:

"The time is drawing very near when I will be pulling up roots here in the Philipines and heading stateside. The group here at Manila extends their deepest appreciation for the Central Bulletin which everyone enjoys so much monthly.

Would you kindly forward them to my new address and some additional copies if possible, as I will be working as a counsellor in the Navy's alcoholic rehabilitation clinic and I know our members would enjoy the Bulletin as much as I have over the years.

Love in AA Fellowship, Clarence B."

It is, of course, a source of gratitude that our Central Bulletin has contributed to continuing sobriety for AA members half way across the world, and that we may continue to assist Clarence in his new assignment in which we extend every good wish for success.

IN MEMORIAM

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

FRANK D. SLOUGH, a member of the Memphis Group and regular volunteer at Rasary Hall, passed away in late June of cancer.

FREDA LEWIS KRAWS, 25 year member of AA, passed away on July 3 after a lingering illness. She had been a member of the Laurel Group.

PETER N. SMIT, an AA member since October 1940, passed away on July 4 in Pheonix, Arizona, where he had resided the past eight years. He was a former member of the Borton Group.

DATES TO REMEMBER

- August 3-Central Committee, 8:30 p.m., Room 632, Hanna Building.
20-29th Anniversaries, Gordon Square Group, 8:30 p.m., West Blvd. Christian Church, Madison Ave. & W. 101st St. Speaker: Father T., Mentor Sun.
September 7-Central Committee, 8:30 p.m., Room 632, Hanna Building.
12-Third Quarterly Meeting, Northeastern Ohio General Service Committee, 3:00 p.m., American Legion Hall, Brecksville, Ohio.

GROUPS AND MEMBERS

Spring 1971

Table with 3 columns: Group Name, Groups, Members. Includes United States, Canada, In Hospitals, In Prisons, Internationalists, Overseas, and Totals.

(including non-reported members, actual membership is estimated at more than 500,000 worldwide.)

Box 4-5-9

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
WEDNESDAY: CLEVELAND PSYCHIATRIC HOSP.-1708 Aiken at Scranton 8:30
THURSDAY: TRUSTY HALL-1000 ft. east of House of Correction 8:00
FRIDAY: MAIN GROUP-House of Correction, 4041 Northfield Rd. 8:00

ALANON GROUP MEETINGS

- SUNDAY: GARDEN VALLEY-7100 Kinsman Rd. (2nd & 4th Sun.) 4:W
MONDAY: BROOKPARK - PARMA-Redeemer Church, 6151 Smith Rd. 8:30
TUESDAY: EUCLID-Christian Church, 28001 Lake Shore Blvd. 8:30
WEDNESDAY: BEDFORD-Christian Church, 98 Warrensville Ctr. Rd. 10:30 a.m.
THURSDAY: CLEVELAND HTS.-Pres. Church, Fairmount & Scarboro 9:00
FRIDAY: EAST CLEVELAND-Y.W.C.A., Lee Blvd. at Euclid 1:30

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

YES, 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"!

Author Unknown

ON BEING MATURE

When a man is standing on his own feet he has passed from the dependence of adolescence to the responsibilities of adult citizenship.

A person is not mature so long as he continues to try to solve adult problems in childish ways, or to satisfy his ego with adolescent experiences. Maturity involves an intelligent appraisal of disappointments, burned fingers, spoiled pages, and plans that went wrong, as well as a balanced appreciation of successes.

One cannot escape the responsibility of maturity by quoting the doctrine of Marx, who held that every man's actions were conditioned by the social class to which he belonged, or the doctrine of Freud, who said that what a man does is subject to pre-natal and juvenile influences over which he had no control.

Responsibility is the inevitable price one has to pay for independence. When an individual is free to act as he likes he is accountable for what he does. A slave is not responsible, but as soon as he becomes a free man he participates not only in freedom but in obligations to himself, his family, his community and the nation.

It is not enough to remain standing, we must evolve. Growth is a characteristic of life and growth means change. The wise man regards his present situation as only the sketch of a picture which he must finish. If he does not try to do a little more or a little better he can do easily he will never learn the best that he is capable of doing.

-The Royal Bank of Canada  
Monthly Letter, April 1971

MORNING'S AT SEVEN

(Continued from page one)

people, and sobriety. For this AA the old poem's lines ring very true —

"Morning's at seven, God's in His heaven, All's right with the world!"

JUSTIFICATION

(Continued from page one)

we cannot apply some part of the twelve steps and thus justify the recovery which it has been our privilege to gain.

SINCERITY COUNTS

Big as a grizzly bear and about as well poised, the man on the rostrum didn't seem to belong there at all. He couldn't talk worth a hoot. His grammar was atrocious, his delivery poor, his manner diffident. He essayed no oratory, and it was passing strange that he held this audience of 300 men and women in the palm of his ham-like hand. Sincerity explained it. It showed in the sparkling eyes and the quiet tones of this self-effacing gent who was well-groomed and expensively dressed but was definitely the outdoorsy type and fairly exuded well being. He was an ex-drunk, accent on the first syllable. He was no public speaker, but he had things to say.

"So this psychiatrist gave it to me cold," he spoke into the microphone. "He said I was a fake and a liar and never intended to quit whiskey. He said I was opinionated and obnoxious, that I had come to be analyzed but had wound up pointing out HIS faults. He said I was wasting his time and he wouldn't take my last few bucks because already I'd lost my job and wife and home and hocked most of my things."

Back in the 20th row, a newcomer in AA, hunched forward and listened hard. He, too, was presently jobless and wifeless and all but penniless.

"I asked him what I was supposed to do now," the big guy went on, "and he said nothing — nothing at all. Just get drunk and stay drunk, and die drunk. It didn't matter to this bird — this psychiatrist. He and I were washed up. So I shrugged and said okay. I knew it all the time. I was hopeless and so what? I would say that! I went out of there and for the first time in my life, I tried to follow somebody's advice. I got drunk and stayed drunk and only missed dying drunk because the noose I'd fashioned in my drunkenness was too loose. I awoke in a souse-trap and it was there I met up with Alcoholics Anonymous."

The newcomer in the 20th row marveled at the big fellow's utter candor. He hadn't quite realized yet that about two-thirds of the listeners were alcoholics and had been as bad as the speaker; and the others were wives and husbands of ex-drunks and they, too, had been through the wringer. "You see," nudged the newcomer's sponsor, "In a setting like this, with everyone understanding and everyone on an equal footing, a guy just naturally lets his hair down. Every man and woman in this room knows alcoholism is not a disgrace but a disease." The speaker was making it clear that his first "souse-trap" contact with AA had been four years ago. What he said about his return to sobriety, his moral rehabilitation, his regained self-respect, his gratitude was brief and simple yet tremendously dramatic. What he didn't say was even more impressive. For the man had attained humility — not the kind you talk about but the inward kind — and that, it developed, is one goal of every AA member. This big man, so ill at ease in the public eye, had found the power somewhere to rise from depths of suicidal despair to retrieve his family's love his rightful place in society and a good job in his chosen craft. Along the way he had discarded the big-shot complex which had stamped him as "opinionated and obnoxious," and had substituted a new and humble self-appraisal, a new sense of values which rewarded him with serene contentment.

"Can I do all this?" the newcomer asked wonderingly? "Not alone," his sponsor quickly replied. "But if you actually use the tools AA will supply, you can't fail. Man, look around you. Some of this program you must take on FAITH at the outset. But as to its effectiveness here is the living, breathing proof. "I can't believe they ever kicked the gong around like I did," murmured the impressed newcomer, but his sponsor just laughed.

—Alky Alley, Denver Colo., 1949

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

Nature gives five senses — touch, taste, sight, smell and hearing. Everybody needs two more — horse and common.

AA CENTRAL BULLETIN

ORDER BLANK

Please write distinctly . . . or print . . . to avoid errors

Date . . . . .

Name . . . . . \*a . . .

Address . . . . . \* . . . . .  
Street

City Zone No.

One year at \$2.50 Amount enclosed \$ . . . . .

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

THE YEAR 'ROUND GIFT



## IMAGERY

We are not a people set apart. We are simply bound together by a common malady, to arrest which we share our hope, experience, philosophy and way of life in a fellowship which is beyond word description. As part of our philosophy, we agree to carry these principles of ours "into all our affairs." That should mean that we seek a fruitful, happy, constructive life not merely in our own society, but in community and world affairs.

Accordingly, trends in human behavior are important to us, especially if they create pitfalls for our way of life.

In the wake of a political campaign, it is not unusual that we should be aware of the growing use of **merchandising** methods once used exclusively to peddle goods to advance the careers of human beings.

People are actually merchandising themselves these days. It used to be that a person qualified for the material success which came to him through education, experience and hard work. The quality of his performance was measured by such factors. A man used to be himself and improve himself through such a program.

But today an additional accepted part of the program for success is the need to create the most favorable image of one's self that is possible. "How to Win Friends and Influence People" is just a beginner's book in this direction.

We, like all people, must get along and make our way in this world. If we are to be successful, then we would seem to face the need to comply in the marketplace with accepted practices and ways of getting ahead. With us it is perhaps more imperative than it is with most, to do our very best. We have a big deficit to overcome and it is part of "making amends" to do so.

But can we afford to abandon our search for truth and honesty in trying to meet competition? The answer would seem to be clear. We have the principles in our twelve steps which must become a part of our very being and as we said above, the very last words of that last step call for the carrying of these principles into all our affairs.

If we are to do this, then how do we meet this competitive factor of creating the most favorable image we can? The answer is, we shouldn't. We can't afford the risk of seeming to be better than we are. Constantly in our self-inventories we must try to see ourselves as we really are and we must try to resolve that persistent little gap that always seems to exist between that and what we seem to be. We shall not lose by this practice.

Remember the old fashioned fellow who used to be loved or despised for just being himself? If we strive to become the best person possible within our limitations, we shall be very like that fellow, only we shall be loved and not despised if we really do our very best. Eagerness, earnestness and the highest degree of integrity of which we are capable will be more than a good substitute for selfish ambition and pretense. Sincerity is the very cornerstone of our philosophy. We cannot risk its loss.

Imagery is definitely not for us.

## LET ME COUNT THE WAYS—

The benefits that sobriety can and does bring to us are limitless! It is amazing to stop and take stock occasionally, and we will always come away from such a little inventory feeling the better and richer for it.

Most of us as "practicing" alcoholics were pretty immature, and were so wrapped up in our own petty little lives we were unable to see anything beyond the next drink. Our very immaturity was enough to blind us to the myriad of really worthwhile things in life. When we added alcohol to our immaturity we really fitted ourselves with a pair of excellent blinders. Like horses with blinders we could only see straight ahead, and ahead always meant that next drink.

After we've been sober for a time, the blinders come off, at least part of the time, and we begin to see things in their true perspective; in their proper proportion; in their correct light. We begin to live a life of reality. The old shames, and diversions, the subterfuges and connivings become unnecessary, and life assumes new and far better dimensions.

There is always discussion among AAs about tangible things, such as jobs, possessions, new acquisitions, but with increased sobriety and more and more "days," one at a time, we begin slowly to "see" some of the intangibles that sobriety affords us.

We begin to think differently. We begin to walk with our heads up again, and we find a little dignity once more.

Do not confuse dignity with pride or ego. We acquire a little dignity, but we are not proud about our sobriety. Rather we begin to have faint touches of humility when we realize that but for the Grace of God we could not be sober or stay

sober.

