



MEDITATION

"Nothing in all creation is so like God as stillness."
—Eckhart

We are restive people. We took that first drink because we were restive and there was nothing else to do that seemed quite as natural. Since sobriety we find ourselves just as restive, and that is why so many of us take forever to get that Eleventh Step all the way. We simply **cannot meditate — or at best — not for long.** We also have some wrong ideas about meditation. We think of it as quietly reading a good book — or being quiet and thinking furiously. Either is a far cry from real meditation.

Fortunately our way of life creates immense opportunity for activity. In the early years such activity becomes the solvent for our restiveness. But sooner or later we must make Step Eleven the whole way — not through a little prayer, or quiet reading, or subdued talk with thinking friends in the fellowship, but alone in the stillness, listening to God as we understand Him.

To know a great truth is one thing, but when through meditation it really takes root in our conscious being, it comes forth in its full spiritual meaning. It bears fruit. The purpose of meditation is to attain divine grace. We have received the grace of sobriety as a divine gift.

But to make continuing progress we must earn the other graces we need so badly for a full life. And to be our best on the Twelfth Step we must continually strive through the Eleventh Step to seek more grace through meditation and greater conscious contact with God as we understand Him. This fullness of life comes not through bread and sobriety alone, but through the development of these inner graces.

No one way of meditation suits us all. Each must find his own way. First we need that deep sense of humility which knows "I can of mine **ownself**, do nothing." Our initial meditation may well be contemplation of God, the vastness of the Universe, the glory of Nature and such. Then we shall behold Him in the invisible spiritual activity which created and brought all this into expression and keeps it in balance.

Then as we contemplate and ponder a fine simple truth we have learned, we suddenly find ourselves at peace, with fewer and fewer extraneous thoughts of worldly things. Our **selfhood** dissolves, our selflessness emerges and the Higher Power which gave us sobriety is in communion with us. We listen in the stillness. In this way does our conscious contact with our Higher Power grow, giving root in our consciousness to these added graces which we must earn by our efforts and dedication.

Thus can our fellowship become the band of spiritual wisdom around the globe which it must need be, to perform the great mission which is ours. Our greatest ability to help others lies in our own example and we cannot afford a state of arrest development, else our mere sobriety may be lost.

"THIS TOO, SHALL PASS...."

Ever notice that Monday morning and January are a lot alike? Very few people seem to have much good to say about Monday morning, and January, with its grey days and the aftermath of the Holidays and unpaid bills, is very much the same. No one is too wild about it. At the risk of being cruel, we might mention that January also brings us our pleasant little reminder from Uncle Sam, that he wants "his," and we have to begin working about how we're going to have enough for ourselves, and him too, along about the 15th of April.

It's really almost enough to make you sick at your stomach, isn't it? If you're like me, you'll catch yourself thinking: "Holy Mackerel! What's the use of all my effort? I can't seem to get ahead of this thing no matter how hard I try!"

Of course, when my thinking is like this, I'm really in very dangerous shape, because, that's the way I used to feel all the time back in the days when I was drinking, and when it got so bad I couldn't stand it, (which was most of the time,) I went out and got drunk!

Getting drunk was the panacea for everything. If I couldn't sleep, I got drunk. If I couldn't pay the bills, (and what drunk can?) — I got drunk. As a matter of fact along toward the last few years there, I had so many problems, and situations I couldn't handle or face, that I just stayed drunk as much of the time as possible. This, of course, was exactly what I wanted all along.

Yep, we sure live in a mess of a world! There are people fighting everywhere in it, there are money troubles and organized crime, and lots of illnesses and disorders for which the medical people can't seem

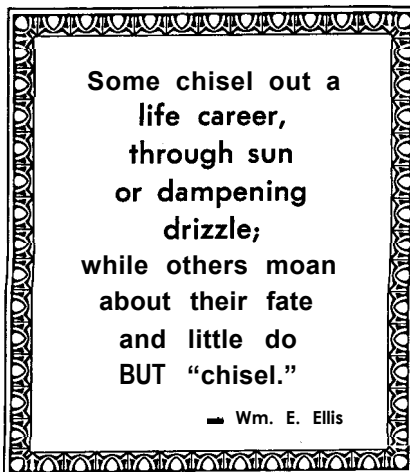
to find answers. **It seems as though** no one cares about anyone else, now-a-days, and you can't even trust your own neighbors any more! No one trusts anyone, as a matter-of-fact, and it seems to get no better.

To make matters worse, the economy is on the downswing, or so it seems, and lots of people, including me are out of work. On top of all this, my old car keeps costing me money continuously! I'm tempted to join the oldtimers who are always yelling, "I don't know what the world is coming to!"

But! That word 'but' is almost as big as 'if,' sometimes! I use it a lot! For example: I say to myself, "If I don't find a job pretty soon, we'll be in real trouble . . . **but**, I'm **sober!**" Or: "I'm so old now, that nobody wants to hire me . . . **but**, I'm sober, and I haven't lost my faith in my Higher Power!" Sometimes, I think: "With the mess this old world is in, and the kind of people that are in it. I just wonder what's going to happen . . . **but**, I'm sure that God knows what He's doing, and I reckon it will all come out in the wash." Then, I start asking myself if I've been doing my part lately, to help with the "wash."

If I haven't been doing anything, I try to get going and do what I can, and I'm usually amazed at how my

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Harry D. pounder and Editor 1892-1968



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MILL ENDS AND REMNANTS

How we treated this subject before we do not recall and we are too lazy and short of time to check on what has been said. Nevertheless, we have been "hung" up with the thoughts for several weeks now, stimulated no doubt by an October re-visit and tour of some thoroughbred farms in Kentucky.

A well known fact is that thoroughbred racing horses have a common birthday — the January 1 following their entrance into this world, whether the foal date may have been in February, April, June or even December preceding the common birthday.

It has been our thought that perhaps this wouldn't be such a bad idea for we AA members to observe a common birthdate as far as our attaining sobriety is concerned, regardless of the month in which we had our AA beginnings prior to the following January 1.

It is conceivable that observance of a common AA birthday would make for greater emphasis of our First Tradition — "Our common welfare should come first; personal recovery depends upon AA unity."

As practicing alcoholics most of us emphasized the wrong things and we aren't too sure but what that trait carries over into our performance in many things after we become sober.

Just think what could be accomplished if every AA — worldwide, nationally, area-wide or groupwise, observed his or her anniversary in common with each other member. The result would be 364 twenty-four hours of unified effort in sharing our hope, strength and experience.

By the same token, each group could well observe a common January 1 anniversary notwithstanding the month prior in which it was formed. Were this to transpire, what a tremendous force for good would come out of it. For, were the same energies which go into preparing for annual anniversaries to be diverted into one areawide celebration and the other fifty-one weeks of the year devoted to helping those who still suffer, our common welfare would be enhanced a hundredfold.

We need but look to our dates to remember section each month to realize the energies, the talents and the expenses directed to anniversary observances to realize what the marshalling of these same energies, etc., into one common effort would bring forth.

Don't misunderstand, we enjoy anniversaries and the like as well as the next fellow, but we just wonder that having reached sober maturity if we shouldn't be less celebrity and less celebration conscious?

There is power in oneness — unity, 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 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 1-7587.

MINUTES OF CENTRAL COMMITTEE MEETING DECEMBER 7, 1971

Meeting was opened with the Serenity Prayer by Moderator Ray M., after which 32 group representatives introduced themselves. Vice Moderator Dick F., read the Purposes of Central Committee and The Twelve Traditions of AA. Minutes of November meeting were read and approved and Jean C., Treasurer, reported treasury balance of \$375.72.

'COMMITTEE REPORTS WERE AS FOLLOWS:

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

Areawide Meeting: Lou W., Chairman, reported on the successful December 3 meeting.

Central Bulletin: George M., Editor, expressed appreciation for the obvious efforts of individuals and groups to obtain new subscribers. Also asked that group chairmen and secretaries observe the deadline for getting speakers lists to the Bulletin to insure publication.

Hospital committee: **Rosary Hall:** Ray M., reported everything running smoothly and nothing new to report.

Bay View: Bernie B., Chairman, reported that visitation had been excellent and that operation of Serenity Hall had been at capacity.

Brecksville: Harry G., reported that another alcoholic counsellor was being added to the staff — making a total of three. Also reported that alcoholic ward now has 30 beds.

Institution Committee: Helen D., Chairman, reported on plans for the December 22nd Christmas party for inmates. Also, stated that anyone who is visiting Warrensville Women's Group for first time should be aware that it is necessary to report names to guard and let guard know they are in program.

P.I.C.: Dick P., Chairman, reported that 144 speakers to non AA meetings and groups had been supplied by District Office during first eleven months of 1971.

There was no old business to come before the meeting and new business included a short discussion as to whether the Welfare Conuty Group was an AA group. Having determined that this was a Welfare Unit Group, a closed type of group where welfare clients with drinking problems were referred and then referred to AA meetings, it was the consensus, it was not an AA group as such.

Annual election of officers of Central Committee for 1972 was then held with the following results: Moderator: Dick F.; Vice Moderator: Lou W.; Treasurer: Jean C.; Secretary: Joedy M. Those present then commended Ray M., for the splendid job he had performed as Moderator, following which the meeting was turned over to the new Moderator Dick F., who then reported following volunteers had been appointed to serve as Chairmen of the various committees: Ray M., Rosary Hall; Julius W., Bay View; Harry G., Brecksville; Bob W., Action; Dick P., P.I.C.; Dave L., Areawide; Helen D., Institution.

Dick P., reported that there is now another hospital that provides a ward for treating alcoholic patients, namey: Richmond Heights General Hospital on Chardon Road. There are a number of beds available for both men and women, and admittance procedure is the same as at Rosary Hall and St. Thomas.

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

Joedy M., Secretary

NEW HOSPITAL FACILITY

It has been announced that Richmond Heights General Hospital at 27110 Chardon Rd., Richmond Heights, Ohio, has provided a ward for treating alcoholic patients. Beds are available for both men and women patients and admittance procedures are patterned after those that apply for Rosary Hall and St. Thomas.

PRAYER OF THE MONTH

Our Father, as we embark upon a New Year help us to recall our beginnings. Help us to be grateful and express it in love and succor and example to our fellow man. Help us to be less impatient with all around us and more tolerant and understanding of those whose paths cross our own. In praying these things we ask that we not be left unmindful of Your power and glory and love and mercy to us. Amen.

GREETINGS FROM GSO

Dear Friends,
 Holiday time can be a bittersweet time — full of nostalgic memories of the excitement and keen anticipation of the childhood years, of sadness and regret for the lost holidays of the drinking years, of loneliness for those we loved who are no longer with us, of longing for peace on earth and among men, and of a great sense of hope and promise.
 We in AA share most of these feelings, and in addition, a great sense of gratitude for the blessings bestowed on us by the power greater than ourselves and the Fellowship of AA. Truly, we have been granted a chance to move out of darkness into the light, and this awakening of the spirit has brought us a sense of peace within ourselves and of oneness with each other.
 And so, we greet you at this Holiday time in the joyousness of our hope and in the fullness of our gratitude for our beloved departed, for the Fellowship of AA, and for all of you.
 Bob and your General Service Staff
 -Box 4-5-S

OFFICE FUNDING CAMPAIGN

Funding campaign which provides the wherewithal to meet operating expenses and keeping open the doors of the Cleveland AA District Office will open on January 31. The drive will continue through February 28.
 Needs for 1972 have been set at \$30,000 to keep the office operating in its efficient manner, and the amount represents a slight increase of 1971 requirements: notwithstanding increased operating costs.
 As this is written 1971 needs are in prospect of being realized, taking into consideration 1971 pledges and commitments that have been paid, together with 1970 pledges paid in 1971.
 District office personnel have done an exceptional job in performing vital services to Cleveland AA groups and individual AA members, and the campaign is an especial area where both the AA member and the AA group may express a measure of gratitude and help the alcoholic seeking help. Be generous, please!

GREETINGS RECIPROCATED

To the many friends who remembered the Central Bulletin staff with Christmas and New Year Greetings we express our deep appreciation. It is always good to hear from friends — old and new, and to receive their good wishes at this season of the year is especially gratifying. They are heartily reciprocated.