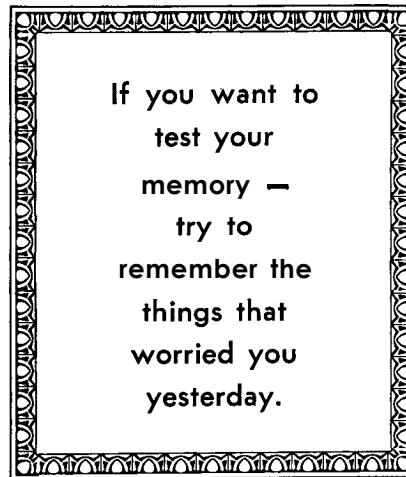
Our dignity comes from knowing deep down inside we're finally trying to do His will. We achieve a little self-respect, and it is good, very good to suddenly realize that in a world so full of so many complex problems He cared enough for us to grant us the way, the desire, the ability to stay sober with one another.

This same self-respect, or dignity or whatever we may choose to call it, brings us at long last, a little peace of mind. This time it is real peace of mind, or serenity, and not the kind we searched for through endless bottles, endless drunks, endless sleepless nights and chaotic days and weeks and months.

Tonight we can SLEEP! Problems and cares and troubles? To be sure! We still have them, but now we can cope with them, for we now have learned or are still learning that He who cares for us will sustain us through all problems. The line to Heaven is always open, and though there may be delays or waits an answer will always come.

Life, now that we're sober, need no longer be unbearable. Rather it has become rich and full, and peaceful, and there are never enough hours in the day to fully appreciate or think about all that sobriety has given us!

BE A BULLETIN BOOSTER, GET A NEW SUBSCRIBER





Published monthly by the Central Bulletin Foundation, Inc., a non-profit corporation dedicated to service. Address all letters to Central Bulletin, Box 6712, Cleveland, Ohio 44101. Subscription price — \$2.50 per year.

Hey D., pounder and Editor 1892-1968

Vol. 29

September, 1971

No. 12

### MILL ENDS AND REMNANTS

Recently we ran across an item — a tip for Success. It is said that a man who does a little more work than he's asked to — who takes a little more care than he's expected to — who puts small details on an equal footing with the more important ones — he's the man who is going to make a success of his job. Each little thing done better is the thin end of the wedge into something bigger.

Aren't these the same ingredients for success in our individual AA programs and in our new way of life? We have been given so much to work with, and on (ex-drunks), yet as we write this and take our inventory, we can see that there has been greater emphasis on what we have designated as some of the more important details, rather than giving equally prime time to some of the smaller.

In looking about it is felt most of us in the program have been emphasizing some of the wrong things, or at least side stepping some of our lesser responsibilities in favor of those which accommodate our individual wishes.

True, ours is an individual program, but the fellowship is one of a whole, which depends upon the universal emphasis by the individual to details of both important and lesser scope for survival and furtherance.

Is it sufficient to attend our one, or two, or three or even five meetings a week, thus compounding our individual sobriety and bask in its comfort? Or are we sharing the experience, strength and hope of that sobriety?

What small detail have we given equal footing to the important ones we have been emphasizing? Have we picked up an ash tray and emptied it after a meeting, or have we left that to a junior citizen?

In the comfort of our own sobriety have we failed to recognize that there are still thousands in the wilderness searching and seeking. Have we realized that as individuals we can't hope to reach each of them, but that as an individual giving unselfish support to our service entities the fellowship can carry the message of help?

If there is one thing that we don't need, it is to grow comfortable in our sobriety, for that can but lead to complacency and apathy. And these oftentimes produce disastrous ends, especially for the alcoholic.

To our way of thinking being comfortable in our sobriety and not emphasizing all things, large and small, that brought it to us and helped us attain and maintain it, is rank selfishness and ingratitude.

We need but to look into ourselves to determine if we are too comfortable, by George!

### 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.

### MINUTES OF CENTRAL COMMITTEE MEETING AUGUST 3, 1971

Moderator Ray M., opened the meeting with the Serenity Prayer in which he was joined by the 28 group representatives in attendance. Following reading of the Purposes of Central Committee and the Twelve Traditions of AA, minutes of the July meeting were read and approved. Treasurer's report disclosed a balance of \$396.15.

#### COMMITTEE REPORTS WERE AS FOLLOWS:

**Action Committee:** Bob W., Chairman, stated he had nothing to report.

**Areawide Meeting:** Lou W., Chairman, reported next areawide meeting will be held on September 10, and he will have confirmation from speaker in time for publication in September issue of Central Bulletin.

**Central Bulletin:** George M., Editor, reviewed reasons for announcement of increase in subscription cost on August 1, the first in nearly ten years. Notwithstanding, he added, the great need continues for greater numbers of new subscriptions and that renewals be forthcoming promptly when due. There is no question, he said, that with the density of AA population in the Cleveland area, subscriptions should be five times the present level, so there is a large field in which members can work.

#### Hospital Committee:

**Rosary Hall:** Ray M. reported that Sister Victorine would be away for about a month. Also, that Women's Ward continues at capacity occupancy.

**Bay View:** Bernie B., reported that Serenity Hall had been painted and remodeled.

**Brecksville:** Harry G., reported that the Alcoholic Ward now has a full time counsellor in addition to the regular staff.

**Institution Committee:** Helen D., Chairman, had no report.

**P.I.C.:** Dick P., Chairman, advised that 190 speakers had been supplied by the District Office to non-AA meetings and groups during the first seven months of 1971.

There was no old business and new business included request by Dick S., a member of the Vermillion Group, and also an amateur radio operator, that he would like to communicate with other amateur operators who are in the program. Dick P., announced that on August 7 at 2310 Superior Avenue, there was going to be a talk in Spanish regarding AA for Puerto Ricans in the Cleveland area. Dick F., reported that net receipts from the Memorial Day Breakfast had been divided among three institutional groups; namely, Trustee Hall, Warrensville Women and Grafton Honor Farm. It was announced that Trustee Hall meeting place is temporarily in Family Hall.

There being no further business, the meeting was adjourned with the Lord's Prayer.

Joedy M., Secretary

### GRATITUDE AND A PORTRAIT

No matter what the linguistic difficulties love and a cry for help in AA is resolved in the language of the heart.

This was the case several weeks ago when more than a routine call for help was telephoned to the Cleveland District Office. In halting English the caller uttered his plea for help, for the office is not manned with people who spoke his native tongue, nor the other two languages which he speaks fluently.

Nevertheless, in keeping with the responsibility that the hand of AA shall respond when anyone — anywhere calls for help, contact was made with a member who speaks one of the languages and communication — and sponsorship, was underway.

Shortly after hospitalization and his discharge from Rosary Hall, Emil S., came into the District Office to express his gratitude. Being an artist and accomplished portrait painter the use of his talents appeared to be the better way to express his appreciation.

The result: A portrait of our late Co-founder Bill W. It is a splendid likeness (taken from a photograph) and hangs reverently for all to see in the office. Every member should visit the District Office to view it.



**PRAYER OF THE MONTH**

Dear Lord, it is difficult to love truly as you have loved us. Still we would seek to serve our fellow men in this manner. We pray that Your spirit may live in us! Amen.



**LEAD ME NOT INTO TEMPTATION**

One of the reasons I had so much difficulty with the God part of this search for spiritual values and growth was not being able to understand prayers like, "Lead us not into temptation." I just could not see much good in a God who would lead me into temptation and had to be asked not to. Now it means to me, "lead me away from temptation." There are so many that most of us overlook. We think that part of the Lord's prayer must be referring to illegal or immoral or socially unacceptable activities. But what about the more subtle temptations, the ones which do their harm to us under the surface, eating away at the very foundation of our character?

The temptation to self-pity is really king of the mountain for most of us. He shows himself in many disguises; the "justified resentment," envy, fear, loneliness, anxiety, frustration, despair. The more we indulge him the more demanding he becomes, until we are imprisoned by our own emotions on the dark side of the mountain. The boundaries of self-pity are very difficult to break through.

Recently I had the good fortune to discover the books of Rebecca Beard. And while I was reading her beautiful, beautiful books I remembered a time when I would have said, "Oh how I wish I had someone like that in my life," and then I would have fallen into a dreadful gloom over my "unsatisfactory and lonely and frustrating life." Self-pity was so close to the surface there were times I simply could not enjoy, or get the good out of the help that was right under my nose. I suppose it was easier to envy than it was to work on myself. But this time I found myself thinking, "I'm going to be like that someday! I am! It may be a slow process, and there may be many setbacks, but I'm going to keep my eye on it anyhow. I'm on the way."

Well, getting back to temptation, whenever I think of the Lord's Prayer, or when we say it at the close of a meeting, I think to myself — "lead me away from self-pity! I've had enough, indulged it enough, for 20 lifetimes. Lead me away from self-pity God, please lead me away from self-pity." I know, of course, that I'll fall into it occasionally in spite of all my determination not to, but I hope I won't stay there long. Perhaps because I just don't enjoy it any more. I've found something better.

I urge anyone looking for spiritual help to rush right now to your nearest library and check out one, or all, of Rebecca Beard's three perfectly beautiful books: EVERYMAN'S SEARCH, EVERYMAN'S GOAL, and EVERYMAN'S MISSION, published by Harper and Brothers.

-JWK in SEARCH (Ky. AlAnon Journal)

**SOBRIETY IS . . .**

SOBRIETY is the morning sun pushing its way through the fog. It's the trees turning green in the spring. It's a freshly mowed lawn, a country road going away into the sky.

SOBRIETY is a glass of fresh orange juice in the morning, a steaming cup of hot coffee. It's planting tiny seedlings in the fresh brown earth.

SOBRIETY is sitting on a rock picnicking with a happy little boy. It's writing a letter in a clear hand. It's reading a good book. It's chuckling aloud and smiling at a stranger who smiles back.

SOBRIETY is driving a car in a storm and coming home to happy faces — people who need you and want you.

SOBRIETY is a dark night with stars turning on and a clear pale yellow moon shining down. It's a kiss and a thankful prayer.

-M. H., Woodside, Calif.

**DATES TO REMEMBER**

- September B-Labor Day
  - 7-Central Committee, 8:30 p.m., Room 362, Hanna Building.
  - 10—Areawide Meeting, 8:30 p.m., Jordan Hall, Charity Hospital, East 22nd and Central Avenue. Speaker: Kay S., Flame Group, Akron, Ohio.
  - 12-Third Quarterly Meeting, Northeastern Ohio General Service Committee, 3:00 p.m., American Legion Hall, Brecksville, Ohio. All are welcome.
- October
  - 5-Central Committee, 8:30 p.m., Room 362, Hanna Building.

**YOU**

It is rewarding to find someone whom you like, but it is essential to like yourself. It is quickening to recognize that someone is a good and decent human being, but it is indispensable to view yourself as acceptable. It is a delight to discover people who are worthy of respect and admiration and love, but it is vital to believe yourself deserving of these things. For you cannot live in someone else. You cannot find yourself in someone else. You cannot be given a life by someone else. Of all the people you will know in a lifetime, you are the only one you will never leave nor lose. To the question of your life, you are the only answer. To the problems of your life, you are the only solution.

-J Coudert

**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 Alken at Scranton	8:30
FAIRHILL PSYCHIATRIC HOSP.—12200 Fairhill Rd.	8:00
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.	4:30
MONDAY	
BROOKPARK - PARMA-Redeemer Church, 6151 Smith pd.	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	8:30
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.
BRECKSVILLE V.A. HOSPITAL-Bldg. 2	8:00
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
LORAIN COUNTY-Lutheran Church, 3334 Wilson St.	8:30
NORTH CANTON-Northminister Pres. Church 8	0
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**

DEPRESSION

"I asked myself, 'Why can't the Twelve Steps work to release me from this unbearable depression?' . . . Suddenly I realized what the answer might be. My basic flaw had always been dependence on people or circumstances to supply me with prestige, security and confidence. Failing to go these things according to my perfectionist dreams and specifications. I fought for them. And when defeat came, so did my depression . . ."

This passage came from a letter written by Bill to a friend, after a period of depression in his own life in 1953. A little later he very kindly sent me a copy. When I asked for permission to print the whole letter in The Road Back, (it appeared in fact in our December 1953 issue some years before it was printed anywhere else), Bill wrote me: —

"Certainly you may use it any way you like. Since that letter was written, I have held up pretty well. There hasn't been anything resembling a depression, though I do go into an area which might be called a region of indifference. When there, the lights of the world seem to have gone out. One still sees the stars, but complains they do not shed enough light by which to work or write. But the sunrise always come, if one can only wait. After all, dear Sackville, when a fellow has been scratching his left ear for a lifetime, it does require a pile of scratching the right one to impress the dark and dumb registering machinery which seems to be in the interior of us all. It's a hell of a strain on one's patience. But once on the right track, time and effort will bring the pay-off to practically all of us. Of that, I'm deeply convinced, I truly am . . ."

Depression seems to attack anyone at times, even those most active in AA or with long periods of sobriety behind them. It may at times be due to causes adjustable by medicine or psychiatry. Or perhaps it may be due to a fading gratitude for one's recovery; forgetfulness of the immensity of that great free gift to us. For forgetfulness it must be, if we allow our Peace of Mind to be over-affected by transient worries and cares. But most often, perhaps, it is due to the causes mentioned by Bill in his own case.

There may be, though, in some few cases, another and more subconscious reason, one which Thomas Merton described like this: —

"In the vivid darkness of God within us there sometimes come deep moments of love that deliver us entirely, for a moment, from our old burden of selfishness and number us among those little children of whom is the kingdom of heaven. And when God allows us to fall back into our own confusion of desires, we carry a scar over the place where that joy exulted for a moment in our hearts. The scar burns us, the sore wound aches within us . . . and we long for the time when we will never fall back from the paradise of the simple and the little children into the forum of prudence where the wise of this world go up and down in sorrow and set their traps for a happiness that cannot exist."

— The Road Back, Dublin, Ireland

THE PRICE OF PEACE IS SUFFERING

To be at peace in our sobriety is to be "at home" with oneself, with other persons, and with God. It is the result of love truly lived. But peace in our sobriety is a vision. It is a dream which reaches beyond the kind of life which men generally live. It has to reach beyond the limits which are set because of selfishness, fear and cowardice. Peace in our sobriety is a vision which invites much resistance from the world gives is not true peace but rather it is a compromising contentment, a lazy apathy, a "Yet good enough alone" attitude! The world resists change, and the world resists suffering; the world resists the cost of a man's being faithful to his word. Peace in our sobriety is the inner joy of a responsible, a faithful man.

The sign which marks a man who truly desires peace in his sobriety is his faithfulness to his word. Fidelity marks him as a man who dares to accept the responsibility of his words. A child can speak but effects nothing because he is too young to know that one pays a price for his words. He can not stand behind what he says. A mature, responsible man realizes that when he speaks he must mean what he says and be prepared to make his words come true, no matter how great the price. Too many people criticize but criticism is cheap and meaningless unless one has a better answer and is prepared for the work or the suffering which will make his answer a reality. People who criticize without being willing to pay the price of their words are as children who are not responsible for what they say.

Fidelity is the measure of how much power our words shall have. It is the sign of what a man is! Somehow one is aware that when such a man speaks he means what he says and is prepared to live out his words. The man who is faithful to his words knows that when he says them they can help transform lives. He realizes that his words will require waiting and patience, neither of which is easy. Fidelity to his words will require self-denial and suffering in the service of others, which is what Christian suffering is all about. Some people will misinterpret his efforts and resist him, even to the point of death, murder, and crucifixion.

No person likes to suffer but there is no other instrument through which one can truly love, and only through love can there be peace. The price of peace is suffering — and denial of self for the good of others.

-from Alanotes, Minneapolis

THERE IS NO UNIMPORTANT DECISION

Life is a perpetual crisis. Constantly, we must choose between the high and the low, the best and the worst, the true and the false. Every day brings us to a crossroad where we are forced to make lasting choices. Fatal is the mistake of imagining that some of these are less important than others.

When we least expect it, there will come to us out of the unseen a choice that spells destiny; it is now victory or defeat. All we have been and all we are is thrown into the balance to decide our fate. For in such crisis every daily choice, however insignificant, is fused together into a single spiritual force, and we win or lose according to the way in which we made each seemingly unimportant decision.

Therefore, beware of little responsibilities, innocent half-truths, and expedient compromises: they will rise up against you in the hour of judgement.

—W. W. Argow

S M I L E S

If a man spades up a small area, he's digging worms for himself — he's a fisherman; if he spades up half the yard, he's doing it for his wife — she's a gardener.

A man spends the first 30 years of his life throwing rocks at the target; the next 30 years examining the target to see where the rocks hit; and from then on he sits around criticizing rock throwing in general.

Wife to husband rummaging through the freezer: "If you're looking for the fish you caught, I froze it in an ice cube!"

AA CENTRAL BULLETIN
ORDER BLANK
Please write distinctly . . . or print . . . to avoid errors
Date
Name
Address Street
City Zone No.
Mail to Central Bulletin, Box 6712, Cleveland, Ohio 44101
THE YEAR 'ROUND GIFT



PUBLISHED BY

CENTRAL BULLETIN FOUNDATION, INC.  
BOX 67 12, CLEVELAND, OHIO 44 10 1

VOL. XXX-No. 1

## DRINK-TROUBLE

At the request of many who had heard my story on returning to AA after an eight and a half months binge, and not able to think of some AA philosophy to write about I decided to respond to the requests.

My turning point came seven weeks after returning to the group. I heard a speaker who made a distinct impression on me and I asked him to help me.

He came the next evening and ordered me to put on my hat and overcoat and that we were to take a walk. We would take 250 steps around our long block and with each step, I would say "Drink," "Trouble." He would count and I would say it out loud so he could hear me.

We walked around the suggested course and within a few steps from my home he told me to stop — that this would be my course for the next ten days — alone and loud enough to hear myself.

A neighbor five doors from my home, just started down the steps as I neared her home. I shut up, of course, fearing that she would hear me and spread the news that I had evidently gone cuckoo.

My advisor yelled out, loud enough to be heard ten doors away, "C'mon! Say it out loud." I pointed to the neighbor coming down the steps and he yelled, "To hell with her! C'mon, "Drink," "Trouble!"

I knew for sure that the whole neighborhood would be informed that I'd flipped my noodle, but went along, ready to pay the price for my errant past.

I mumbled the words as we passed her, but went on around the block mumbling the silly words, contrite and miserable.

He wouldn't even come in the house, but made me promise on my word of honor that I would follow his advice and do it for the next nine evenings — alone!

No incidents occurred during these nine extra lonely, silly treks. At the end of ten days, he called me and asked how I was coming along and I told him I had been faithful to my promise.

I saw him at my next meeting and thanked him for his treatment of me and for taking time to give me the incentive to compare my drinking days with my newly acquired sober days.

I have shared this treatment with many people during the last 24 and a half years. In most cases the suggestion was tried by them and it worked for them too.

The few that failed after trying it were too weak mentally to firm their new way of life without the bottle.

May God have mercy on their souls.

-Harry D., Sept. 1966

## ISN'T LIFE GLORIOUS

Isn't life glorious! Isn't it grand! — Here-take it— hold it tight in your hand; — Squeeze every drop into your soul, — Drink of the joy o fit, sun-sweet and whole! — Laugh with the love of it, burst into song! — Scatter its richness as you stride along! — Isn't life splendid and isn't it great — We can always start living-it's never too late!

-Broward County (Fla.) Newsletter

## NOMINATION

Like any fellowship of human beings, AA has its outstanding people. We strive to remain anonymous, and endeavor to avoid becoming too noticeable among our fellow-man. This is not too difficult, really, since sobriety does not make us special or notorious in any way. After all, our next door neighbor may never have had a drink in his life!

Just the same, within our beloved AA we have our "special" people, and those who have passed on already, whether they were "special" or just good AA members have reserved for themselves a place in the hearts of those of us who remain, and those who will follow us.

Our two co-founders have gone now, as has the dear little Sister, and there can be no refutation of the fact that they were "special." Without them AA could never have flourished and grown as it has. Many thousands of happy, sober AA members might never have found the answer to a problem that has plagued men for centuries.

AA, too, has its Court of Honor, and the purpose of this article might well be to nominate yet another AA member for that "special" group who did so much for so many who suffered from alcoholism. This nominee is also gone now, yet he, as do the others, lives on in the memories of hundreds of sober AAs. He still gives, as he did so lovingly while he lived.

The CENTRAL BULLETIN was begun by Harry D., and through his many years of sobriety and close activity with Alcoholics Anonymous, he gave of himself freely, diligently. He was a gentle man, a good man, and all those who knew him, whose paths crossed his, came away the better for it.

Today, as we begin our Thirtieth year of publication, we nominate him for our small AA Court of Honor. We recall his dry wit and his little two word bit of philosophy: "Drink — Trouble!" Who among us who knew him could forget his ready smile and warmth? Harry D., was a friendly man, a friendly AA to all.

There might be some who will not agree that we do have our "special" people, but somehow, anonymous and unprepossessing though we may try to be, we cannot forget these people who went before us, who gave so much. Nor can we forget the many "special" people in AA who live and work equally energetically and enthusiastically as did those who have gone on to greater rewards.

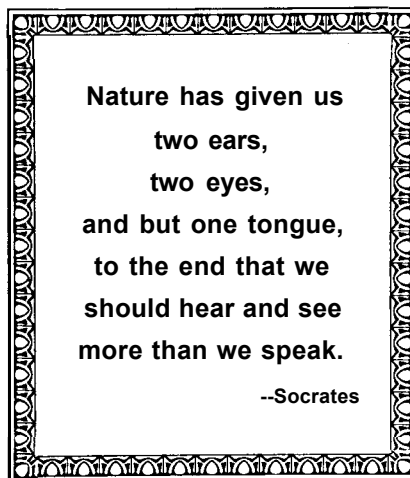
Moreover, we feel they are aware of us who remain and are cheering us on in our efforts to carry on the work they so lovingly began and nurtured through its infancy and even past its "coming of age."

Today, the BULLETIN which Harry D., so lovingly fostered and reared, still goes out to the homes and hearts of hundreds and it is a befitting, living, breathing monument to him. And, he would add, it is a monument to the scores who assisted him: Fred S., Spencer I., Lloyd H., his beloved Louise, and hundreds of nameless others who contributed as writers, clerks, mailers, stuffers, etc.

it is quite an imposing list of special people.