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 MODIC a twenty-one year member of the Superior Group passed away suddenly on October 26, 1971.
LA VERNE HAWKINS passed away in Toledo, Ohio, on December 5, 1971, after 31½ years of continuous sobriety. La Verne was the first secretary of the Cleveland AA District Office and in length of sobriety has been considered the second AA woman and number one of Ohio AA women.

DATES TO REMEMBER

- January
 1-A HAPPY AND HEALTHFUL NEW YEAR
 4—Central Committee, 8: 30 p.m., Room 362 Hanna Building.
 4-8th Anniversary, River Tuesday Group, 8: 30 p.m., Rocky River Methodist Church, 19414 Detroit Rd. Speaker: John T. B., North Olmsted.
 S-Northeast Ohio General Service Committee, 3:00 p.m., American Legion Hall, Brecksville, Ohio. Everyone welcome.
 14-1 7th Anniversary, Rosary Hall **Alanon** Group, 8:30 p.m., Jordan Hall of Charity Hospital. Speakers: Jack B., AA; Kenny S., **Alanon**.
 25-Anniversary, Laurel Group, 8 : 30 p.m., Brooklyn High School Cafeteria, 9200 Bid-dulph Road. Speaker: Cal W., Laurel.
 February
 1-Central Committee, 8:30 p.m., Room 362 Hanna Building.
 5—12th Annual Al-Anon Dance, 8:00 p.m., Masonic Auditorium, Euclid Ave. and East 36th St. Buffet — Dancing — Prizes. Proceeds support Al-Anon Office.

WHAT ROAD?

It matters not what road we choose, they all must have their ending. The thing that counts is what we do along the road we're wending.

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 Turnry Rd., New Chapel Bldg. # 1	8:00
TUESDAY	
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 8 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 : W
FRIDAY	
MAIN GROUP—House of Correction, 4041 Northfield Rd.	8:00

ALANON GROUP MEETINGS

SUNDAY	
GARDEN VALLEY-7100 Kinsmen Rd.	4:30
MONDAY	
BROOKPARK-PARMA—Redeemer Church, 8151 Smith Rd.	8:30
ELYRIA—Community Church, 680 Abbe Rd.	8:30
LAKEWOOD-Pres. Church, Detroit at Marlowe	8:30
NOW THERE'S HOPE-First Pres. Church, Nela & Euclid Ave.	8:30
STAG GROUP-Charity Hospital	8:W
VERMILLION—Church of Christ, State St.	8:30
TUESDAY	
EUCLID—Christian Church, 28001 Lake Shore Blvd.	8:30
LORAIN AVENUE—St. John Bosco Church, 6400 Pearl Rd.	9:W
OLMSTED FALLS—Community Church, 7853 Columbia Rd.	9:00
SUBURBAN WEST—Our Savior Church, 20300 Hilliard Rd.	8:30
WEDNESDAY	
BEDFORD—Christian Church, 98 Warrensville Ctr. Rd.	10:30 a.m.
BRECKSVILLE V.A. HOSPITAL—Bldg. 2	8:W
CHAGRIN VALLEY-Pres. Church Route 308, 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 & 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
BOOM 507, COMMERCIAL BUILDING
2056 EAST 4th ST., TEL. 621-1881

WE WERE ASKED

"What is the annual \$6.00 group donation to the Northeast Ohio General Service Committee? Why is it needed and what is it used for?"

To describe the function and areawide service responsibilities of this committee and to delineate its scope as compared with those of the Cleveland Central Committee and the Cleveland AA District Office is an almost insurmountable task in the few lines we have available this month. However, in future issues of Central Bulletin, we will endeavor to devote complete articles on each service entity, hoping to clear the air for great understanding and grasp.

Nevertheless, the NEOGSC is made up of representatives of some 300 groups from the counties comprising Northeastern Ohio. The group representatives are called GSRs (General Service Representatives) and are the life-line between the individual group and the General Service Conference in New York. If your group doesn't have a GSR it would behoove you to see that one is elected or appointed.

Group donations to the Northeast Ohio General Service Committee are used to defray minimal expenses of the committee for postage, rental for meeting hall, stationery and a multitude of other incidental items, as well as providing nominal amount to defray expense of the Delegate who represents all groups at the General Service Conference in New York each April. The number of groups accepting the responsibility is nowhere near 300 hence committee activity is of necessity not as broad as it might be. It is not unlikely, if all groups responded, that the annual donation sought could be reduced.

MATURITY IS MANY THINGS

Maturity is many things. First, it is ability to base a judgment on the Big Picture — the Long Haul. It means being able to pass up the fun-for-the-minute and select the course of action which will pay off later.

Maturity is the ability to stick with a project or a situation until it is finished.

Maturity is the capacity to face unpleasantness, frustrations, discomfort, and defeat without complaint or collapse.

Maturity is the ability to live up to your responsibilities, and this means being dependable. The world is filled with people who can't be counted on. People who never seem to come through in the clutches. People who break promises and substitute alibis for performance.

Maturity is the ability to make a decision and stand by it. Immature people spend their lives exploring endless possibilities and then do nothing. Action requires courage. And there is no maturity without courage.

Maturity is the ability to harness your abilities and your energies and to do more than is expected. The mature person refuses to settle for mediocrity. He would rather aim high and miss the mark than aim low — and make it.

THIS IS FRIENDSHIP

I love you, not only for what you are, but for what I am when I am with you.

I love you, not only for what you have made of yourself, but for what you are making of me.

I love you for the part of me that you bring out.

I love you for putting your hand into my heaped-up heart and passing over all the frivolous and weak things that you cannot help seeing there, and drawing out into the light all the beautiful, radiant things that no one else has looked quite far enough to find.

I love you for closing your eyes to the discords in me, and adding to the music in me by worshipful listening.

I love you for ignoring the possibilities of the fool in me and for laying firm hold of the possibilities of good in me.

I love you because you are helping me to make of the lumber of my life, not a tavern, but a temple, and of the words of my days, not a reproach, but a song.

I love you because you have done more than any creed could have done to make me happy.

You have done it without a touch, without a word, without a sign.

After all, perhaps this is what being a friend means.

— Contributed

SEE WORRY FOR WHAT IT IS

According to Dr. Thomas S. Kepler, only 8 per cent of a person's worries are legitimate: 40 per cent will never happen; 30 per cent are over other people's criticisms of us; 12 per cent are over old decisions; 10 per cent are about our health.

That accounts for 92 per cent of our concerns, about which we can do little or nothing.

It is unrealistic to think that a long-term habit of anxiety can be disposed of with a wave of the hand. But we can try, little by little, to:

Deepen our belief that God loves us personally and individually;

Accept ourselves as we are;

Master our fears and reach out to others in love.

"There is no fear in love, but perfect love drives out fear." (1 John 4:18)

— Christopher News Notes

INTERGROUP DINNER

It has been announced that the 1972 Intergroup Dinner sponsored by the Operating Committee of the Cleveland AA District Office will be held on Saturday, May 6th. Ben M. of Woodhaven, N.Y., will be the guest speaker. He was the keynote speaker at the October 1971 dinner in New York which commemorated Bill W.'s anniversary.

"THIS TOO, SHALL PASS . . ."

(Continued from page one)

thinking changes, and I start feeling more optimistic. The whole world suddenly begins to look a little better.

There is no question in my mind that Januarys and Monday morninas are excellent times to feel sorry for ourselves, and I-am no exception. That's when it's nice to suddenly "come to," and say: "But . . . I've got AA, and I'm sober, and no matter how bad things get as long as I do my little part, and "keep the faith," both in the Program and in my Higher Power, things will work themselves out, one day at a time.

Right about here, I usually remember the time-worn cliché: "This too, shall pass." It's time then to pull in my stomach, and stick my chin out and read the little label I have on my telephone address book which says: "I shall pass thru this world but once. Any good therefore, that I can do, any kindness that I can show to any human being, let me do it now. Let me not defer or neglect it, for I shall not pass this way again." And then . . . I feel better!

**AA CENTRAL BULLETIN
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THE YEAR 'ROUND GIFT



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 DISTRICT OFFICE . . . MAY I HELP YOU?"

When January and February roll around each year, it's time to begin thinking about income taxes, and the inter-group dinner here in Cleveland. It's **also** time to begin thinking about funds with which to operate the District Office for another year.

The income taxes always seem to get paid, one way or another, **and** the Inter-Group Dinner always seems to get along pretty well. However, with almost constantly rising costs, operation of Cleveland AA District Office is entirely dependent upon our members responding gratefully, and generously, to the annual funding campaign.

Not long ago we heard of some irresponsible and ridiculous utterances that no one really knew where the money went when **given** to the District Office. Such **remarks** are irresponsible from the standpoint that those making them had not bothered to determine that full accounting is made to the membership for all items and areas of expense. They are ridiculous on the basis that an informed individual is acquainted with the functioning of the District Office and the great work it has performed these many years.

Ordinarily, we wouldn't dignify such gross mis-statements by devoting space to them. However, sometimes our **patience** is so **sorely** tried by an outspoken and mis-informed minority that we are forced to editorialize as concerns irresponsibility and divisiveness.

Fortunately, there is no defense needed for the District Office for the job it has done for the groups, for individual members and above all for the still suffering alcoholic literally thousands of whom have found sobriety and rebirth by reason of their having contacted our AA office.

It is fortunate that a long in memory and strong in performance majority have reacted gratefully and generously each year to the appeal for funds, which is quite in contrast to the shortsighted minority we alluded to earlier. One of the things that a sober AA has going for him is that he **NOT** forget his beginnings.

It is a tragedy, indeed, for anyone, anywhere, to forget his beginnings and how he got here and that there was someone here when he sought help as a still suffering alcoholic. If time has dimmed memory, regular visits to the District Office to observe the help extended will restore humility and **gratitude**.

There are millions of still suffering alcoholics throughout the United States and thousands of these are located within our own area served by the Cleveland AA District Office and it is our provincial **RESPONSIBILITY** to see that the hand of AA is there when **ANYONE** asks for help.

Let us then take stock! Is it such a big deal to contribute a few of our sober dollars? Not in comparison

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Harry D. pounder and Editor 1892-1 968



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MILL ENDS AND REMNANTS

Within the past day or so your writer was handed the following from a close friend and respected member of Alcoholics Anonymous, and as we are wont to do and to believe that all such should be shared as broadly can be done.

"When you have the desire and willingness to stay sober, work of the 12 and 12, one day at a time, and turn your life and will over to God as you understand Him, you too can relate a story such as this.

"After two and a half years in AA, my wife and I received a 30th Wedding Anniversary letter from a young lady we dearly love. She had watched her Dad become a drunken no-account and saw the once happy marriage and happy home falling piece by piece around her and her brother. That this once happy home could be saved seemed remote and nearly hopeless.

"Finally, in answer to her prayers, her Dad got the message from God and accepted AA. Then she saw with the help of God and through faith and hope the pieces slowly being put together again and still being put together, one day at a time in a better understanding and love than we had ever had.

"I want to share this letter, hoping and praying that it will help someone out there to know that there is love, faith, hope and charity and there is a God watching over us each twenty four hours.

"This is the letter — I know it came from her heart."

**'Dear Mom and Dad,
I was going out and buy a fancy card, but that's all it would be, "just a card", After 30 years of marriage, I think you both have found yourselves. You make me so happy to see you as you are today. Ten years ago I imagined something entirely different for the future. I hope the next 30 years hold nothing but peace, happiness and love for you both. I love you very much.**

Cynthia'

The message which is shared here could be one of many hundred AA families, all of whom, in faith and hope and with prayer, have seen their loved ones desirous of attaining sobriety and living a sober life in AA.

Over the years it has never ceased to amaze us, when upon reflection we count the widening perimeter of lives in families and in friendships that have been touched by just one individual becoming happily sober.

AA is truly a source for good, 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 am. to 1 p.m. but maintains a 24-hour telephone service which responds to calls made after the office is closed. The telephone number is CHerry 1-7887.

MINUTES OF CENTRAL COMMITTEE MEETING JANUARY 4, 1972

Moderator Dick F. opened the meeting with the Serenity Prayer. There were 35 group representatives in attendance. Vice Moderator Lou W., then read The Twelve Traditions of AA, following which minutes of the December meeting were read and approved. Report of Treasurer Jean C., disclosed balance of \$375.72 in the treasury.

COMMITTEE REPORTS:

Action Committee: Bob W., Chairman, requested that any problems that had to be resolved should be brought to Central Committee and discussed there promptly and representatives should not wait two or three months after the problem arises.