Wherever, this little Bulletin goes, in its simplicity

(Continued on page four)





Published monthly by the Central Bulletin Foundation, Inc., a non-profit corporation dedicated to service. Address all letters to Central Bulletin, Box 6712, Cleveland, Ohio 44101. Subscription price — \$2.50 per year.

Harry D., Founder and Editor 1892-1968



Vol. 30

October, 1971

No. 1

## MILL ENDS AND REMNANTS

You and I have been abundantly blessed! While each one of us count, many, many such, perhaps none is more important or more commonly shared than the capacity of living one day at a time.

It is unlikely this important facet stems from acquiring age of years or emotional maturity of each sober 24 hours; rather it is the increasing and grateful recognition of the precious gift of grace from a loving God.

Living anew each day is a joy and a responsibility of each member of the fellowship of Alcoholics Anonymous, as well as his non-alcoholic neighbor, and as we write, again we recall the uplifting verse of the Poet, John Keble:

New every morning is the love

Our waking and uprising proves;

Through sleep and darkness safely brought,  
Restored to life, and power, and thought.

Several months ago we used one of the quaint expressions of the Pennsylvania Dutch dialect — "It wonders me," and an article we read recently which had to do with living anew each day, emphasizing the wonder of wonders that daily we awake.

On those days (and I wish it were every morning) when we awaken leisurely with immediate thoughts of thanks giving turned Godward, our life at once seems less complicated, and our thoughts less cluttered; for it is then we hear the still, small voice of God.

This, then, is a most propitious start for living anew today. We are on the highway to bring us daily nearer that Power greater than ourselves, and as we travel this highway we marvel at the wonder of it all!

The author of the article we mentioned before, marvels at rain, the sound of it — its life-giving, its life-bringing; at sunrise and sunset; at snowflakes: at the voices of children and men and women; at the loud and quiet sound of nature; and many, many more.

These are but a few of the things about us which wonders us; yet the wonder of wonders that we have been sober today, since one day in despair and with hope we came to the end of our rutted road and asked for help and were given that which we had sought.

It's all so wonderful, it wonders me, by George!

## LOVE VS. HATE

Love takes only a wee bit from us but hate takes everything. Love can easily wear a smile while hate only frowns. Love can make you whole and complete but hate slowly destroys. Which do you prefer? Your emotions are controlled by you alone.

—Audry Jones

## 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.

## MINUTES OF CENTRAL COMMITTEE MEETING SEPTEMBER 7, 1971

Moderator Ray M., opened the meeting with the Serenity Prayer in which he was joined by the 38 group representatives in attendance. Following the reading of the Purposes of Central Committee and the Twelve Traditions of AA, minutes of the August meeting were read and accepted. Treasurer's report disclosed a balance of \$387.00.

Committee reports reveal no happenings of great moment. George M., Editor of Central Bulletin, reviewed, for the benefit of new group representatives present, the wide scope of circulation of the Bulletin, and the continued hope that horizons may be of even greater breadth; but that the biggest area for advancement was right here at home. It was agreed that each of those in attendance would secure five new subscriptions before the October 5 meeting of Central Committee.

There being no old business or new business for discussion, the meeting was adjourned with the Lord's Prayer.

Joedy M., Secretary

## SUPPORT INSTITUTIONAL AA

For as long as this writer can recall and the many committee meetings and such attended has an appeal not been made for greater attendance and support of institutional groups.

It is fortunate that over the years there have been a devoted few who have seen to it that the message has been carried week in and week out to those members who need the hope and experience exemplified by the visiting AA members.

Great numbers of us have seemingly sidestepped this opportunity for responsible service to those in need of our presence, if nothing else. There is one thing certain, however — if we will attend with some regularity, we CAN help and will become involved.

Support the few who are trying to help so many see the light of hope that is possible in the fellowship of Alcoholics Anonymous. Visit as often as you can the groups at Warrensville Workhouse; Grafton; V.A. Hospitals; State Hospitals; etc. Our sobriety will be the stronger for it!

## OCTOBER 1942

In the first issue of the CENTRAL BULLETIN in October 1942 listing of active groups in the greater Cleveland area totalled 25.

With the listings in the September 1971 BULLETIN 237 groups, including those at institutions, were shown in what is now designated as the greater Cleveland area and who use the services of and support the Cleveland District Office.

It is an interesting observation that in 1942 there were no Saturday night meetings; whereas today there are 30 Saturday meetings. Apparently Tuesday (43) and Fridays (38) are more popular meeting dates if the number of groups meeting on those days is a criteria. There are no less than 30 meetings each day and night of the week.

While number of groups have multiplied nine-fold in 30 years, it is impossible to estimate the number of members embraced, but 10,000 active members is not beyond realm of possibility.

## MISTAKES

A mistake is evidence that someone has tried to do something. The man who does things makes mistakes, but he never makes the biggest mistake of all — that of doing nothing.

Someone has said that the greatest mistake one can make is that of "giving up." All people make mistakes. That's why erasers are put on pencils. If you don't learn anything from mistakes, there's no sense in making them. If you don't learn from mistakes of others, you won't live long enough to make them all yourself.

A man who has committed a mistake and doesn't correct it, is committing another mistake. Men may come and men may go, but mistakes go on forever.



**PRAYER OF THE MONTH**

(Based on Psalm 90)

Lord, thou has been our dwelling place in all generations.  
 Before the mountains were brought forth, or even the earth and the world were made.  
 Even from everlasting to everlasting, thou art God.  
 We thank thee for having brought us safely to this day of our lives and for having taught us to live one day at a time in thy world.  
 We pray that thou will guide our footsteps tomorrow, and help as we help others to do thy will.  
 And we pray that thou will extend thy special mercy to afflicted as we have been but have not yet been brought from darkness, Amen.  
 -This prayer first appeared in the center box of Page 1 of the FIRST Central Bulletin.

**WEEDS**

Sometimes when a man takes over a new house, he finds that the garden is a wilderness of weeds, with ivy overgrowing and choking the life out of what trees, plants and shrubs remain struggling for existence. He has a plain problem on his hands. He can either leave the garden in its present state or, in his own interest, start to restore it to what it ought to be.

His primary task will be to remove the ivy and the weeds; his next to determine what there is left that may be worth the keeping; his next to dig and purify the ground. His final work will be to plant new seeds and shrubs, to water and watch over them and to wait in justifiable hope for the results. And, whilst waiting, with his own plots reasonably clear again, he may be prompted to help his neighbor with the garden next door.

A newcomer to AA may find himself in the same position as the man with the overgrown garden. He has to decide whether he wants to go on drinking or whether, in his own interest, he is going to try to recover from alcoholism. If he decides to make the effort, his procedure may well be much the same as the gardener's: But unlike the latter, he is given a chart of hints and tips, made up from the experiences of many who in their own time had to face up from the same work. AA calls this chart The Twelve Steps. The 5th, 6th and 7th Steps cover the removal of the weeds; the 4th, the examination of the property. The 3rd Step is the masterplan for the digging and the purification of the soil. The 11th will help him choose the new seeds and plants, and remind him of the necessary watering and tending. While the 12th will prompt him to lend his neighbor a hand. In his zeal to help his neighbor, he should not neglect his own plot of ground. Weeds have a habit of re-emerging unless firmly checked.

The 10th Step can help him here.  
 — Road Back, Dublin, Ireland

**SELF-CRITICISM**

It's not always easy to apologize, to begin over, to admit to error, to take advice, to be unselfish, to keep on trying, to be considerate, to think and then act, to profit by mistakes, to forgive and forget, to shoulder a deserved blame. But it always pays!

"Life's greatest achievement is the continual re-making of yourself so that at last you know how o live," said Winifred Rhodes.

**IN MEMORIAM**

**RAY MENDEL**, 26 year member of Borton Group, passed away on August 22nd.  
**JOHN KVASKA**, 5 year member of the Parma Heights Group, passed away on September 5th.  
**HAZEL R.**, beloved and long time member of G.S.O. Staff, New York, passed away on September 10th.

**DATES TO REMEMBER**

- October 5-Central Committee, 8 :30 p.m., Room 3 62, Hanna Building.  
 5-1 6th Anniversary! Ashland Tuesday Nite Group, First United Methodist Church, Sandusky & Cottage Streets (Rte 250-North), Ashland, Ohio. Covered dish dinner at 6:30 p.m.; meeting at 8:00 p.m. Speaker: Barney B., of North Carolina.  
 S-23rd Anniversary, Redwood Group, 8:30 p.m., Euclid Lutheran Church, East 260th and Forestview Road, Euclid, Ohio. Speaker: Robert L., Southwest Sunday.  
 20-7th Anniversary, TC-1005 Group, 8:00 p.m., Progressive Hall, 5615 Stumph Rd, Parma, Ohio. Speaker: Ken W., Independence.  
 November %Central Committee, 8: 30 p.m., Room 3 62, Hanna Building.  
 5-29th Anniversary, Northeast Group. Dinner meeting. See your Secretary for details.

**AA GROWTH**

In an item in the first CENTRAL BULLETIN of October 1942 it was estimated total AA membership in the United States was between 8,000 and 9,000; whereas this Spring total worldwide AA membership was estimated to be 475,000 or 60 times what it was 30 years ago. And likely there are untold thousands who have passed away after attaining sobriety in AA.

**HOSPITALS AND INSTITUTIONS**

<b>SUNDAY</b>	
TRUSTY HALL-1000 ft. east of House of Correction	10:00 a.m. and 5:00 p.m.
<b>MONDAY</b>	
HOPEFUL-State Hosp., 4455 Turney Rd., New Chapel Bldg. #1	8:00
<b>TUESDAY</b>	
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
<b>WEDNESDAY</b>	
CLEVELAND PSYCHIATRIC HOSP.—1706 Aiken at Scranton	8:30
FAIRHILL PSYCHIATRIC HOSP.—12200 Fairhill Rd.	1:00
VETERANS HOSP-E. Blvd. near E. 105th St.	8 : 0 0
WARRENSVILLE-Women's House of Correction, 4041 Northfield Road	8:00
<b>THURSDAY</b>	
TRUSTY HALL-1000 ft. east of House of Correction	8:00
<b>FRIDAY</b>	
MAIN GROUP-House of Correction, 4041 Northfield Rd.	8:00

**ALANON GROUP MEETINGS**

<b>SUNDAY</b>	
GARDEN VALLEY-7100 Kinsman Rd.	4:30
<b>MONDAY</b>	
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
<b>TUESDAY</b>	
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
<b>WEDNESDAY</b>	
BEDFORD—Christian Church, 98 Warrensville Ctr. Rd.	10:30 a.m.
BRECKSVILLE V.A. HOSPITAL—Bldg. 2	8:00
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
<b>THURSDAY</b>	
CLEVELAND HTS.—Pres. Church, Fairmount & Scarboro	9:00
LORAIN CDUNITY-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
<b>FRIDAY</b>	
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. 621-1881**

LEST I FORGET . . .

THE SWEET WHITE BLOSSOMS OF INDIO

Several years ago I visited southern California and stopped to see friends in the Indio-Palm Desert-Palm Springs area. We were driving out of town just about dusk to their home in Palm Desert. It was warm and the car windows were down. Suddenly I was aware of the scent of flowers in the air — the fragrance was everywhere — and I remarked about it. My friend said, "Oh, it must be from the grapefruit trees in bloom." And he went on to say that he had lived there so long he had gotten used to it and could not smell the blossoms anymore. My enjoyment and that of other occasional visitors or newcomers reminded him of how it was when he first came to the valley.

A cousin from town came to spend a week with us in the country. We were sitting out in the swing on the front porch that night and she sat up — startled — asking, "what on earth is that noise?" I said I didn't hear anything — and then I remembered. "Why, that's only the crickets. I'm so used to them I don't hear them anymore."

The most effective antidote for the poison of complacency is working with others. When I was new in AA I used to think the older members said "the most important person in the room tonight is the newest member" because they were only thinking of me and my recovery. Now that I've been sober a few years, I have finally "found them out." They wanted me there "for them"! Every time I had to run to the bathroom to throw up, I helped somebody stay sober one more day. I remember now when I said my heart was stopping, the fellow sitting across from me, who had been looking sort of dejected, just brightened up and looked real happy. They knew just how I felt because they had been there . . . and seeing me like that, they were filled with gratitude for their own sobriety and thinking "there, but for the Grace of God, go I . . ."

Sometimes we get so used to the peace and serenity of this wonderful AA Way of Life, there is always the danger of taking it for granted and the feeling we might just "have it made." And if that feeling persists, it is only natural to give in to those dubious luxuries that alcoholics can't afford, anger, false pride, resentments, after which we are really "in the soup."

I need the newcomers to this program far more than they need me. My strength is renewed when I hear a new member talk, eyes shining, telling of the miracle in his life as if it were a brand new discovery and had never happened to anyone else. I remember — I remember — the wonder and the newness of it — the way it was with me — the "fragrance of the sweet white blossoms when I first came to the Valley."

-M. C., Houston Texas  
in The Silent Rostrum

The tragedy of life is what dies inside a man while he lives.

-Albert Schweitzer

A READER WRITES

"Many years ago in central Europe a superstitious prince was plagued by vampires, werewolves and other such demons. His spiritual advisor and the court magician both suggested these demons be eradicated by shooting a silver bullet into their hearts.

"Many AA members with great length of sobriety of the continuous, uninterrupted nature have taken the Central Bulletin to heart and use it as a beautiful tile in the mosaic of life.

"Since its inception in the early 1940s the mailing address of the Central Bulletin has been P.O. Box 6712, Cleveland, Ohio.

"Close observance of the address — Box 6712 reveals: "Step 6 — are entirely ready to have God remove all defects of character; Step 7 — humbly ask Him to remove our shortcomings; Step 12 — having had a spiritual awakening as a result of these steps we practice these principles in all our affairs.

"The founder and editor of the Central Bulletin, Harry D., certainly carried out the principles of 6-7-12 for the nearly 27 years he was in the fellowship here on earth and the Bulletin was a many faceted jewel of clear diamond brilliance.

"It behooves us to put a silver bullet in our hearts to exercise that demon alcohol and the vampires and werewolves, which are ever present seeking to interrupt our way of life, by a subscription to the Central Bulletin.

"Be a Bulletin Booster."

-Richard K.

A MINUTE AT A TIME

I believe that only one person in a thousand knows the trick of really living in the present. Most of us spend 59 minutes an hour living in the past with regret for lost joys, or shame for things badly done (both utterly useless and weakening) ; or in a future which we either long for or dread. Yet the past is gone beyond prayer and every minute you spend in the vain effort to anticipate the future is a moment lost.

There is only one world, the world pressing against you this minute. There is only one minute in which you are alive, this minute — here and now. The only way to live is by accepting each minute as an unrepeatable miracle. Which is exactly what it is — a miracle and unrepeatable.

-Secretary's Newsletter

A WORD ON SUCCESS

When the world defines success it considers someone who has invented a new gadget, discovered a scientific formula, achieved materialistic success, written great literature, shared generously with humanity, or shared physical suffering. This is not the true concept of greatness. God discloses through His record that man is successful only when he has self-understanding — a knowledge of who he is, his destiny in life and his place of service.

—Cort R. Flint

WITTY WISDOM

The young husband wrote home from his new job: "Made foreman, feather in my cap. A few weeks later he wrote: "Made manager, another feather in my cap." Several weeks later, no reports in the meantime, came a telegram: "Fired! Send money for fare home."

Replied the wife: "Use feathers and fly home."

-Sharing Session, Vidor, Texas

NOMINATION

(Continued from page one)

and seeming unimportance, it carries the love that Harry D., and the others instilled in it for his fellow AA members, and it carries now, in his physical absence, the same love from those of us who remember and strive to carry on the work.

"The pen is mightier than the sword." Harry D., in his own way, proved it to be so. If ever someone "left footprints in the sands of time," it was he.

AA CENTRAL BULLETIN ORDER BLANK
Please write distinctly . . . or print . . . to avoid errors
Date
Name
Address Street
City Zone No.
One year at \$2.50 Amount enclosed f. . . . .
Mail to Central Bulletin, Box 6712, Cleveland, Ohio 44101
THE YEAR 'ROUND GIFT



## THANKSGIVING

In the heart of every member of Alcoholics Anonymous, at the start of every day, during the trials and tribulations of the business hours, and in the quiet of the evening, should be the constant prayer, "Thank You, God, for sobriety."

Other people may put different reasons for thankfulness first, but the alcoholic can never escape — nor does he desire to — his debt of gratitude to God for making him whole again.

Without sobriety there could be little in our lives for which to be thankful. A moment of retrospect will prove this. All the blessings we have obtained since placing our hitherto unmanageable lives in the keeping of the Higher Power stem from the greatest personal blessing of all, deliverance from alcohol.

And the subsequent blessings have been numerous. They may not have been spectacular. They may not have brought us the wealth or position we desire as mundane creatures. There may even have been reverses and delays in achieving what we believed to be our just reward for sobriety.

The first thing to remember is that sobriety is the primary reward. The second point to bear always in mind is that if we have not developed as far as we believe we should the fault is to be found within ourselves and not in others or in circumstances.

By thanking God for what we want, as though we already had it, we make its realization possible. The Nazarene prayed that way when he said, "Father, I thank Thee that Thou hast heard me. And I know that Thou hearest me always." A prayer of thanksgiving is the highest form of faith.

The Thanksgiving season is an appropriate time for all of us to take counsel with ourselves and to have a quiet, private session with our Maker on this topic. It is time to give thanks for everything and it follows as the day succeeds the night that, when we are grateful for what we have and what we righteously desire, more follows without our asking. We have attained that confidence in the goodness and power of the Almighty which brings peace of mind and material rewards as well.

We must remember that true prayer is not the submission of a bill of particulars of what we would like to have, but an expression of humble gratitude for what we already have and what we are. It is, as someone expressed it, "a continuous, unbroken act of praise and thanksgiving."

When we learn to give thanks for the little things, in addition to the great miracle of sobriety; when we can find happiness in the small act of a friend or neighbor, in the smile and decent word of a stranger showing that all men are the children of God, we have truly learned how to pray. We will find that the affairs of our lives begin to harmonize. We find that we reciprocate. That we get joy in giving happiness, in being pleasant as well as in receiving joy and having other people be pleasant to us.

(Continued on page four)

## REMEMBER WHEN?

It is quite possible that many members of AA have relatives or friends in their lives who would really rather "just forget" that the alcoholic problem ever existed, or that it does **still exist**. After all the problem drinker to them has, through the help of AA, now **solved** the problem. Since the memories of the drinking days are painful these friends and relatives would prefer to "let by-gones be by-gones" and sort of pretend to sweep the awful past under the rug and ignore it.

Undoubtedly, many alcoholics, themselves now successfully sober in AA and leading reasonably **normal** lives, would love to do just that — forget. Some of us said we were "sorry" so many times that it became second nature, and to be able to say it one final time and just **completely eradicate** the past, and "wipe the slate clean" would seem very attractive.

However, forgetting the past completely is one of the luxuries a member of AA cannot afford. Forgetting or ignoring our pasts can only lead to ingratitude and to complacency; even to a feeling of independence or over-confidence in ourselves and our ability to stay sober.

It is basically rather **difficult** for even we over-imaginative alcoholics to be grateful for something unless we can remember what we're grateful for, and why. If we cannot remember, or deliberately do not remember the drinking days, we may find ourselves wondering some day what it is we should be grateful for, and even progress to the point of taking sobriety for granted. Here we need to stop short and recall where we were, what we were physically, mentally, spiritually and financially when we came asking for help at the door of Alcoholics Anonymous.

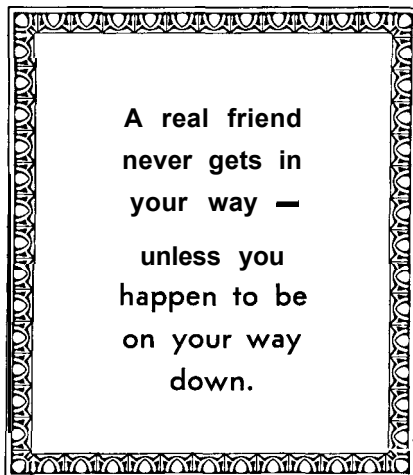
The stigma, if that's the word, of alcoholism sometimes attaches itself even more noticeably in the minds and opinions of those **around** the alcoholic than to the alcoholic himself. With AA and God's help, he can begin to understand his problem and make inroads upon it. The friend or relative who is strongly affected by the person's alcoholism may find himself embarrassed or ashamed that the problem did or still does exist. Not being alcoholic and finding it difficult to understand alcoholism, this person can easily decide that now that friend, husband or relative no longer drinks, it is time to "pull the blind" on the past in the hope that the alcoholic stigma will no longer plague alcoholic and non-alcoholic.

But forgetting, or "pulling the shade" does not erase what is still there. What is, is, and cannot be changed. Both alcoholic and non-alcoholic must now learn to cope with the problem and concern themselves with **how** this alcoholic can and does stay sober.

It is easy for these non-alcoholics to persuade the problem drinker that he or she has now solved the problem. Such ideas are music to the alcoholic who "would give anything to be like other people."

Thus, we must go on, through good and bad times

(Continued on page four)



CENTRAL BULLETIN



Published monthly by the Central Bulletin Foundation, Inc., a non-profit corporation dedicated to service. Address all letters to Central Bulletin, Box 6712, Cleveland, Ohio 44101. Subscription price — \$2.50 per year.

Harry D., pounder and Editor 1892-1968



Vol. 30

November, 1971

No. 2

## MILL ENDS AND REMNANTS

While it is an individual daily function, November is the month each year when we wrap up our gratitude in one concentrated package.

It is the month in which we observe our national day of Thanksgiving and what more meaningful time can all of us in AA join in emphasizing our individual and collective gratitude.

Gratitude can be expressed in many ways and at any time — most of us may do so in the quiet time of our daily meditation. On the other hand, an open expression of gratefulness is most rewarding to all concerned for it embraces the sharing of it with a fellow member, a loved one, a friend or even a complete stranger, although we guarantee if done with the latter, or for that matter with any of the others enumerated, there is an ensuing warmth transmitted.

This is a good month of the year in which to make an "over and above" gift to an AA service entity — your intergroup office, the General Service Office, or your home group. In sharing our material rewards, of which we would be bereft were it not for AA, we can make tangible expressions of gratitude to ensure that the message will be carried to those who still suffer and who will seek help at some future time.