Areawide Meeting: Dave L., Chairman, reported next Areawide Meeting would be held on March 3, 1972, at Jordan Hall of Charity Hospital. Speaker will be Pat W., from Cincinnati, Ohio.

Central Bulletin: George M., Editor, said it had been gratifying the way groups have taken hold and are sending in new subscriptions and that many groups are now giving subscriptions as raffle prizes. It is to be hoped that now holidays are behind us that more groups will avail themselves on the advantages of publicizing speakers in the speakers' list each month.

Hospital committee:

Rosary Hall: Women's ward is operating at capacity; everything else quiet.

Bay View: Julius W., Chairman, reported visitation is excellent.

Brecksville: Harry G., Chairman, reported plans for appointment of another alcoholic counsellor, making total of four.

Institution Committee: Helen D., Chairman, reported the Christmas party was a success and thanked everyone for their support and cooperation in making it so.

P.I.C. Dick P., Chairman, reported there were 240 speakers to non AA meetings and groups supplied by the District Office during year 1971.

Old business embraced a short discussion of new ward at Richmond Heights General Hospital. They have 20 beds in the ward for men and 10 for women patients, although women's ward is not yet completed. Visitation hours are 8:00 a.m. to 11:00 p.m. Telephone number of Richmond Hall is 585-5500.

New business concerned formation of a new group outside the scope of AA and subject referred to Action Committee for investigation and handling.

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

Joeay M., Secretary

THE PURPOSES OF CENTRAL COMMITTEE

Because better understanding is the key to Friendship;
Because the public act of any group or individual involves our entire Fellowship;

Because we must continually take inventory of ourselves as individuals and as groups;

The AA Central Committee has these purposes:

To bring together representatives of all groups for discussions of policy and practice; to create high standards; to guard against exploitation or commercialization; to insure our humility as groups and individuals.

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

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

To serve as a clearing house for ideas.

The Object of The Central Committee is SERVICE,

The highest we can go

in AA is --

SOBER.

PRAYER OF THE MONTH

O God, whom we came to believe could restore us to sanity and to whose care we surrendered our will and our lives, grant, we pray, a continuing knowledge of Your will for us and the wisdom to carry it out. Amen.

WISDOM

Practically every one of us relies on the Serenity Prayer in addition to the benefits bestowed by the practice of the 12 Steps in our daily lives.

'The Wisdom to know the Difference' . . . The acquisition of Wisdom may prove to be elusive, or at least we may think so and become frustrated and upset on that account once in a while.

T. S. Eliot said . . . 'The only Wisdom we may hope to acquire is the Wisdom of Humility. Humility is endless.'

AA tells us that the Steps involve Ego deflation in depth and encourages us to nourish an absolute dependence on God: — Humility, maybe; Wisdom, maybe; but certainly Sobriety.

-Road Back, Dublin, Ireland

KEEP STUDYING

Someone has written that the person who stops studying the day he finishes his formal schooling will never become an educated person, no matter how much knowledge he may acquire while he is going to school.

Every man, in addition to his personal study, needs some source through which he can associate with his neighbors under circumstances that will enable him to exchange thought with them for the sake of mutual undertaking and friendship.

It is well to belong to some group which has for its purpose the teaching of men in ways that lead to good character and a life that is worthwhile. We have this in AA, for it teaches a life worth living for the world and for our fellow men.

"AA DISTRICT OFFICE . . . MAY I HELP YOU?"

(Continued from page one)

to the great good they do! Is my check or my pledge in sufficient amount to make certain the doors are kept open and the services unstinted? Does it express the depth and breadth of my gratitude? Does it approach ten percent of my before AA liquor bill? Isn't there an especial warm feeling in contributing something to help someone unknown? What more can I do? In addition to my financial help, how may I serve? Am I grateful?

If we are honest with ourselves, we cannot in good conscience allow any part of AA to suffer by our lack of responsibility.

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.

JAN ROEHM, a founding member of River-Bay Women's Group, passed away suddenly in October.

DOTTIE VISTAIN passed away suddenly in late December while in California. She was one of the founders of the Tuesday Afternoon Women's Group.

JOSEPH E. THURSTON, well known in the Northeast Ohio Area, died suddenly in Chicago on December 17. He was a retired member of the Chicago Police Department and for many years had directed the Program for the Prevention of Progressive Alcoholism of the Chicago Board of Health.

DATES TO REMEMBER

- February 1-Central Committee, 8:30 p.m., Room 362 Hanna Building.
5-12th Annual Al-Anon Dance, 8:00 p.m., Masonic Auditorium, Euclid Ave. and East 36th St. Buffet • Dancing • Prizes. Proceeds support Al-Anon Office.
March 1-Central Committee, 8:30 p.m., Room 362 Hanna Building.

TO PLEDGE OR NOT TO PLEDGE —

To pledge or not to pledge —
That is the question,
Whether it is nobler in a man,
To take the message free and let another foot the bill,
Or sign a pledge and pay toward service expenses!
To give, to pay — aye, there's the rub. To pay.
When on the free-ride plan, a man may have
A going free and take the message, too,
As though he paid, and none be aught the wiser
Save the Finance Committee, who —
Most honorable of men — can keep a secret!
'To err is human" and human too, to buy
At cheapest rate. I'll take the message so!
For others to do the same — a common rule!
I'm wise, I'll wait, not work —
I'll pray, not pay,
And let the other fellow foot the bills,
And so I'll get the message free, you see.
(Apologies to Shakespeare)

HOSPITALS AND INSTITUTIONS

Table listing hospitals and institutions with their locations and meeting times for Sunday, Monday, Tuesday, Wednesday, Thursday, and Friday.

ALANON GROUP MEETINGS

Table listing Alanon group meetings with their locations and meeting times for Sunday, Monday, Tuesday, Wednesday, Thursday, and Friday.

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

DECOY

An advertising skit urging the safety measure of purchasing travelers checks to take on vacation instead of cash portrayed a pickpocket along a beach, snatching wallets and purses while his accomplice, a bikini-clad lovely, diverted everyone's attention as she strolled past.

Alcoholism also has its decoys. Who would have thought the moments of exhilaration, the temporary haven of a smoke-filled bar, the tiny islands of communication when occasional encounters with drinking companions appeared to open up frozen doors within us . . . were only decoys.

"We were all children in a giant kindergarten — trying to spell G-O-D with the wrong alphabet book."

The feeling of power and **arrogance** engendered by the apparent ease with which we "got away with" our little lies and deceptions — the attention we received with our "tall" stories, exaggerating and embroidering the most casual event — were only decoys. Too late we found ourselves.

"still waving proudly to a parade that had long since passed us by . . ."

Behind the lights and the glamour, the sneaking thief was robbing us of honor, integrity. One day it was not a game anymore — the lies and excuses we gave to others — we began to believe ourselves.

The dreaming and the fantasy that one day if we only managed right — we would find that Utopia — no more pain, no more worry, always sunshine — and everyone would love us and admire, respect us.

"When man can find "God" in a bottle, and drink him up — and become a god oneself — why are not all men drunken?"

The beautiful decoy strutted past while the handsome thief snatched away our hours — the days of our lives.

One day it was very obvious that the decoy was not as diverting and attractive as she once was — tiny lines were showing around the eyes — a droop to the lips and a midriff bulge.

That once handsome thief alcoholism noticed and thought to himself, "my accomplice is getting old — nothing working out the way it used to do — I'll have to look around for a fresh one." But, hard as he tried, he couldn't get a new one. Now, old and ugly, he still trudged the beaches — but the "pickings" were few and far between.

The old pick-pocket realized one dark rainy day — there was nothing left to take away from his victims — he had stolen it all.

Now the people stand naked in the sun — everything gone except life — with a new strength. We will begin again — we know well the face of the thief, the wiles of the decoy. They are banished from this place — we will find a NEW WAY!"

—M.C., Silent Rostrum, Houston, Texas

WHEN NOT POSSIBLE

In the Ninth Step we are asked to make direct amends whenever possible to the persons we have harmed, except when to do so would injure them or others. Sometimes the uncertainty of the when and how can be agonizing. We may want to make amends but the person to whom we owe them is either no longer with us, or simply wants to have nothing more to do with us. We know we wronged them, we want to set it right, but there just seems to be no way. Every effort merely creates more disturbance and every failure more anxiety and grief. It finally becomes a question of who is hurting who? God, no doubt, sees us all together in the same little mud puddle of resentful reacting and mutual judging even though we may not have such a view of the situation ourselves.

We have remorse because we have hurt someone, or perhaps several people. And we regret our stupidity, our selfishness, our mistakes. We know, too, that we have hurt ourselves as well. However, if we can't be sure that making amends will really mend the relationship, then perhaps other things need to be considered. Perhaps the time is wrong. Perhaps the desire to make amends is prompted by being in disfavor, and if that is the case then the amends are phoney to begin with. Perhaps there have been so many "amends" before they are hard to believe, or perhaps our own view of the situation is still badly distorted. Perhaps the resentment against us is too great for us to deal with. Certainly unwelcome efforts should be dropped.

Self-punishment, which is obsessive preoccupation with one's own wrongs, should be brought to a halt at once. It merely ties knots in the spiritual umbilical cord that connects us to God and to help. I don't suppose there is anyone who has never done something that he or she is ashamed of, so it is a reversal of ego to suppose oneself to be lower than the lowest creature on God's earth. Can't everyone have that distinction and it isn't worth fighting everyone else for.

When it is possible to amend a wrong, without harming someone, then of course there should be no difficulty in doing it — unless pride becomes a problem. But if it is not possible, then the will to do so, the sincere desire to do so, may have to suffice. This is when it really gets hard. We are apt to feel that if we can't set things right then we must be forever wrong, forever unforgiven and unhappy. Or we may try to punish ourselves until things are set right, which may be never. And of course, such self-punishment only makes the possibility of happiness or restored good relations more remote than ever. How can we hope to get over an unhappy situation if all we are working for is greater unhappiness.

There comes a time when we simply must be willing to discard guilt and grief. There can be no going forward as long as we clutter our thoughts and our emotions with things that should be behind us. Regrets may never leave, remorse may always linger, but never should they be allowed to take possession of us. Never should they be allowed to weight us down or twist us so that further growth becomes impossible. Mistakes are meant to be learned by and should be utilized as lessons, nothing more. We never needed God's forgiveness because it has never been withheld from us. The forgiveness of others is so very dependent upon their own stage of growth and we cannot afford to stand or fall on that. Most of us who think we long to be forgiven are in far greater need of our own forgiveness than we have ever been in need of anyone else's

Jean K. in SEARCH (Ky. Al-Anon Journal)

WE CAN BE RICH IN LOVE

I hear people say: "Oh, if I were only rich. I would do great things to help people." But we all can be rich in love and generosity. Moreover, if we give with care, if we find out the exact wants to those who need our help most, we are giving our own loving interests and concerns, which is worth more than all the money in the world.

-Dr. Albert Schweitzer

AA CENTRAL BULLETIN
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THE YEAR 'ROUND GIFT



RECOGNITION

With that same **stubbornness** and indignation we **mustered** in our drinking years to deny that we were an alcoholic, we must insist, once we have recognized and admitted our disease and attained sobriety, that we are an alcoholic. This complete reversal of roles is imperative to our recovery, our very lives.

This is not to say that every time we are offered a drink we must proclaim ourselves the victim of this disease. Such was done by a writer in a recent Sunday supplement and he had a great deal of difficulty.

But to ourselves, every time we are offered a drink, every day of our lives, we must inwardly remind ourselves that we are alcoholics. We must use whatever means the situation requires to **refuse** any alcoholic beverage. Whether this takes the form of a flat and vehement refusal, the mild alibi that we do not care for it, the subterfuge that our stomach is upset, makes no difference as long as we refuse.

Where the supplement writer ran into snags, we suspect, was in the frank admission to all and sundry that he was an alcoholic. Perhaps he did not care about his anonymity, but he could have saved himself a lot of headaches by some other method.

The public's notion of an alcoholic often varies widely from the alcoholic's definition. A down-and-out Skid Row derelict is the common picture in the public mind. Slowly people are becoming educated to the nature of the disease, but the day when it is fully recognized for what it is is still far off.

Recovered alcoholics constitute only **6%** or **7%** of the 7 million alcoholics in the country. Therefore, we have put up with the pioneer's hardships, we must blaze a trail for **ourselves** and for the thousands who **will come** after us **as** knowledge of the nature of our illness is recognized.