November is generally also observed as Traditions Month when we more strongly emphasize our need for Unity, for in the words of the First Tradition: "Our common welfare should come first; personal recovery depends upon AA unity."

We would hope that in this month of November, as individuals and as groups, we would rededicate ourselves and our lives to the full expressions of gratitude which we cannot help but have and to the complete emphasis on unity which is so needful if we are to survive.

Great numbers will seek us out, we need be available, by George!

## ON RETROSPECT

The human mind is inevitably retrospective. We are certain to look back and what we see is over; we cannot go back and do it over. Consequently we should try each day to do only that which will satisfy us in retrospect, and realize that the present we are creating is the past which we will look back and see. With this attitude we can avoid much of the sorrow, remorse, and regret over the past we now experience.

## 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 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.

## MINUTES OF CENTRAL COMMITTEE MEETING OCTOBER 5, 1971

Meeting was opened by Moderator Ray M., with the Serenity Prayer, after which 25 group representatives introduced themselves. Dick F., Vice Moderator, then read the Purposes of Central Committee and the Twelve Traditions of AA. After reading and approval of minutes of the September 7th meeting, Treasurer Jean C., reported treasury balance of \$43 6.17 and that 75 groups had responded to the appeal for contributions.

### COMMITTEE REPORTS WERE AS FOLLOWS:

**Action Committee:** Bob W., Chairman, had nothing to report.

**Areawide Meeting:** Lou W., Chairman, stated that next areawide meeting will be held on December 3rd. Speaker will be announced later.

**Central Bulletin:** George M., Editor, related response of those present at September meeting in sending in new subscriptions and expressed appreciation for the efforts extended and those still under way. Also noted that with publication of the October issue, Central Bulletin was in its thirtieth year of uninterrupted publication.

### Hospital Committee:

**Rosary Hall:** Ray M., announced that the waiting period of re-admittance to Rosary has been changed to two (2) years in lieu of three (3) years and that hours had been changed to permit visitation until 10: 00 o'clock P.M. daily.

**Bay View:** Bernie B., Chairman, reported that visitation has been good, and that admittance policy has been changed to permit patient to be admitted three times instead of two with two year intervals in between.

**Brecksville:** Harry G., Chairman, monitored a lengthy discussion on rules governing proper admittance procedure at the hospital and the length of stay. Usually the hospital stay is for 21 days, but the requirement is relaxed if the patient does not desire to do so.

**Institution Committee:** Helen D., Chairman, absent and no report.

**P.I.C.:** Dick P., Chairman, reported that 201 speakers had been supplied by the District Office for non-AA groups and meetings during the first nine month of 1971.

There was no old business to be discussed and new business embraced discussion of Gerry J., needing help with the three institution groups with which he works. Harry G., volunteered to assist and will contact Gerry. Lillian W., announced that a new group secretary's list is in preparation and all present were requested to pass the word to home groups so that an accurate list can be mailed out. Deadline is October 31.

There being no further business, the meeting was closed with the Lord's Prayer.

Joedy M., Secretary

## 28TH THANKSGIVING LEAD

As he has done for 28 years, Harry W. of Mayfield, Kentucky, and formerly from the Cleveland Area, will make his annual Thanksgiving Day lead at 11:00 a.m., Thursday, November 25 at the West Side Morning Group.

His annual message has been both helpful and inspirational to those who are interested in and grateful for the AA way of life. His example has been a power to untold members and his distribution of marbles, sprinkled with "fu fu dust" is always one of the highlights of the meeting.

There will be the usual attendant parking at the two funeral homes at West 98th and Denison, and for the ladies a flower pinned on by none other than Casanova Leo G. For all there will be AA fellowship, prizes, a light lunch and an opportunity to visit with members from far and wide. Truly a day of Thanksgiving, the sponsors tell us.

## STRONGSVILLE MOVES

After many years in one location, the Strongsville Group, which meets every Tuesday at 8: 30 p.m., has a new meeting place. The location: new Strongsville Community Library at 13213 Pearl Road.

**PRAYER OF THE MONTH**

Almighty God whose mercies are new unto us every morning, and who, though we have no ways deserved your goodness, does provide abundantly for all our wants of body and soul: Give us the Spirit, we pray, that we may heartily acknowledge your merciful goodness toward us, give thanks for all your benefits and serve you willingly. Amen.

**DATES TO REMEMBER**

- November Z-Central Committee, 8: 30 p.m., Room 362 Hanna Building.
- 4-Annual Chicken Dinner (by reservation) Allendale Group, 7:00 p.m. St. Paul's Episcopal Church, 15837 Euclid Ave. Speakers at 8:30 p.m., Les and Lillian S., Lakewood Men and Al Anon.
- 5-29th Anniversary, Northeast Group. Dinner meeting. See your secretary for details.
- 6-23rd Anniversary, Memphis Group, 8: 30 p.m. Lakewood Congregational Church, 1375 West Clifton. Speaker: Murray S., Bainbridge.
- b-Cleveland Teamsters — 1st Anniversary Ala Teen Group, 8:00 p.m.. Teamsters Joint Council Building 41, 2070 East 22nd St. Speakers: Dave W., Lakewood Men; Sally W., Trinity Al Anon; Joe T., Teamsters' Al Anon.
- 11-29th Anniversary, Rocky River Group, 8:30 p.m., Rockport Methodist Church, 3301 Wooster Road. Speaker: Dave L., Pittsburgh, Pa.
- 15-32nd Anniversary, Borton Group, 8 : 30 p.m., Forest Hills Presbyterian Church, Lee & Monticello Blvd. Speaker: Warren C., Sr., Edgelahe.
- 22-32nd Anniversary, Orchard Grove Group, 9:00 p.m., Rockport Methodist Church, 3301 Wooster Road, Rocky River, Ohio. Speaker: Paul R., Warren, Ohio.
- 2 5-Annual Thanksgiving Day Observance, West Side Morning Group, 11:00 a.m., Westside Hungarian Lutheran Church (rear entrance), West 98th and Denison Ave. Speaker: Harry W., Mayfield, Ky. (his 28th address here).
- December 4-24th Anniversary, Trinity Group, 8 : 30 p.m., Trinity United Church of Christ, 3525 West 25th Street (parking lot entrance from Scranton Road). Speaker: Jim N., Doan Men.
- T-Central Committee, 8:30 p.m., Room 362 Hanna Building.

**1975 INTERNATIONAL CONVENTION**

Recent announcement from General Service Office in New York disclosed that Denver, Colorado, had been selected as the site of the 40th Anniversary International Convention of Alcoholics Anonymous. The convention will open on Friday, July 4, 1974 and continue through Sunday, July 6, 1975.

**GREATEST REMEDY**

Work is man's greatest function. He is nothing, he can do nothing, he can achieve nothing, fulfill nothing, without working. If you are poor work. If you are rich — continue working. If you are burdened with seemingly unfair responsibilities — work. If you are happy — keep right on working. Idleness gives room for doubts and fears.

If disappointments come — work. When faith falters — work. When dreams are shattered and hopes seem dead — work. It is the greatest remedy available for both mental and physical afflictions.

-Light

**WHEN ANONYMITY BECOMES SECRECY,  
IT CREATES REAL PROBLEMS**

At least one letter a day brings us a literature order — a donation — or a call for help signed simply, "John D." or "J.D." Frequently no address, even. Just initials and a city.

Don't you think that's carrying anonymity too far? Often we cannot reply at all. If we write to "Jane D.," Chicago, it comes back, of course.

**Envelopes** in the mail or not, are they, the same as newspapers, magazines, radio, films or TV? Don't you imagine that no last name (just an initial) in an address arouses curiosity if not suspicion?

Don't you think we can trust each other with our full first and last names, and addresses, at least within AA, and for AA purposes?

The General Service Conference this year agreed that the use of full names and addresses WITHIN AA could improve communications within our fellowship.

After all, as one departed oldtimer used to say, if we aren't careful we'll be so secret we can't even keep in touch with each other — and that's the end for all of us.

Box 4-5-9, G.S.O., Aug-Sep 1971

**SOW A SEED**

Sow the seed of action and reap the reward of habit. Sow the seed of a habit and you reap the reward of a character. Sow the seed of a character and you reap the reward of your true destiny.

**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 : 0 0
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 : 0 0
FRIDAY	
MAIN GROUP-House of Correction, 4041 Northfield Rd.	8 : 0 0

**ALANON GROUP MEETINGS**

SUNDAY	
GARDEN VALLEY-7100 Kinsman Rd.	4:30
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.
BRECKSVILLE V.A. HOSPITAL-Bldg. 2	8:00
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-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

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

IT TAKES COURAGE

The courage an alcoholic most needs in the day-by-day battle of life is not physical, but moral courage. Moral courage is the kingly consciousness of the individual that there is something within him that makes him greater than all the forces that can be ranged in battle array against him.

It takes courage to live boldly by the truth, to speak the truth we know, to live the truth we speak. It takes courage to live squarely, honestly, in accord with our principles, to move forward bravely along the road of right, when the by-paths are alluring with roses of desire, and the joy we crave tempts our hungry, outstretched hand, and that which we may long for could be ours for the taking.

THANKSGIVING

(Continued from page one)

It is then that we abandon the negative approach to a wider spiritual experience and take on a positive attitude. By thanking God for what has been done, and asking only that His will be expressed through us, that the affairs of our 24 hours, including continued sobriety, be placed in His hands, we find a new happiness wherein every day is a day of Thanksgiving and spiritual and material abundance wait us.

REMEMBER WHEN?

(Continued from page one)

always keeping there in that dimly lit corner of our minds, "we are now and always will be alcoholics," and more important, "Where was I; who was I, how was I, the day I took my last drink! ?" Today's sobriety has to be better! !

SHOP EARLY

Giftng a loved one, a friend, a new member or anyone interested in reading the message of our way of life, is a most effective way of remembrance at Christmastime or for that matter anytime of the year. Recipient is reminded of your thoughtfulness every month. Use the coupon below:

AA CENTRAL BULLETIN ORDER BLANK. Please write distinctly . . . or print . . . to avoid errors. Includes fields for Name, Address, City, and Amount enclosed.

A NEWCOMER'S A B C

Although AA has no set syllabus, we have put together an alphabet for the newcomer, with some short explanations which may help him or her to understand, in the midst of the confusion, some of the things that are being said.

Anonymity: In AA we are not concerned with who you are or what you do. We are concerned with what you are. It is principles, not personalities that count.

Big Book: Full title — "Alcoholics Anonymous." Where we got our name and strength.

Convention: Once a year, members all over the country (this year from Europe as well) foregather for a week-end of meetings and social contact. "I never knew there were so many of us!"

Dues or Fees: There aren't any, just as there are no "musts." But we do have to pay for the rooms where our meetings are held: books, pamphlets, packets of tea have to be bought. This is why we pass the box around.

Ego: That great big blown-up encumbrance we carry around with us more often than not needs reducing to life size!

Fifth Chapter: of the Big Book. It's read aloud at some meetings. Tells us, simply and straightforwardly, "how it works."

Group: The basic unit of AA. That 'club' I never got around to joining when drinking!

Higher Power: Only a Power greater than ourselves can restore us to sanity. What is more, we may choose our own Higher Power. God is precisely what we want Him to be.

Identification: Sooner or later someone will start describing what happened to you. An uncanny experience. No one's been blabbing. This is identification.