In our experience we have encountered little difficulty along this line. Most people, we have discovered, do not insist on forcing a drink on you when you refuse. For the **most** part a — "No, thank you!" suffices.

More people than you suspect will respect you for not drinking. And this group does not embrace only those who recall what a heel you were when you imbibed.

On rare occasions, very rare, we have admitted to a group of intelligent people that we were alcoholic. We always took the occasion to explain to them the nature of the disease, to dispel popular misconceptions about the alcoholic and, we believe, have done a bit of public missionary work in recognition. But this is strictly a matter of personal assessment.

Refusing drinks should be the major problem with any member of Alcoholics Anonymous that the supplement author makes out. No group is more resourceful in thinking up alibis, outrageous and palpably false stories and excuses than active alcoholics. It should be no trick to find answers to the over-persuasive friend who claims that, "One little one can't possibly hurt you." In fact, it is essential that we do so. But **most** important: Every

(Continued on page three)

STUBS, STUMBLES & CHUCKLES!

Writing one of these articles is **sometimes** like trying to get my old automobile started, it just doesn't seem to want to start. I can flounder around on this typewriter for half an hour and still not really "get going." At times this can be quite aggravating, but at others, I find it a bit amusing, for I remember, being alcoholic, that my head is probably not on too straight anyway, and that's why my old car won't run right.. Something is not right.

That's when I realize that I can keep going to AA meetings for the rest of my life, and I'll never get it perfect. I might improve somewhat, but there will still be "something else to fix," no matter how long I live.

I have been known to tell people that the reason my head is not on too straight is that I fell out of the baby buggy when I was only six weeks old, and it has caused irreparable damage. The only trouble with this **theory** is that it seems to have had no bearing one way or the other on the fact that I turned **out** to be an alcoholic. It usually gets a chuckle from people, but it does not change the fact that there I am in an AA meeting just like them, because I have a booze problem, and AA is the only way I can do anything about it.

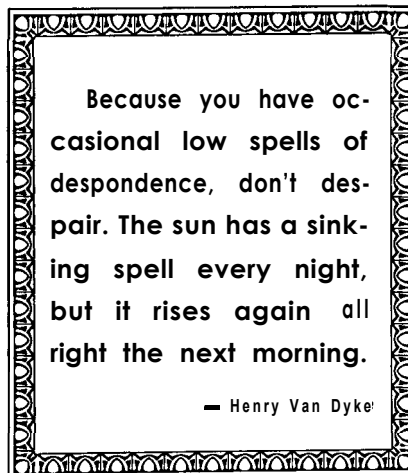
Along with any damage that may have been done in the "baby-buggy" caper, I can also look back frequently, to the years in which I "banged my head against the wall," trying to prove to myself, and to the world, that I was a normal, social drinker, and not a genuine "lush." Those years had their toll, also, I'm quite sure, but, they have not robbed **me** of the ability to look back, and in doing so, — be able to laugh at myself a little, for having been such a "goombaugh" for so long.

By this time, you may have arrived at the conclusion, as I have, that this is going to be a column that does not make too much sense, but that maybe will afford a chuckle or two if one keeps reading long enough. I find it very refreshing to be able to laugh at myself these days, even when things are not always going as well as I might like. It is nice to remember that there were other times nowhere near as good as these, and that today, no matter what, if I stick to AA, I can stay sober.

Sometimes, when something in my thinking is not going **just** right, I think about **my** old gag I used to throw at someone whose car was knocking or making a funny noise. I would remark that I used to have a car that sounded like that, and I found out that a back wheel was off of it. It seems doubtful that one could go very far if a back wheel were off, and I doubt that, if my thinking stays out of line for very long, I'll stay sober very long, either.

All in all, staying sober can be a lot of fun, if we'll let it, and laughing at ourselves once in a while is very good medicine. Taking life too seriously, can be quite detrimental, and a good look at ourselves frequently can serve to keep **us** on a more even keel. If we happen to find ourselves a bit comical, that's a good sign.

(Continued on page four)





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Harry D. Pounder and Editor 1892-1968



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March, 1972

No. 6

MILL ENDS AND REMNANTS

Not too long ago we were in attendance at a meeting, other than AA, in which the audience was asked to participate in a discussion of five very important and searching questions.

Your writter has been so stimulated by the questions, and he thinks you will agree — they do stimulate, they do provoke inventory, whether group or personal, and they do merit continuing consideration whatever our arena of activity may be.

Question No. 1 — “What is significant about where we are?” Each of us in his own way and to any depth we wish or dare seek will find manifold answers and just as many more questions which we will need to answer. Thus, it is a continuing inventory.

Question No. 2 — “Who are we?” That’s a poser! In answering that one honestly and with some soul searching we might come up with some answers with respect to our humility. It is not unlikely we will find that while a part of the whole scheme of things, we are sometimes an insignificant part. Yet, if we are working at it, we may be a pertinent part.

Question No. 3 — “What is the most significant thing we are doing?” If we aren’t doing anything, our reflection upon the question will darn quickly activate us to DO something in our sphere of operation. It is a mighty fine question to stir us from the doldrums of apathy and complacency and a recognition of the need of giving away that which we have received if we are to survive.

Question No. 4 — “What is one problem in the community we could be helping solve?” While there are many, many problems within our communities, no little one in most is the problem with which we are most familiar. In this arena our Public Information Committee work could be of inestimable assistance, but we have to make its availability known.

Question No. 5 — “How would we like to be remembered?” Now, there is a question! It is doubted that any one of us is such an intellectual sophisticate that down deep we would hope that in passing through this life we will have contributed in some manner, regardless of proportions, to the well-being of a few or many — all through love and service. Again, reflecting we will be surprised by the many that have contributed to our lives because their paths crossed our own.

Questions, questions, questions! Ah, yes! But they make us THINK and SEARCH, 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 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 CENTRAL COMMITTEE MEETING FEBRUARY 1 1972

The meeting was opened by Moderator Dick F., with the Serenity Prayer. There were 36 group representatives in attendance. Lou W., Vice Moderator, read the Purposes of Central Committee and the Twelve Traditions of AA, following which minutes of the January 1972 meeting were read and approved. Jean C., Treasurer, reported treasury balance to be \$385.00.

COMMITTEE REPORTS:

Action Committee: Bob W., Chairman, reported on his investigation and handling of the matter of the group reported as functioning outside the scope of AA, as reported at the January meeting, and it was the consensus of the meeting that all matters pertaining to the group be handled with tact and indiscretion.

Areawide Meeting: Dave L., Chairman, stated that arrangements had been completed for the meeting on March 3, 1972, at which speaker will be Pat W., from Cincinnati, Ohio.

Central Bulletin: George M., Editor, related the need for meeting deadlines to get the Bulletin prepared and in the mail on time and outlined some of the problems which arise from time to time to slow production. Repeated the request that material for the Bulletin and speakers’ list must be in editor’s hands **no** later than the 15th -of each month for inclusion in current edition.

Hospital Committee:

Rosary Hall: Lou W., reported that Sister Victorine had again requested that patients brought in for admission to Rosary Hall be ambulatory and coherent.

Bay View: Julius W., Chairman, reported things were running smoothly.

Brecksville: Harry G., Chairman, reported things going well.

Institution Committee: Helen D., Chairman had nothing to report.

P.I.U.: Dick P., Chairman, reported that 20 speakers to non AA meetings and groups were supplied by the District Office in January 1972.

There was no old business brought before the meeting and in the category of new business Julius W., reported that the alcoholic ward at Richmond Heights General Hospital had been closed.

Phil B., then reported on the opening of a Fellowship Room at the Brecksville VA Hospital on February 9, 1972, and all interested members were invited to come and exchange ideas and suggestions with the hospital staff. The Fellowship Room has three basic purposes: (1) To provide a fellowship room for recovering alcoholics; (2) To establish a sponsorship program for alcoholic patients who express an interest in AA sponsorship; (3) To enlarge the understanding of the working of the AA program with the hospital program.

The Fellowship Room will be open Monday through Friday from 4:30 p.m. to 12:00 Midnight and from 12:00 Noon to 12:00 Midnight on Saturday, Sunday, and Holidays. Committee Chairman Phil B.’s telephone number is 845-6185 and would appreciate contact from volunteers to serve in manning the room.

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

Joedy M., Secretary

CLIMBING A MOUNTAIN

A well ordered life is like climbing a mountain; the view halfway up is better than the view from the base, and it steadily becomes finer as the horizon expands. This is also true of AA.

The highest we can go
in AA is —
SOBER.

PRAYER OF THE MONTH

O God, we pray that you will make the door of our life wide enough to receive all who need human love, fellowship and Your care, and narrow enough to shut out envy, pride and hatred. Amen.

"KEEP IT SIMPLE"

This much quoted phrase came, as most of you know, from a statement by one of our first AAs, a man particularly revered here in N. E. Ohio. Dr. Bob said it. And as well as being much quoted, it is also probably the most misused phrase in AA.

When Dr. Bob said it, he was talking about a tendency, which was popular about 23 years ago. The tendency was to try to analyze AA in psychological terms. It seemed as though almost everyone was an amateur psychiatrist — a Dr. Jung or a Dr. Freud, busily analyzing AA in pseudo-scientific terms.

And what Dr. Bob said was: "It would be fitting to lay a little emphasis on the SIMPLICITY of our PROGRAM. Let's not louse it all up with Freudian complexes and things that are interesting to the scientific mind but have very little to do with our actual AA work. Our 12 STEPS when simmered down to the last, resolve themselves into the words LOVE and SERVICE. We understand what LOVE is, and we understand what SERVICE is. So let's bear those two things in mind."

VERY SOUND ADVICE! But today, the three words "Keep it simple" are lifted out of context and widely misused. For example, the tightwad can find it expedient to say, "Contribute to the Central Office? Not me. Dr. Bob said 'Keep AA simple!'" Or the mentally lazy can find it convenient to say, "World Service? That's too complicated. Dr. Bob said 'Keep it simple,' so you can count me out."

There's nothing Freudian — or complicated — about World Service, friends. It's just as simple as our 12th Step. It means passing our message along to unfortunates anywhere in the world. What we have is too good to keep to ourselves.

It's just that simple!

THIS NEW DAY

Write it on your heart that every day is the best day in the year. He is rich who owns the day, and no one owns the day who allows it to be invaded with fret and anxiety. Finish every day and be done with it. You have done what you could. Some blunders and absurdities, no doubt, crept in. Forget them as soon as you can, tomorrow is a new day; begin it well and serenely, with too high a spirit to be cumbered with your old nonsense. This new day is too dear, with its hopes and invitations, to waste.

— Ralph Waldo Emerson

IN MEMORIAM

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

ARTHUR RINTO of Ashtabula, Ohio, a long time subscriber to the Bulletin passed away in November 1970. FELIX RAUFMAN who was in his 29th year of continuous sobriety, passed away December 21, 1971. He was a member of the Borton Group.

JAMES T. CASSIDY, an early member of AA since its beginnings in Cleveland, passed away in February, 1972.

LEE MANSELL a long time member and founding member of Lorain Avenue Monday, Trinity and Brookside Groups, passed away on February 14. He was also one of the group of members who assisted in establishing Rosary Hall.

DATES TO REMEMBER

March 1—Central Committee, 8:30 p.m., Room 362 Hanna Building.

12—Quarterly Meeting Northeast Ohio General Service Committee, 3:00 p.m., American Legion Hall, Brecksville, Ohio. All welcome.

20—7th Anniversary, The Humble Group, 8:30 p.m., Beachland Presbyterian Church, 18100 Canterbury Road and Lake Shore Boulevard. Speaker: Carmen T., Sheffield Lake.

April 2—EASTER

3—10th Anniversary, Brookpark Group, 8:30 p.m., Redeemer Lutheran Church, 6151 Smith Road. Speaker: Sam P., Pittsburgh, Pa.

BRECKSVILLE FELLOWSHIP ROOM

At 3:00 p.m., on Wednesday, February 9, a new Fellowship Room at Brecksville V.A. Hospital was officially opened. For the present it is located in the fourth floor Conference Room in Building #2, and directions to it may be obtained at the reception desk.