Just for Today: Members of AA stay away from the first drink a day at a time. Our "Just for Today" card tells how this can be applied to all areas of our lives.

Keep it Simple: Ours is a simple programme for complicated people — that means us.

Literature: Written Twelfth-Step work.

Maturity: Children squabble — so did we when we were drinking. Children cry when they're sorry for themselves. So did we. In sobriety, we find ourselves "growing up."

Newcomer: To call the most important person in the room is not just flattery. He also reminds older members of their own drinking past — and of their present responsibilities.

Open Mind: Pride and prejudice are the two barriers to communication. An open mind unlocks many doors.

Programme: Remember that TV show: 'Not So Much a Programme, More a Way of Life?' That's us.

Quiet Time: Each meeting opens with a few moments of quiet 'to collect our thoughts and remember why we're here.' Elementary meditation, during which we clear our minds of non-essentials.

Resentment: The alcoholic's Private Enemy Number One. Serenity : The peace of mind we were done out of by alcohol.

Twelve Steps and Twelve Traditions: The Steps, which are suggested as a programme of recovery help us to find ourselves within AA. The Traditions help us to live in unity with other members and groups.

Unity : One of AA's three legacies. That which cuts across all the divisions of creed, colour, status and opinion.

Volunteers: AA is full of volunteers, and you can begin right away. Chairs to be stacked, ashtrays emptied. Later, offer to do telephone duty, or help on a 12th Step call. In AA, we must give in order to receive.

Willingness: The key to recovery.

X-perience, Strength and Hope: By sharing these, we find sobriety and are able to help other alcoholics.

Yet: You didn't go to prison? Or to hospital? You didn't lose home, wife, job? Just add the three letter word, 'Yet.'

Z-z-z-z-z-z A good night's sleep for a change.

(via) NEWSLETTER Editors, London, S.W., 10, From Chit-Chat



## A CHRISTMAS GIFT

Dear Friends:

I have tried hard to think of a Christmas gift I could send to all of you. This would be an impossibility in itself.

Instead, I send a wish to you. I wish for you a special Christmas tree this year. I hope for you that it will be a tall and straight tree with boughs out-stretched to shelter you this coming year. Trim it with love and surround it with faith.

The Christmas tree that I want for each Of You has a bright and shining star at the very top. It will shine through the darkness around you and bring hope to the world as it did so many years ago in Bethlehem. May its radiance in days ahead flood your heart.

Under the tree there shall be presents for each of you. One is a package filled with memories. These are not ordinary memories. These are of special people, of special times and of other Christmas seasons from the past. And while memories may call for you to weep, it is a time for holding the head a little higher and for making yourself go on when you'd rather not. In this way you acquire the ability to give thanks for faith in the future and for the courage you didn't think you had.

There is yet another package under this tree for you. It is filled with peace. Share that one with the world. For to settle with less is to make mockery of the words "Peace on earth good will toward men." And, indeed, peace is the foundation upon which the tree I wish for you still stands.

Included in my wish for you is that this tree will be a part of all the good times that will be yours this season, helping to make this Christmas the merriest of all. And I wish for each of you a Very Happy Christmas Day!

Chuck B.

Editor's note: We appreciated this greeting so much last year that we saved it to share with all our readers this Christmastime.

## GIFT GIVING

While none can deny that there are commercial aspects to our modern-day celebration of Christmas, it must be remembered that each of us observe Christmas in our own way.

Gift-giving is in keeping with the spirit and tradition of Christmas — if it is done with emphasis on giving and sharing, rather than being sure that we give each individual a gift that is as good or better than the one we received from them. It is even more in the spirit of Christmas if we give to the less fortunate, with no expectation of receiving something in return.

Let us enjoy the practice of gift-giving by keeping it in its proper place. We'll enjoy the holiday if we give wisely. We will give with pleasure if we give no more than we can afford.

Gift suggestion: A contribution to your District Office to help carry the message to someone who still suffers.

## GOD BLESSED US, EVERY ONE

In case you hadn't noticed, it's Holiday time again. Pretty hard not to notice these days, when the shopping centers begin erecting Christmas trees in early November! They don't even give the "Gobblers" and "over the river and through the woods to Grandmother's house we go" a fair chance anymore.

Back when I was a kid on the farm in the "thirty thirties" Thanksgiving was just as big a holiday as Christmas, but, of course, there wasn't much money and Christmas wasn't the big Bonanza for the business community that it is today.

Maybe I'm a little more Thanksgiving-conscious now-a-days than I was back in those "good old days," and that's because I'm sober again! Like many other AAs I went down into that valley of despair with my little bottle of Holiday cheer, or "medicine," or whatever you choose to call it. Trouble was, when I got down there and I realized I didn't like it too well, I was down so far I couldn't get back up again.

Then along came God and Alcoholics Anonymous and with a little sincere effort on my part things took a decided turn for the better, and I can once again notice and appreciate the Holidays and what they really stand for.

I began to learn all over again what being thankful meant, and Tiny Tim's "God bless us every one" took on a new and much more vivid meaning for me.

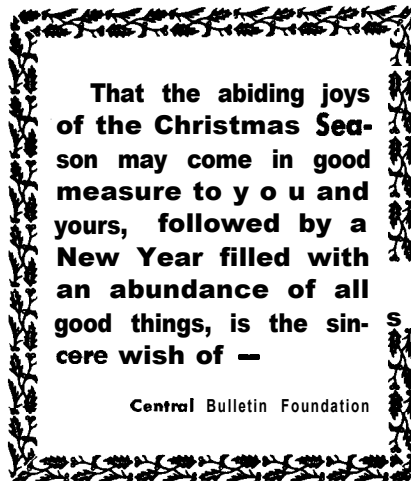
I stop short this Holiday season and ask: "How much does my sobriety mean to me today?!" In the next instant I am reminded of a Christmas many years ago on that farm in Central Ohio.

My family like everyone else had very little money, and certainly not for such "frivolous" things as Christmas trees. Yet to me, a Christmas tree seemed the very symbol, the very essence of the Christmas season. Since I knew we couldn't afford to buy a tree, I began to figure out where I could get one. There were no evergreens or pines growing wild anywhere in our community. The big government re-forestation projects had not yet begun. Then I remembered a scraggly cedar tree that grew on a neighbor's farm. It was a sad excuse for a Christmas tree. The trunk was about three or four feet long between the ground and the crooked branches that formed its ugly top. But, it was an evergreen.

I asked the owner, who said finally, if I dug it up and replanted it that I could use it. I was all of 9 or 10 years old. I did use his tree, and I worked hard to haul it home on my sled in the snow.

My mother had tears in her eyes when she helped her excited son trim what turned out to be the most memorable Christmas tree in my life. The trimmings were paper ornaments and popcorn and whatever else our imagination could come up with. To me, that little old scraggly cedar sapling with its roots in an old washtub covered with a sheet, was just beautiful! It was hard work replanting it after Christmas too, but it lived, and for all I know is still growing there.

(Continued on page four)





Published monthly by the **Central Bulletin Foundation, Inc.**, a non-profit corporation dedicated to service. Address all letters to **Central Bulletin, Box 6712, Cleveland, Ohio 44101**. Subscription price — \$2.50 per year.

**Harry D., pounder and Editor 1892-1968**



Vol. 30

December, 1971

No. 3

### MILL ENDS AND REMNANTS

Our understanding of the Twelve Steps and our continued study of them will determine the success of our search for truth, and Step Ten would seem to be a major vehicle by which we can hope to attain success.

The Tenth Step is a study of one's own being and a just concern for others is the result of study of self. The fears and frustrations which are part of man's existence will be seen in their proper perspective when one understands self in relation to life.

From all around us today we read and hear that man has lost that vision which gave purpose to life. It is said that man has become subordinate to the machine and to material things.

The AA sees himself as an important unit of society. He is not, or should not be overwhelmed by the wild tempo of the times. Rather, he takes time for meditation and contemplation and this may be considered the real measure of intellectual and cultural and emotional progress.

The study of self to be effective needs to include the seeking of spiritual truths, and the consciousness of one's responsibility to develop the higher nature. We in AA have come to know this as fact.

An AA can never detach himself from his own sacred obligation of carrying the message to a still suffering alcoholic, or dismiss his responsibility by placing on the shoulders of others his own duty to live to the best of his ability.

Living with ourselves and seeing ourselves is an art worthy of development and it can be developed if we get busy with self, by George!

### LIKE A STREAM THROUGH SMOOTH BANKS

For me, happiness came from prayer to a kindly God, love for my fellowmen, and doing the very best I could every day of my life. I had looked for happiness in fast living but it was not there. I had tried to find it in money but it was not there, either. But when I placed myself in tune with what I believe to be fundamental truths of life, when I began to develop my limited ability, to rid my mind of all kinds of tangled thoughts and fill it with zeal and courage and love, when I gave myself a chance by treating myself decently and sensibly, I began to feel the stimulating warm glow of happiness, and life for me began to flow like a stream between smooth banks.

— Vash Young in Be Kind to Yourself.

### 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**.

### MINUTES OF GENERAL COMMITTEE MEETING NOVEMBER 5, 1971

Meeting was opened by Moderator Ray M., with the Serenity Prayer, after which 28 group representatives responded to the roll call. Dick F., Vice Moderator, read the Purposes of Central Committee and the Twelve Traditions of AA. After reading and approval of minutes of the October 5 meeting, Treasurer Jean C., reported treasury balance of \$381.17.

COMMITTEE REPORTS WERE AS FOLLOWS:

**Action Committee:** Bob W., Chairman, reported everything quiet.

**Area-wide Meeting:** Lou W., Chairman, reported the speaker for the area-wide meeting to be held on Friday, December 3 at 8:30 p.m., would be Harry P., Dexter Group, Columbus, Ohio.

**Central Bulletin:** George M., Editor, expressed appreciation for the efforts being made by various groups and individuals to obtain new subscribers. Also expressed the hope that more groups would take advantage of the guest speakers' list published each month and mailed to subscribers.

**Hospital Committee:**

**Rosary Hall:** Lou W., reported that patients admitted to Rosary Hall would be permitted to have an "indefinite stay" governed by the condition of the patient; also that patients should be ambulatory.

**Bay View:** Bernie B., Chairman. No report.

**Brecksville:** Harry G., Chairman, reported everything going smoothly.

**Institution Committee:** Ray M., reported, in the absence of Helen D., that the annual Christmas party would be held at 8:00 p.m. on December 22 at the Women's House of Correction and it was requested that this be announced at all groups. Gifts of cigarettes and other useful articles would be appreciated.

There was no old business to be discussed and new business included announcement that Gerry J., will continue handling the groups at Brecksville Hospital on Tuesdays and Thursdays; however, it is hoped a volunteer will come forward shortly to take over these two groups. Maggie I. announced that next meeting of Northeastern Ohio General Service Committee would be held on November 14. There will be nominations and election of Vice Moderator, from the East Side groups, and election of a Treasurer at the December 7 meeting.

There being no further business the meeting adjourned with the Lord's Prayer.

Joedy M., Secretary

### SMILES

Two celebrants showed up at the first tee with king-sized hangovers. The first teed up his ball, took his stance and then shook his head. He backed away from the ball and admitted to his partner that, "I can't make it." "Why not?" Asked the second drunk. "I see 12 balls," replied the first drunk. "Go ahead," the second ditto said with a shrug, "you can hit it . . . you've got 12 clubs in your hands."