Committee Chairman, Phil B., who will coordinate activity and volunteers reports that there are three purposes for the Fellowship Room: (1) to provide a fellowship room for recovering alcoholics; (2) to establish a sponsorship program for alcoholic patients in the hospital; and (3) to enlarge the understanding of the working of the AA program with the Hospital's program.

Open hours will be 4:30 p.m. to 12:00 midnight Monday through Friday and 12:00 noon to 12:00 midnight on Saturdays, Sundays, and Holidays. It has been noted that after 6:00 p.m. it will be necessary to enter and exit through Building #1 in order to get to the Fellowship Room, and should Building #1 door be locked, visitors should ring the bell.

It is the Committee's hope that members who have attained sobriety in AA will stop in and talk to patients, sharing experience, strength and hope with each other. At least two volunteers will be on duty during open hours, and these volunteers will be scheduled from Cleveland and Akron AA groups. Call chairman Phil at 845-6185 if you have any questions or to get your group on the schedule of volunteers. This is an excellent opportunity to serve and carry the message.

RECOGNITION

(Continued from page one)

day and every hour whether temptation is immediately before us or not, we must recognize in our minds and hearts that we are alcoholics and alcoholics we will always remain.

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
HAWTHORNEMN 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

AL-ANON GROUP MEETINGS

For information about time and place of Al-Anon meetings, please call Al-Anon Family Group Office (Room 204, Frederick Building, 2063 East 4th Street, Cleveland, Ohio 44115) at 621-1382.

PAUL — ON LOVE

If I speak in the tongues of men and of angels, but have not love, I am a noisy gong or a clanging cymbal. And if I have prophetic powers, and understanding all mysteries and all knowledge, and if I have all faith, so as to remove mountains, but have not love, I am nothing. If I give away all I have, and if I deliver my body to be burned but have not loved, I gain nothing.

Love is patient and kind; love is not jealous or boastful; it is not arrogant or rude; Love does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrong, but rejoices in the right. Love bears all things, believes all things, hopes all things, endures all things.

Love never ends; as for prophecies, they will pass away; as for tongues, they will cease: as for knowledge, it will pass away. For our knowledge is imperfect and our prophecy is imperfect; but when the perfect comes, the imperfect will pass away. When I was a child, I spoke like a child, I thought like a child, I reasoned like a child; when I became a man, I gave up childish ways. For now we see in a mirror dimly, but then face to face. Now I know in part; then I shall understand fully, even as I have been understood. So faith, hope, love abide, these three; but the greatest of these is love.

1 Corinthians 13 : 1-13

WORKING FOR HAPPINESS

We have staked out a plot in life and now it is our job to build something on it that will give us the sense of having achieved our potential happiness.

These days, full of wearisome problems, fragmentary knowledge, and conflicting passions are not the culmination of man's capacity for reaching the Good Life. Everything has not yet been tried. There is room for new ideas and for the improvement of old ideas, but men and women must go in search of them and make use of them. The world is not going to seek us out to serve us a platter of the things we wish for.

The greatness of the success we enjoy in supplying our desirable wants depends upon our thinking soundly, planning well, and working to develop ourselves to our possible excellence, while coping with the restrictions and seizing the opportunities that we encounter in our environment.

— The Royal Bank of Canada Monthly Letter 12-71

STUBS, STUMBLER & CHUCKLES!

(Continued from page one)

As someone has so aptly put it, "When we get to worrying about what everyone else thinks of us . . . if we only knew how seldom they do, we wouldn't be so worried."

So I stick my chest out and say, "So, my head may not be on straight. So what? At least with the help of God, and AA, I can stay sober! What else do I really need?"

NO SHADOWS

None of us are so poor that we cannot contribute much to the joy of others. Who is so poor he cannot give a hearty hand-clasp and a smile? Who is so poor he cannot give a word of encouragement to a sad and burdened soul, a word of sympathy to the sorrowful? Who is so poor he cannot visit the sick, help a blind man across the street or assist the aged? We might go on and on enumerating the things we all can do, no matter what our station in life may be, and yet so many of us never think of any one of these things. Have you? If not, try it; you will need no reward, not even appreciation from the recipient. You will feel your reward from within. It is still true; the best things in life are free. Let us all light a candle by some kind and considerate act, word or deed. If we all did that, what a blaze of light there would be. The fact is, it would come from so many angles there would be no shadows.

SMILES

A charwoman in a New York bank was telling of her prowess in polishing floors. "When I started to work here the floors was in bad shape. But since I've been doing them," she said in quiet pride, "three ladies has fell down."

One middle-aged man to another: "Equal rights for women! Eighteen-year olds to vote! I'd leave town now if they'd let me have the car!"

"Just the same," chided Noah's wife, "I'd feel safer if those termites were locked up in a metal box."

DOCTOR FRONG'S COLUMN

Dear Dr. Frong:

Now that I am sober I have no occupation. I am afraid to go back to my former work because I began to drink heavily while working in the South American jungle among the snakes, jaguars, lizards, piranhas, carnivorous plants, crocodiles, lizards, scorpions, bats and head-hunters. What should I do?

Signed: Unemployed

Dear Unemployed:

The only suggestion I can make to a man with your background is to run for Congress.

Dear Dr. Frong:

My husband is a cabinet maker. He gets blind drunk and I can't find him because the house is full of secret tunnels, hidden doors, sliding panels, etc. What should I do?

Signed : Perplexed

Dear Perplexed:

The question is: if he is blind drunk, what do you want to find him for?

Dear Dr. Frong:

Sometimes when I am making a talk my mind goes completely blank. What can I do about this?

Signed: Worried

Dear Worried:

You could quit talking and sit down of course, but I doubt if you will. Nobody else does.

-from Rosalie Group News (Texas)

COFFEE BREAK?

Office Boy: Boss, you've been fussing about the men being late for work. I've got a plan that will guarantee that nobody will be late.

Boss: What's that?

Office Boy: Let the last man to work blow the starting whistle.

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 6712, Cleveland, Ohio 44101. THE YEAR 'ROUND GIFT

CLEVELAND AREA

Guest Speakers

MARCH 1973

BAY FIRESIDE (Saturday) 3-Bill M., Young People; 10-Jane T., Bay Discussion; 17-Jim F., Bay Discussion; 24-Jerry W., Angle; 31-Don T., Angle.

BAY VIEW (Saturday) 3-Judy & Ross S., Bay View; 10-Surprise; 17-Jim McN., Bay View; 24-Jean & Dean S., North Olmsted; 31-Joanne H., Edgelake.

BORTON (Monday) 5-Paul K., Nela Park; 12-Tom B., Euclid Wed.; 19-Margie A., Euclid Wed.; 26-Russ R., Marshall.

BRECKSVILLE (Wednesday) 7-Jack S., Parmatown Men; 14-Joan A., Bainbridge Women; 21-Earl G., Charity; 28-Gene C., Brecksville Wed.

BROOKLYN (Thursday) 1-Walter D., Trinity; 8-John M., Puritas Sun.; 15-Herb F., Clark; 22-Ed D., Forest City; 29-Barney C., Angle.

CHARITY (Friday) 2-Fred B., Eaton; 9-George S., Edgelake; 16-Areawide Meeting Jordan Hall; 23-Ray W., Nela Park; 30-Tom K., Wed. Men Discussion.

DEAONESS HOSPITAL (Sunday) New Group: 4-Steve G., Parma Sat.; 11-Don C., Sister Ignatia; 18-Ruth C., Tri County Women; 25-Joe N., Sister Ignatia.

EATON (Tuesday) 6-Walter S., Sister Ignatia; 13-Peggy B., Euclid Wed.; 20-Chuck S., Euclid Fri.; 27-Wayne G., Nite & Day.

EDGE LAKE (Tuesday) 6-Terry L., West Side Women; 13-Fred B., Girard, Ohio; 20-Lou W., Temple; 27-Kaye S., Akron, Ohio.

FRIENDS OF EXODUS (Tuesday) 6-Laura D., St. James; 13-To be announced; 20-Tony G., Angle; 27-Dual AA-AlAnon.

GARFIELD HEIGHTS (Tuesday) 6-Warren C., Sr., Edgelake; 13-Bill B., Brooklyn; 20-Bob T., Garrettsville, Ohio; 27-Dick Z., Newburgh.

GORDON SQUARE (Friday) 2-Emmett M., NASA; 9-Larry R., Hague; 16-John S., Lorain Ave. Mon.; 23-Bill S., Lorain Ave. Mon.; 30-Phyllis W., West Clifton.

GRATEFUL (Sunday) 4-Jim W., Allendale; 11-Frank B., Garden Valley; 18-Eileen M. (3rd Anniv.), Nite & Day; 25-Steve G., Parma Sat.

LEE MONDAY (Monday) 5-Peggy B., Euclid Wed.; 12-Stan O., Nite & Day; 19-Max B., Nite & Day; 26-Lisa E., Euclid Wed.

LORAIN AVENUE TUESDAY (Tuesday) 6-Jack W., Newburgh; 13-Gene G., Puritas Sun.; 20-Ed K., Brookpark; 27-Jack C., Parmatown Men.

METRO GENERAL (Friday) 2-Ed C., J&L; 9-Al S., Brooklyn; 16-Julius W., Trinity; 23-Bernie B., Brooklyn; 30-Charles H., Pearl Road.

MIDPARK (Thursday) 1-Johnny M., Laurel; S-Don T., Parma Heights; 15-Gert & Al E., Parma Heights; 22-Mary Y., Independence; 29-Al B., Wickliffe.

N.A.S.A. (Wednesday) 7-Dick D., Brookpark; 14-Owen W., Garden Valley; 21-Ronny R., Bay View; 28-Jim K., Young People.

NITE & DAY MIDNITE (Saturday) S-Nellie B., Wickliffe; 10-Bob H., Lakewood Armory; 17-Dick L., Painesville; 24-Barbara B., Golden Gate Women; 31-Jim M., Angle.

PARMATOWN MEN (Friday) 2-Father B., Padua; 9-Lee H., Independence; 16-Jim W., Southwest, Sun.; 23-Bill G., Southwest Sun.; 30-Gene M., Brookpark.

ROCKY RIVER (Thursday) 1-Phyllis W., Post Office; S-Warren C., Sr., Edgelake; 18-Tom McG., Edgelake; 28-Al B., Wickliffe; 29-Joanne H., River Bay.

SOUTHWEST SUNDAY (Sunday) 4-Jim M., Independence; 11-Don S., Memphis; 18-Rosemary M., West Side Women; 25-Gene R., Southwest Sun.

STRONGSVILLE (Tuesday) 6-Rita M. (1st lead), Ridgewood Women; 13-Mac McA., Puritas Sun.; 20-Sophie LeJ., Pearl; 27-Terry S., Berea Thurs.

TRINITY (Saturday) 3-Bill B., Brooklyn; 1 O-Helen M., Steelworkers; 17-Walter M., Brooklyn; 24-Mike S., Parmatown Men; 31-Leonard P., Brooklyn.

UAW-1005 (Wednesday) 1-Roger M., UAW-1005; 14-Virginia L., West Side Women; 21-Harry J., Bay View; 28-Kevin B., Lakewood Armory.

WEST SIDE BREAKFAST (Sunday) C-Joe N., Sister Ignatia; 11-Joe W., Hague; 18-Gene C., Independence; 25-Mary O'C., West Side Women.

WEST SIDE MIDNITE (Saturday) 3-Tom C., West Side Young People; 10-Barry C., Nite & Day; 17-Rick L., Lakewood Armory; 24-Jim G., West Side Young People; 31-To be announced.

WEST SIDE MORNING (Thursday) 1-Vie Z., Valley View; 8-Tom K., Wed. Men Discussion; 15-Jim D., Independence; 22-Earl J., Angle; 29-Esther R., St. James.

WEST SIDE WOMEN (Monday) 5-June G. (1st lead), West Side Women; 12-Eleanor W. (1st lead), West Side Women; 19-Virginia S. (1st lead), West Side Young People; 26-Hank S., West Side Young People.

Y.O.U.R. (Sunday) 4-Alex B., Spanish American Fri.; 11-Jack S., TC-1005; 18-Bob Y., Nite & Day; 25-To be announced.

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

MARCH 15, 1973

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.



EASTER

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

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

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

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

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

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

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

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

■ ■ ■ ■

You cannot dream yourself into character; you must hammer and forge yourself into one.

TOO MUCH IS TOO MUCH!!