Newspapermen sometimes risk their lives to bring home a story. Other men sometimes risk their lives with the stories they bring home.

Wife: I'm willing to meet you halfway. I'll admit I'm wrong if you'll admit I'm right.

On Post Office wall: "To each his zone."

### JUST PICK YOURSELF UP

You cheat yourself if you dwell too long on your mistakes. Everyone, even the wisest and best person, makes mistakes sometimes. They are a part of the process of learning and of growing in maturity. When you have done your best, there is no need to worry, or become self-conscious or remorseful over an error. If you fail, just pick yourself up and go on.

-Annie L. VonTungein



**PRAYER OF THE MONTH**

Forgive me, most gracious Lord and Father, if this day I have done or said anything to increase the pain of the world. Pardon the unkind word, the impatient gesture, the hard and selfish deed, the failure to show sympathy and kindly help where I had the opportunity, but missed it; and enable me so to live that I may daily do something to lessen the tide of human sorrow, and add to the sum of human happiness.

— F. M. Meyer

**THE CHRISTMAS PRAYER**

We thank Thee, O God, for the return of the wondrous spell of this Christmas season that brings its own sweet joy into our jaded and troubled hearts.

Forbid it, Lord, that we should celebrate without understanding what we celebrate, or, like our counterparts so long ago, fail to see the star or to hear the song of glorious promise.

As our hearts yield to the spirit of Christmas, may we discover that it is thy hold spirit who comes — not a sentiment but a power — to remind us of the only way by which there may be peace on earth and good will among men.

May we not spend Christmas but keep it, that we may be kept in its hope, through him who emptied himself in coming to us, that we might be filled with peace and joy in returning to God. Amen.

(This prayer by Dr. Peter Marshall, then Chaplain of the United States Senate, was offered just before Christmas 1948. Dr. Marshall's untimely death occurred in January 1949.)

**LOVE DEFINED**

Following is excerpt from an AA publication printed in Scotland :

"Great suffering and great love. What a difficult word 'love' is to understand. How about the following definition?"

"Love is very patient, very kind. Love knows no jealousy; love makes no parade, gives itself no airs, is never rude; never selfish, never irritated, never resentful;

"Love is never glad when others go wrong, love is gladdened by goodness, always slow to expose, always eager to believe the best, always hopeful, always patient.

"We think this is a perfect description, in beautifully simple language, of what the AA program is largely about, and especially what sponsorship is about."

—from Good News, San Francisco, Cal.

**STICKS**

Sometimes I compare the troubles we have to undergo in the course of a year to a great bundle of sticks, far too large for us to lift. But God does not require us to carry the whole at once. He mercifully unties the bundle and gives us one stick, which we are able to carry today, and then another which we are able to carry tomorrow, and so on: this we might easily manage, if we would only take the burden appointed for each day; but we choose to increase our trouble by carrying yesterday's stick over again today, and adding tomorrow's burden to our load before we are required to bear it.

**TOO BUSY**

He hadn't had time to pen a note / He hadn't had time to cast a vote / He hadn't had time to sing a song / He hadn't had time to right a wrong / He hadn't had time to love or give / He hadn't had time really to live / From now on he'll have time on end / He died today, my busy friend.

— Author Unknown

\* \* \* \* \*

The most completely lost of all days is that on which one has not laughed.

—Chamfort

**DATES TO REMEMBER**

- December 3—Area-wide Meeting, 8: 30 p.m., Jordan Hall of Charity Hospital, East 22nd and Central Ave. Speaker: Harry P., Poindexter Group, Columbus, Ohio.
- 4-24th Anniversary, Trinity Group, 8 : 30 p.m., Trinity United Church of Christ, 3525 West 25th Street (parking lot entrance from Scranton Road). Speaker: Jim N., Doan Men.
- 5-8th Anniversary of Southwest Sunday Group, 8: 30 p.m. (Check for meeting place). Speaker: Jack B., New York.
- 1-Central Committee, 8:30 p.m., Room 362 Hanna Building.
- 8—11th Anniversary of North Olmsted Group, 8:30 p.m., Episcopal Church of the Advent, 3760 Dover Center Road. Speaker: Henry W., World Traveler.
- 13-Annual Xmas Party, West Side Women's Group, West Blvd. Christian Church, W. 101st & Madison Ave. Dinner at 7: 00 p.m. by reservation. Speaker: Kenny K., Doan Men.
- 22-Annual Xmas Party, Warrensville Women's Group, 7: 45 p.m. Gift articles (cigarettes, etc.) and donations should be sent to District Office. Speaker: "Big" Tom A., Solidarity Group.
- 25-MERRY CHRISTMAS
- January 1-HAPPY NEW YEAR

**HOSPITALS AND INSTITUTIONS**

<b>SUNDAY</b>	
TRUSTY HALL-1000 ft. east of House of Correction	10:00 a.m. and 5:00 p.m.
<b>MONDAY</b>	
HOPEFUL-State Hosp., 4455 Turney Rd., New Chapel Bldg. #1	8:00
<b>TUESDAY</b>	
BRECKSVILLE V.A. HOSPITAL-1000 Brecksville Rd.	7:30
HAWTHORNEDEN HOSPITAL-Cottage #10, 305 Northfield Rd.	7:30
ROVEN WAY-Grafton Honor Farm, Rte. 75, 2nd & 4th Tuesday	8:30
RUSTY HALL-1000 ft. east of House of Correction	8:00
<b>WEDNESDAY</b>	
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
<b>THURSDAY</b>	
TRUSTY HALL-1000 ft. east of House of Correction	8:00
<b>FRIDAY</b>	
MAIN GROUP-House of Correction, 4041 Northfield Rd. 8	: 0 0

**ALANON GROUP MEETINGS**

<b>SUNDAY</b>	
GARDEN VALLEY-7100 Kinsman Rd.	4:30
<b>MONDAY</b>	
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
<b>TUESDAY</b>	
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
<b>WEDNESDAY</b>	
BEDFORD—Christian Church, 98 Warrensville Ctr. Rd.	10:30 a.m.
BRECKSVILLE V.A. HOSPITAL—Bldg. 2	8:00
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
<b>THURSDAY</b>	
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
<b>FRIDAY</b>	
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**

THE LAWN

Three months after joining AA I was mowing my lawn. I pushed up and down a few times, and then the mower refused. I looked over and under it; but with my limited experience of it I could see nothing wrong. Nor did I know how to use the simple tools supplied with it. I had always thought you just bought a mower, and it worked.

So, with my alcoholic thinking, I cursed it with all the curses I knew. Then I thought of what AA had told me, so I said the Serenity Prayer; I tried again, and it worked.

Today, two years later, after constant use, I am still mowing the lawn with that mower, and thinking AA. It only needed adjustment; it needs constant adjustment to work properly. So do I.

I have to adjust myself constantly with the simple tools of AA: its Twelve Steps. Then, I can think more clearly and learn; learn to live with a mower that needs adjustment and how to use the simple tools. Constant use of it has made me more familiar with the Steps, others' experience and with how they use the tools. I had a very enjoyable evening trying to arrest the growth of the grass, while thinking AA. Today, I can do something about it. Tomorrow could be wet, and I might not be able to.

-Tom L. in Road Back, Dublin, Ireland

BY DAY AND BY HOUR

God broke our years to hours and days, / That hour by hour / And day by day, / Just going on a little way. / We might be able all along / To keep quite strong. — Should all the weight of life / Be laid across our shoulder, and future life / With woe and struggle, meet us / Face to face / At just one place / We could not go; / Our feet would stop; and so / God lays a little one of us every day; / And never, I believe, all the way, / Will burdens bear so deep, / Or pathways lie so threatening or so steep, / But we can go, if by God's power / We only bear the burden of the hour. Anonymous

GOD BLESSED US, EVERY ONE

(Continued from page one)

Moral? Sure! I appreciated that tree! It was all I had, and I had really worked for it. How did it happen? DESIRE — DETERMINATION and DIGGING. Strange! That's exactly how I'm learning how to stay sober, and each Christmas I appreciate being sober just that much more!

SHOP EARLY

Giftng a loved one, a friend, a new member or anyone interested in reading the message of our way of life, is a most effective way of remembrance at Christmastime or for that matter anytime of the year. Recipient is reminded of your thoughtfulness every month. Use the coupon below:

AA CENTRAL BULLETIN ORDER BLANK
Please write distinctly. . . or print . . . to avoid errors
Date
Name
Address
City Zone No.
One year at \$2.50 Amount enclosed \$
Mail to Central Bulletin, Box 67 12, Cleveland. Ohio 44 10 1
THE YEAR 'ROUND GIFT

THE STEPS AND THE PRINCIPLES

We were once asked what was meant by the reference of those "to" these principles as they are mentioned in our Twelfth Step. Are they the same?

After discussing this question, it seemed to us that "these principles" were something suggested or arrived at by working the Steps — the Steps were the tools to be used to discover the "principles." Of course it is a program of action and a personal thing — an individual program — so each person will probably find his own "principles" for himself. After much meditation, the following "principles" are the ones our group discovered — they have greatly helped us to understand and practice our program.

- 1. In working the 1st Step, when we "admitted we were powerless over alcohol — that our lives had become unmanageable," we had at last found the courage to face the truth and tell it — we were practicing the principles of HONESTY.
2. In working the 2nd Step when we "came to believe that a Power greater than ourselves could restore us to sanity," we were practicing the principle of HOPE.
3. In working the 3rd Step when we "made a decision to turn our will and our lives over to the care of God as we understood Him," we were practicing the principle of FAITH.
4. In working the 4th Step, when we "made a searching and fearless moral inventory of ourselves," we were practicing the principle of COURAGE.
5. In working the 5th Step when we "admitted to God, to ourselves and to another human being the exact nature of our wrongs," we were practicing the principles of INTEGRITY.
6. In working the 6th Step when we "were entirely ready to have God remove all these defects of character," we were practicing the principle of WILLINGNESS.
7. In working the 7th Step when we "humbly asked Him to remove our shortcomings," we were practicing the principle of HUMILITY.
8. In working the 8th Step when we "made a list of all persons we had harmed and became willing to make amends to them all," we were practicing the principle of BROTHERLY LOVE.
9. In working the 9th Step when we "made direct amends to such people wherever possible except when to do so would injure them or others," we were practicing the principle of SELF-DISCIPLINE.
10. In working the 10th Step when "we continue to take a personal inventory and when we were wrong promptly admitted it," we were practicing the principle of PERSEVERANCE.
11. In working the 11th Step when we "sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out," we were practicing the principle of the EVER PRESENCE OF GOD.
12. In working the 12th Step when "having had a spiritual awakening as the result of these steps, we try to carry this message to alcoholics, and to practice these principles in all our affairs," we were practicing the principle of SERVICE.

When all of these principles are given meaning and purpose through LOVE — Love of God, of our fellow man and respect for ourselves — then they truly become the heart of the great program of Alcoholics Anonymous, with a deep sense of gratitude and the help of a Power greater than ourselves, we can live in an emotional and physical sobriety with serenity and comfort, one day at a time.

-Broward County (Fla.) Newsletter (A message from Calif.)

TROUBLES

I've got a heap of troubles and I've got to work them out, but I look around and see there's trouble all about. Then when I see my troubles, I just look up and grin, and count up all the troubles that I'm NOT in.

Carl C. Wood