There has always been a word in the English language that intrigues me. The interesting part is that it, is really three words, all pronounced the same way. It must be a bit confusing for others trying **to** learn our language, and is even tough for our own children to grasp in their early school years.

The word, or words, **to**, **too**, and **two** can throw many of us for a loop. If you don't think so, read **on**.

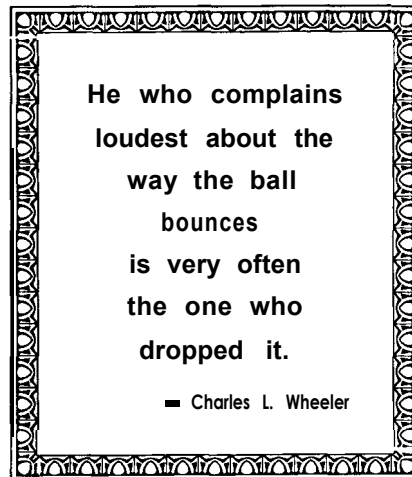
The first time I ever went to an AA meeting a fellow I was introduced to there, asked me, "Do you really want **to** stay sober?" Of course, since I had been drinking **too** much, for **too** long, and had been getting into far **'too** much trouble, I immediately answered him, "Oh yeah, I've **got to** do something." What I failed to realize, was that there were **two** ways of answering that, simple question, and I obviously had the wrong one, because I did **not** achieve a lasting, happy sobriety the first time around. Why? Simple . . . I thought I had to get sober, but didn't really want **to** do so for myself.

We all know the bars are full of people who **should** get sober, but how many of them want **to**? Apparently that little word "**to**" is a mighty important one, and our success at attaining sobriety and keeping it will depend on which word we use in front of it . . . want to or have **to**. Think about it. There's that word "**two**" staring us in the face. **Two** answers. Remember the "good old days?" Ha! Let's try some "**toos**" on for size . . . **Too** drunk; **too** broke; **too** mad; **too** resentful; **too** sure of ourselves; **too** insecure; **too** self-conscious; **too** loud and **too** noisy. **Too** everything!! And **then** . . .

Guess what happened next? The Boss came along and said, "Hey, Buddy, you're just too much, 'cause you're missing work too much, and, we may have trouble getting along without you next week, but starting Monday, we're gonna try! !' Come to think of it life itself was a **two-sided** street for us . . . it was either **too** good, (we thought), or it was **too** bad. That **might** have been because we are two-sided people. You don't agree? Think for a moment. Remember how you wanted to be able **to** drink like other people and the the way you **really** wanted **to** drink and usually did? Some two-way street! A regular two-way thoroughfare, and you and I were trying **to** go **both** ways at the same time!

Going 'back **to** "**too**" again, it seems as though **too** many **Toos** in *our* life sort of led **to** **toots**, and when we went on a toot, everyone around or near us heard the noise or got bumped one way or another. As far as "**to**" was concerned we were either on the way to a drunk or on the way to getting sick or **to** jail, or **to** a divorce or to a finance company. Frankly, all the **tos**, **toos**, and **twos**, in our lives, were enough **to** drive a person batty, and for most of us, we didn't miss it too far! Which brings us **to** what AA has for us and can give us, and what through AA and our Higher Power, we can give to someone else..

(Continued on page two)



CENTRAL BULLETIN



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Harry D., pounder and Editor 1892-1968



Vol. 30

April, 1972

No. 7

MILL ENDS AND REMNANTS

Last month we wrote about and enumerated five very stimulating and thought-provoking questions, and as we go to press one of these in particular haunts me — "What is significant about where we are?"

In pondering the question there comes to mind the story of the house with the golden windows, a story we are reasonably sure we have related in this column in the past. Nevertheless, it bears repeating.

It is the story of the boy, who sitting each day outside his mountain top home at sunset, looked across the valley to the house on the mountain top a great distance away. It was different than his house, however, for its windows were windows of gold.

And each day at sundown as he looked far away at the house with the windows of gold he wished that his own house were similarly endowed, and there came the day that he resolved he would visit the house on the other mountain top so that he could see those windows first hand.

So as dusk settled, he embarked upon his journey down through the valley toward the other mountain top. The distance was much greater than he had envisioned and the other mountain of very steep ascent, so he traveled all night with only an occasional rest stop, arriving at the house with the windows of gold at sunup.

Low and behold, however, first glance disclosed, that the windows of this house were not of gold, but of clear glass, just like the windows in his own home. And with that discovery he looked across the valley to his own house, and to his surprise he was astounded to see that it now had windows of gold.

This story, we believe, illustrates the importance of knowing where we are and that, while it is important we have horizons, we need to recognize the significant and pertinent things in our life are at hand and within our grasp.

It is an unfortunate human trait to overlook the obvious and emphasize the insignificant in wishful thinking — to spin our wheels, so to speak, in striving for the unattainable, whereas we could contribute so immeasurably to the attainable.

Most of us at one time or another have looked across the valley and labored to reach the house with the windows of gold only to find that where we are and what we have has the greatest personal significance.

It is a matter of using it, by George.!

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 the future rife / 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 on us every day; / And never, I believe, on 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

MINUTES OF CENTRAL COMMITTEE
MEETING MARCH 7, 1972

Moderator Dick F. opened the meeting with the Serenity Prayer. There were 31 group representatives in attendance. After reading of the Twelve Traditions of AA and the Purposes of Central Committee, minutes of the February 1 meeting were read and approved. Treasurer Jean C.'s report disclosed treasury balance of \$226.08.

COMMITTEE REPORTS:

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

Area-wide Meeting: Dave L., Chairman, reported on success of March 3rd meeting and expressed appreciation to those who helped.

Central Bulletin: George M., Editor, expressed gratitude for manner in which most groups have taken hold in promoting subscriptions. Not being advised in advance of address changes continues to be a problem and an item of unnecessary expense.

Hospital Committee:

Rosary Hall: Jack D., reported that as of this date 31 quota of beds were filled. There was a short discussion as to length of patients' stay, which is a decision of hospital supervision depending upon condition of patient; and members were asked to refrain from telling patients what length of their stay will be.

Bay View: Bernie B., reported that for one day about three weeks prior the ward was closed down because there were no patients.

Brecksville: Attendance at meetings have been at capacity.

Institution Committee: Helen D., Chairman, reported that meetings of Warrensville Women's Group have resumed after having to close down for two or three weeks. Asked that all members support the group and attend its meetings regularly.

P.I.C. Dick P., reported that the Cleveland AA District Office had supplied 70 speakers to non AA meetings and groups during the first two months of 1972.

Old business consisted of lengthy discussion of Fellowship Room at Brecksville VA Hospital. Phil B., reported that this had been his most gratifying experience in AA; that the member response had been excellent and the undertaking might be termed a complete success. He urged that group representatives go back to their groups and stress the opportunity for and the satisfaction that is gained through this type of 12th Step work.

New business embraced request of the Cleveland VA Hospital Group to open a similar Fellowship Room at their facility and Central Committee gave its blessing to the undertaking.

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

Joedy M., Secretary

INTERGROUP DINNER

A capacity crowd is again expected at the 21st Annual Intergroup Dinner on May 6 in the Grand Ballroom of Hotel Statler Hilton. Speaker will be Ben M., from Woodhaven, New York.

As of this writing all tickets for the dinner, which will be followed by dancing, are committed, although it is possible a few will be available on April 15 when any unsold tickets now on consignment are returned.

TOO MUCH IS TOO MUCH! !

(Continued from page one)

AA can bring us sobriety, and help us keep it, if we're willing to give it to someone else. Staying sober is not really too difficult for any of us, if we're willing to work a little at it. When we give it away, there are suddenly two of us sober, and both of us can learn how to live single-mindedly instead of double lives, and guess what? We all become **one**, through AA and our Higher Power. Maybe that's what they mean when they talk about unity. Frankly this whole article may have been too much. Oh well, **everyone** needs tolerance . . . !

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. B. Meyer

DISTRICT OFFICE FUNDING

In keeping with Tradition 7 that "Every AA group should be self supporting" the Cleveland AA District Office campaign, which was concluded early last month, was a resounding success.

Response of members of Cleveland AA is most gratifying **inasmuch** as the \$30,000 **sought** was over subscribed. Happily, over 50 percent of the pledges have been paid and with the balance of the pledges being fulfilled during the year, the services of the office can be maintained at their high performance level.

Chairman Bill H. and his Co-Chairman Teresa C. are highly appreciative of the assistance of the area chairmen and their workers who applied themselves so diligently for a successful enterprise. And, of course, greatest credit rests with the individual members and groups for their generous response to the appeal.

SOCIAL CENTER

The New Broadway Social Center, 8516 Broadway, wishes to thank its many friends for their help in making the Grand Opening such a huge success. Since then, it has been a busy gathering place for active members of Alcoholics Anonymous. To date, five meetings are held at 8:30 p.m. each week:

- Sunday — Newburg Group
- Monday — Southeast Group
- Wednesday — Garfield Wednesday Group
- Friday — Broadway-Harvard Group
- Saturday — Action Group

At the present time daily hours are 6:00 p.m. to 12:00 midnight, with tentative plans for longer hours in the future. The beautiful interior and modern settings of the club are the product of many hours of volunteered work by tradesmen AA's and materials were supplied by friends of AA. The men worked very hard on their off days and evenings. We now have a beautiful place for holding meetings, or just sitting around, talking over the best coffee in town. We extend to all of you a warm welcome to come and visit us, or attend one of our meetings. Parking is provided in the Cleveland Trust lot on Harvard Avenue, just around the corner.

IN MEMORIAM

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

BOB HARRISON a member of the River Tuesday Group passed away suddenly in October 1971.

SYLVESTER NEUBERGER passed away on January 26, after 29 years of continuous sobriety. He had been an active member of the **Lorain Avenue Tuesday Group** for the past 23 years.

WILLIAM J. LAUBSCHER a member of AA for nearly 15 years passed away on March 8. He had been active in both Bedford Wednesday Night and Chagrin Falls Friday groups.

PAUL BECHTOL, a long time Bulletin subscriber, passed away in Ft. Lauderdale, Fla. on March 6.

DATES TO REMEMBER

- April 2-EASTER
- 3—10th Anniversary, Brookpark Group, 8: 30 p.m., Redeemer Lutheran Church, 6151 Smith Road. Speaker: Sam P., Pittsburgh, Pa.
- I-Central Committee, 8: 30 p.m., Room 362 Hanna Building.
- 6-24th Anniversary, Allendale Group, 8:30 p.m. St. Paul's Episcopal Church, 15837 Euclid Avenue. Speaker: Jack T., Helpful Group.
- 29-2nd Anniversary, Brecksville Wednesday Group, 8:00 p.m., Recreation Hall, Brecksville VA Hospital. Speaker Jim D., Independence.
- May 6—21st Annual Intergroup Dinner, 7:00 p.m., Grand Ballroom, Hotel Statler Hilton.

OHIO STATE AA CONFERENCE

On Friday, July 23rd at 8:00 p.m. the curtain will rise on the opening session of the Sixteenth Annual Ohio State AA Conference at **Hotel Sheraton Cleveland** in its Grand Ballroom.

Conferences will continue throughout the day on Saturday, July 24th, with the Banquet and Dance being scheduled for that evening. There will also be a big Sunday morning meeting on July 25th, marking the conference closing.

This is the fourth of such State Conferences held in Cleveland, and each year they are rotated between the four Ohio State General Service Committee Areas, which have the responsibility for sponsoring each convention in the home area.

Members are urged to attend to broaden their horizons of friendships, as conferees will be in attendance from all over Ohio, as well as nearby states. In addition, there are three solid days of solid AA.

See your group secretary for registration forms.

GENERAL SERVICE CONFERENCE

The 22nd General Service Conference will meet from April 17 through the 22nd at the Hotel Roosevelt in New York. Theme for the 1972 Conference is "Our Primary Purpose."

Every AA member should avail himself of the opportunity to express his views or presenting his questions through our Northeastern Ohio Delegate, Shirley S., who may be reached at 1-428-3780.

SMILES

Two drunks stumbled into a theater thinking they were about to see a burlesque show. Instead they found themselves in the middle of a ballet performance. After watching for five minutes one drunk turned to the other and commented loudly, "If they wanted tall girls — whyinhell didn't they HIRE tall girls?"

HOSPITALS AND INSTITUTIONS

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

AL-ANON GROUP MEETINGS

For information about time and place of Al-Anon meetings, please call Al-Anon Family Group Office (Room 204, Frederick Building, 2063 East 4th Street, Cleveland, Ohio 44115) at 621-1382.

ANONYMITY

WE DON'T BELIEVE . . . that TIME AND CHANGE . . . are synonymous with . . . PROGRESS! The passage of time . . . and change . . . can also mean . . . RUST EROSION.. DRY-ROT . . . and general DETERIORATION . . . from CARELESS maintenance. When deterioration is gradual . . . and little blisters of degeneration appear at widespread points . . . those who would be alert to such destruction — have been lulled into a sense of false security by rationalizing . . . that . . . the "little" blisters are really not important!

For more than 30 years . . . the Society of AA has made great strides . . . both in growth and structure. Yet this progress — and the . . . passage of time . . . have of themselves created hazards which are a deadly threat to the very existence of AA.

Time has thinned the numbers of those who's desperate urgency was responsible for the formulation of the Society of AA . . . who struggled and persevered doggedly . . . against almost insurmountable odds to develop and maintain a formula of life for any alcoholic . . . anywhere . . . anytime! They were hopeless alcoholics who were willing to do ANYTHING . . . to . . . escape their alcoholic damnation — because they CARED . . . about themselves and others . . . like themselves. A few of those early pioneers in AA are still around — and while their faith . . . their wisdom . . . and their loyalty to those original principles remains undimmed — their voices have faded and their energies waned.

Once the 12 Steps had been established as an un-failing means of recovery for ANY alcoholic . . . who would do what they SUGGESTED the tiny fellowship was overwhelmed by a flood . . . of hopeless humanity. The great influx almost extinguished the bright flame of hope with the chaotic confusion that ensued — for there followed dissension . . . disunity and despair. But from this cauldron of heartaches and misery and fear and doubt . . . came the wisdom to fabricate a PRECISE method (embodied in the 12 Traditions) of living and working together in harmony — that . . . would also GUARANTEE our survival as a society . . . as long as we adhered to the suggestions set forth!

Somehow . . . those early builders recognized that their OWN survival depended upon the survival of the fellowship . . . and that the responsibility for safeguarding preserving AA should belong to the individual — just as he was responsible for his own recovery by being obedient to spiritual principles far more exacting than human rules and regulations. AA's "authority" was to be derived from a loving God . . . AA's ONLY purpose . . . to carry THE MESSAGE to suffering alcoholics. AA would have to remain detached completely from outside organizations — and AA members would have to be willing to submerge very powerful and human desires for acclaim and reward — and resist their egocentric drives to rule and dominate their fellow alcoholics. AA . . . recognized . . . that it should not even sit in judgment on those who . . . sought to join the fellowship — making a DESIRE to STOP DRINKING . . . the ONLY requirement. Truly — AA . . . IS . . . a spiritual entity . . .

Could one of the blisters of disunity and deterioration be . . . the insistence from some quarters that AA is TOO ANONYMOUS . . . ???

The passage of time has produced monumental growth — thus . . . making AA available and convenient for alcoholics almost anywhere in our broad land. Approval from respected groups of scientists . . . educators and religious leaders . . . has almost eliminated the stigma of belonging to AA, and the dissemination of knowledge has increased society's acceptance of alcoholism as a disease . . . so that some of us . . . may . . . be . . . lulled into relaxing our individual responsibility to observe the . . . unique and paradoxical requirements of AA's TWELVE TRADITIONS.

Because of the warming acceptance from the non-alcoholic . . . world . . . it may become easy to rationalize the TWELFTH TRADITION . . . yet . . . WHO we are . . . is far less important than WHAT we are . . . and what we do! "We are sure . . . that . . . HUMILITY . . . expressed by ANONYMITY is the greatest SAFEGUARD . . . that ALCOHOLICS ANONYMOUS CAN EVER HAVE."

— Railbeams, St. Paul, Minn.

A READER WRITES

Dear Sirs:

Regarding the statement in bold face type in the March CENTRAL BULLETIN at the bottom of second column on Page Two, "The Highest We Can Go In AA is — Sober."

Becoming sober was only the door through which I had to come in order to become capable of seeking Sobriety, a never ending mental, emotional and spiritual growth.

As alcoholism is the manifestation of a deep emotional problem, or problems, it is only by abstinence from alcohol (and drugs) that I became capable of using the 4th and 10th Steps of the AA program honestly enough to discover these problems, and become willing to do something about them by the use of Steps 11 and 12.

As, until I became willing to do something about the problems within myself that caused me to want, or have, to drink, I continued to have a drinking problem. But upon doing something about these problems, the drinking problems disappear, leaving only a thinking problem.

This then only needs to be maintained on a daily basis by seeking character and spiritual growth (Refer to last paragraph, Page 84, The Big Book) and Active Appreciation for sobriety.

Sobriety — it can't be given and it can't be bought, only earned by seeking a greater depth of understanding of the program of AA, and trying to live it in all of our affairs daily.

So, SOBER is only the door that opened to a new way of life and a program for living it fully. That door will stay open only so long as I remain able and willing to do what is necessary.

As always, Jim R.

AT THE EXPENSE OF OTHERS

Nothing can be more healing than the ability to laugh at oneself and there is not much that is harder to learn how to do or that takes more courage. But it is easy to laugh at someone else and it takes no courage at all to criticize what we don't understand. Ridicule, disguised as humor is poisonous to the individual with whom it originates and can be permanently damaging to those who may be driven away from help because of it.

There are some in Al-Anon who are there uncomfortably, or half apologetically, and many more who are afraid to come at all because of someone else's ridicule. The individual who entertains himself so selfishly may evoke merry responses in others but somehow it has a hollow sound. Ridicule, even when we are not the object of it, makes most of us uncomfortable. Perhaps because we know something of the fear and deep internal hurting that hides behind it.

Isn't it too bad, then, that the need for approval can be so strong in some of us that we will follow such a lead, for to do so requires an abdication of our own personal courage and the right to think for ourselves. If we talk willingly of the dark shadows of the distorted thinking of someone else how can we possibly find help for ourselves? If ridicule can frighten us, how can we possibly grow. Suddenly Step Two "Came to believe that a Power greater than ourselves could restore us to sanity," takes on a brand new dimension. In it lies the message of a Power that is greater than the one that has been controlling us — fear of ridicule. But we cannot have both. In order to accept one we must reject the other. It is our choice.

— JWK in Search (Kentucky Al-Anon Journal)

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.



FORTITUDE

Of all virtues, our most immediate and most constant need is Fortitude. For fortitude, the ability to endure adversity or peril, is the quality that we call upon to resist the assaults of our enemies. (And here, by "enemies" we do not mean people; we mean the evils that ensnared us.) Fortitude is a foundation stone, both of virtue and of the will. It is courage in endurance that enables us to restore the will to health.

We have need of fortitude in several ways. In our first days of sobriety, we are like soldiers under heavy artillery fire. Our hunger nerves are screaming for alcohol, and alcohol suggestion comes to us a hundred times a day. Every sign we see says "Bar" or "Cafe"; every strain of music on the radio reminds us of a saloon juke-box; the hours of the day remind us that it is time for a drink. The smallest problem is a mountain, which we think only alcohol will enable us to surmount. Some of us have not fortitude enough, and we fall before the campaign is half begun. Most of us succeed, not only in the first great struggle but also in the weeks and months of guerrilla warfare that our habit ridden nerves wage against us.

However, this is but the beginning of fortitude. For, Fortitude, as virtue, has a higher meaning than the courageous quality that we call upon in times of great crisis. Evil attacks us not only in frontal assault but also through infiltration. More frequently, infiltration precedes frontal assault. Fortitude must concern itself with little things, with small deviations from the right path, with small compromises with right, with little omissions, today, tomorrow and always. It must help us against rashness in thought as well as deed, against self-love as well as resentment. It must help us not to turn normal instincts into lusts.

Fortitude has still higher meaning than endurance against these big and little assaults of our enemies. This still higher meaning has to do with the essence of virtue, with the essence of moral excellence, which, as we have said before, is much more than the absence of evil and the lack of evil-doing. Here, Fortitude takes us above the market place, above the common level of selfish life. Here, Fortitude no longer is passive. It is endurance in action, and that action is for good, by good, through good. It not only guards against omission but bids us to strive for new expressions of good, new realizations of good, new thankfulness for good.

Is this higher fortitude of concern to us? Very much so, even though to most of us now it can be little more than an aim. Yet, the aim we must have. We cannot trust ourselves to be satisfied with mere sobriety. We must improve our work each day, or else, we stagnate and then die. We have had illustrations of too easy satisfaction with the progress of our work.

■ ■ ■ ■

People who wish to reap the blessings of sobriety must undergo the fatigue of supporting it.

SPIRITUAL VITAMINS

There are two types of disease that are in absolute contrast to each other. In one type, the cause of the disease is the presence of germs or bacteria of some harmful sort in the human body.

But there is another type of disease which is caused, not by the presence of germs, but by the absence of some chemical or vital substance which is essential for good health.

So in the first disease the germ must be destroyed or expelled before the body can be restored back to good health. And in the second, the body can only be brought back in good health by supplying the vital elements which are lacking.

The alcoholic is a sick person. He is suffering from the lack of physical, mental and spiritual elements which are vital for his spiritual recovery. But, the medication that the alcoholic needs cannot be prescribed by any doctor to bring his sick soul to spiritual and moral health. The sick alcoholic should contact his Divine Doctor who will prescribe the appropriate medication for his individual needs and restore his spiritual deficiency.

Our Heavenly Doctor has no office hours. He can be called on at any time, from any place and by any man or woman. The lines of communication are always open and your call will not be delayed by any busy signal.

Someone once said, prayer is a vitamin for a sick soul. We sometimes have to take vitamins for our body when it lacks the elements that are vital to keep the body working smoothly. We also must have spiritual vitamins to remove our shortcomings and restore us to sanity. AA

can only dress the wound, but prayer will heal it. Prayer will destroy the germ of hate and restore the element of love. It will banish the germ of doubt and suspicion and replace it with faith. It will build spiritual and moral reserves for the time when extra demands are made upon our courage and our faith.

It is not enough to prepare for the expected; wisdom requires that reserves be provided for the unexpected, because the unexpected is sure to come in everyone's life. Life's events are never more than partially within our own control, and plan as carefully as is humanly possible, we all will have to face situations of extraordinary demands at some time in our life. Saving for a rainy day, or taking out health insurance, is but a recognition of this.

The health of our soul is just as important as the health of our body. The two go together. Physical power and vast possessions will not give us spiritual satisfaction until we get into the habit of taking our morning and evening spiritual vitamins. We can live in a mansion, surrounded by every conceivable luxury and be poor in our relationship with God. The glorious achievements of many members of AA have resulted from their taking their daily spiritual vitamins.

(Continued on page four)

Man's failure in
this world may
often be attributed
to the fact that
he uses blank
cartridges
when firing
at the target of
success.



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Harry D. Pounder and Editor 1892-1968



Vol. 30

May, 1972

No. 8

MILL ENDS AND REMNANTS

In some random reading recently we ran across an article by Don Buck, entitled "Are You Good for Yourself?" which appeared in Hi Call in August 1971.

The author posed these questions: "When you're alone, are you in good company? If your private thoughts, impulses, and emotions could somehow be recorded and thrown on a television screen for everyone to see and hear, what would the exposure of your inner self reveal? Would your 'show' be shallow comedy, or a serious drama? Could you be reasonably satisfied with your 'performance' or would the disclosure send you into seclusion in shame and humiliation?" Something to think about, eh?

"Sad to say," he went on, "we are all weak and worldly at times," adding that psychologists are in agreement that it is humanly impossible for man to halt impulses and ideas that are undesirable, from flashing into our minds. "We cannot consciously will ourselves to think only certain thoughts; others come unbidden, and often unwanted. Fortunately, we don't have to let the undesirable ones take up permanent residence. We can welcome them or evict them as we choose; here we are in control."

Mr. Bock continues: "Regrettably, most of us are guilty now and then of thoughts that are unkind, covetous, angry, smug, selfish. We may even find dishonest, sordid, or immoral impulses crowding into our minds, bidding for our attention, trying to upset the decent thought patterns that may characterize our normal everyday thinking. Such thoughts are bad. But holding them, toying with them, enlarging on them is far worse. There is always the possibility that wrong thoughts, dwelt upon and enhanced by imagination, will result in wrong words or, worse still, wrong actions."

Our author says it may be a disturbing question, but it is one that every conscientious person should, ask himself ever so often. "What am I in the dark?" "Is God pleased with the meditation of my heart?"

He adds: "You are what your most personal, most secret thoughts make you." "Are you in good company — all by yourself?"

It's time to find out! by George!

SURMOUNTING DIFFICULTIES

Life affords no higher pleasure than that of surmounting difficulties, passing from one step of success to another, forming new wishes and seeing them gratified.

— Samuel Johnson

"TO MY FRIENDS WHO INSIST"

If you knew what a drink would do . . . You'd take "No Thanks" for an answer. . . . One drink to me, means ninety-three . . . And the pain is worse than cancer. . . . If I were to tell of all my hell . . . Caused by the grim-romancer — . . . Can't stop at one, two, or three . . . Can't handle the stuff — it handles me, . . . So thanks for taking "No Thanks" for my answer.

— L. C. in Central Bulletin 6-45

MINUTES OF CENTRAL COMMITTEE MEETING APRIL 4, 1972

Moderator Dick F., opening the meeting with the Serenity Prayer, was joined by the 29 group representatives in attendance. Vice Moderator Lou W., read the Purposes of Central Committee and the Twelve Traditions of AA. Minutes of the March 7 meeting were read and approved, following which Treasurer Jean C., reported a balance of \$190.58 in the treasury.

COMMITTEE REPORTS :

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

Areawide Meeting: Chairman Joe T., reported that the next meeting would be held in Jordan. Hall of Charity Hospital and the speaker would be Chuck B., Orchard Grove Group.

Central Bulletin: George M., Editor, reported that Central Bulletin was now past the half way mark in its 30th Year of continuous publication and everyone connected with it is grateful for the many expressions of appreciation and for the continued help in increasing circulation. Returned mail by reason of address changes continues a problem and expense. He said it would also be helpful if renewals were made promptly after expiration notices are received.

Hospital Committee:

Rosary Hall: Ann T., reported that Women's Ward is filled.

Bay View: Julius W., Chairman, reported that Serenity Hall is operating at capacity.

Brecksville: No report.

Institution Committee: Helen D., Chairman, absent, no report.

P.I.C.: Dick P., Chairman, reported that the Cleveland AA District Office had supplied 107 speakers to non-AA meetings and groups during the first three months of 1972.

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

Joedy M., Secretary

THE PURPOSES OF CENTRAL COMMITTEE

Because better understanding is the key to Friendship;
Because the public act of any group or individual involves our entire Fellowship;

Because we must continually take inventory of ourselves as individuals and as groups;

The AA Central Committee has these purposes:

To bring together representatives of all groups for discussions of policy and practice; to create high standards; to guard against exploitation or commercialization; to insure our humility as groups and individuals.

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

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

To serve as a clearing house for ideas.

The Object of The Central Committee is SERVICE.

YOUNG PEOPLE INTERNATIONAL

Fifteenth International Conference of Young People in Alcoholics Anonymous will be held in Cleveland, Ohio, on Friday, Saturday and Sunday, June 2, 3 and 4, 1972. Convention headquarters will be Hotel Statler Hilton.

Flyers indicate that all members of AA are welcome, regardless of age, to share in this fine conference.

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

PRAYER OF THE MONTH

Almighty and everlasting God, the Comfort of the sad, the Strength of sufferers, let the prayers of those that cry out of any tribulation come unto Thee, that all may rejoice to find that Thy mercy is present with them in their afflictions.

— Fifth Century

HAVE A RAINBOW, OR TWO

Remember those pre-AA mornings when you looked in the mirror and saw colors: bloodshot eyes, red face changing to white after a few upchucks, blue-purple-yellow bruises? The colors inside your aching head were even worse: the oozing black of guilt; the slimy green of regret; the swampy, sticky no-color of amnesia. YOU don't think of them as "the good old days" once you come into AA. You assign the colors to "the old days" and go on from there.

You become happy through sobriety. You recognize colors as vital, free and beautiful while your sober days increase. You may grumble at yourself in the morning when you look in the mirror but — let's face it — some of us are uglier than others at that hour. And no matter how much you grumble, it is sober grumbling in which you have plenty of EP (earth people, non-alcoholic) company.

But then the days and months of sobriety pile up and you get impatient. "I'm sober. Where is the pot of gold at the end of the rainbow?" Nobody promised you that, friend . . . nobody. Haven't you heard the expression "You don't come into AA Ford material and go out 'Cadillac material'" AA is the Fort Knox of sobriety. The only gold it hands out is intangible yet is never devalued: it is invisible yet shines on through a person's eyes and face; it has no shape or form yet shapes the form of anyone who has it. The gold of sobriety has no dollar sign on it yet money cannot buy it, and it comes from the sense of self-respect. Then add love, confidence, compassion, and all the other positive goodies.

A rainbow is beautiful for does it not signal the end of a rainstorm? Its colors are gloriously soft and enticing. AA is a rainbow, an answer to your horrible storm of psychedelic colored drunkenness. Enjoy the rainbow. You've earned it.

What about the pot of gold at the end of the rainbow?
You are your own pot of gold!

— Bacchus, Akron, 0.

THE OLD GRIND

If you place your nose on the grindstone rough,
And keep it down there long enough, You'll soon forget there are such things, As brooks that babble and birds that sing; And for your whole world will compose Just you — and the stone — and your poor old nose.

IN MEMORIAM

Each month in this space we extend to the families and friends of our members who have recently passed away our sincere sympathy and our prayers that their bereavement may be tempered by reflective thoughts upon happiness shared.

It seems appropriate that in this month of May we all pause for reflection upon the hundreds, maybe even thousands, whose paths crossed our own, both AA members and otherwise, and whose lives have proved a force for good in our own. In doing so, we could well be a more effective source in helping others, and perhaps partially answer the question — "How would we like to be remembered?"

DATES TO REMEMBER

- May 2—Central Committee, 8:30 p.m. Room 362, Hanna Building.
- 3—31st Anniversary, Doan Men's Group, 8:30 p.m., First Presbyterian Church of East Cleveland, Euclid and Nela Avenues; Speaker: Warren C., Sr., Newburgh.
- 4-3 2nd Anniversary, Brooklyn Group, 8:30 p.m., St. James Lutheran Church, Broadview at Oak Park Avenue; Speaker: Jim M., Parma Saturday Group.
- 6-4th Anniversary, Just for Today Al-Anon Group, 8:30 a.m., Bethany Presbyterian Church, 6415 Clinton Avenue.
- 5—21st Annual Intergroup Dinner, 7:00 p.m., Grand Ballroom, Hotel Statler Hilton.
- 7—9th Anniversary, Grateful Group, 2:00 p.m., St. Paul's Episcopal Church, 15837 Euclid Avenue; Speaker: Virginia H., River Tuesday Group.
- 19—9th Anniversary, Parmatown Men's Group, 8:30 p.m., Parma Community Hospital Assembly Room, 7007 Powers Drive; Speaker: Jim D., Independence.
- 22-3 1st Anniversary, West Side Women's Group, 8:30 p.m., West Blvd. Christian Church, W. 101st St. and Madison Avenue; Speaker: Mary Bell M.
- 29—MEMORIAL DAY
- June 2-3-4—15th International Conference of Young People In Alcoholics Anonymous, Hotel Statler Hilton, Cleveland, Ohio. All ages welcome.

OHIO STATE AA CONFERENCE

On Friday, July 23rd at 8:00 p.m. the curtain will rise on the opening session of the Sixteenth Annual Ohio State AA Conference at Hotel Sheraton Cleveland in its Grand Ballroom.

Conferences will continue throughout the day on Saturday, July 24th, with the Banquet and Dance being scheduled for that evening. There will also be a big Sunday morning meeting on July 25th, marking the conference closing.

This is the fourth of such State Conferences held in Cleveland, and each year they are rotated between the four Ohio State General Service Committee Areas, which have the responsibility for sponsoring each convention in the home area.

Members are urged to attend to broaden their horizons of friendships, as conferees will be in attendance from all over Ohio, as well as nearby states. In addition, there are three solid days of solid AA.

See your group secretary for registration forms.

We expect to carry full program outline in June Central Bulletin.

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

AL-ANON GROUP MEETINGS

For information about time and place of Al-Anon meetings, please call Al-Anon Family Group Office (Room 204, Frederick Building, 2063 East 4th Street, Cleveland, Ohio 44115) at 621.1382.

"SHARING"

It has been said that "Gratitude is the memory . . . of the heart" . . . and in AA this truth is proven . . . over and over again, for GRATITUDE is the driving incentive to make AA LIVE . . . through SHARING.

The miracle of AA sobriety came to all of us . . . because of a grateful heart somewhere . . . that cared enough . . . to share what had been given to it!

They cared enough . . . because they could remember the shame . . . the loneliness and despair — the rejection and fear — the helplessness and the hopelessness of their existence . . . and so they carried the message of help and hope . . . not out of fear . . . but from sheer gratitude at their incredible release from the Hell of alcoholism.

Gratitude, seemingly . . . is the single virtue that permits us to retain our sobriety — and when we speak of sobriety . . . we mean the kind that BEGINS . . . only when we stop drinking. Simply being dry does not equate sobriety. REAL sobriety is a state of mind brought about through the continuing effort to make "spiritual" progress, self-discipline . . . and repeatedly trying to reduce character defects. If these things are neglected or minimized . . . or deferred . . . our thinking reverts along negative channels . . . causing emotional binges that certainly destroy all harmony in our daily living and our relationships with others . . . and eventually leads us back to the bottle. We become placid . . . taking our benefits for granted . . . arrogant and selfish . . . or envious and impatient and wallow in self-pity and resentments.

The greatest safeguard against reversion . . . is a truly grateful heart. The undimmed memory of what we were . . . and where we came from . . . and total recall of why and how we were given the opportunity to LIVE again. If these things we permit to pass from our minds . . . we are doomed to return to that black world of alcoholic despair.

A thankful heart . . . has no choice but to practice these principles and carry the "message" to other alcoholics.

Sharing what has been offered to us as a "gift" — is more than an opportunity to tangibly express our gratitude through action . . . it is a joyful experience and deeply rewarding.

While it is very true that you don't have to BE an alcoholic to help an alcoholic . . . it takes an alcoholic to truly UNDERSTAND an alcoholic. Non-alcoholics can understand the problems . . . but in no way . . . the alcoholic. This quality of understanding cannot be learned . . . except through suffering and humiliation that shred the soul of the sick alcoholic . . . and the healing experience endows the recovered alcoholic with a sensitive, compassionate understanding that permits him to communicate with another hopeless helpless alcoholic . . . where no other human being can breach the wall of bitter resistance. This is truly, one human being reaching out to succor another . . . not reaching DOWN. In AA — this is known as "the language of the heart."

If . . . YOU have had a "spiritual awakening" . . . as the RESULT of THESE STEPS — you have the "gift" — that only YOU can offer another.

Rail Beams, St. Paul, Minn.

SPIRITUAL VITAMINS

(Continued from page one)

"Yes, we have life, but we need something that will give meaning to LIFE."

— Edward B. In Akron (0.) Inter-Group News

FROM THE HEART

An educated mind is a valuable asset, but an educated heart is more valuable still. For it is the heart rather than the mind that wins and keeps friends.

— Edith Johnson

TOO CORNY?

We're slow to admit that we're no longer young (the pride of our ego still gloats). And yet, as of late, we've been feeling our corns much more than we're feeling our oats.

— Mary H. Goodman

WHAT DO YOU BRING HOME?

It had been a pretty hectic day for Mrs. X. Everything had gone wrong. She had broken a favorite dish, the telephone was out of order, she'd had "words" with the neighbor, the baby had fallen out of the highchair, and now she had burned the dinner. Just at this crisis her husband appeared with a bouquet of flowers. "Oh, Bill," she cried, "I've had a miserable day and here you come home drunk!"

Bill wasn't drunk. But when a husband who had an alcoholic problem, brings flowers home to his wife the first time in five years, who can fault her for being surprised?

This story set us to thinking. We talk about bringing home the groceries — and the bacon. But does a husband and a father's job end there? It seems to us there are other things he should bring home. Flowers, surprise gifts of all sorts, candy — little gifts that will make a wife's heart glow with happiness. Little surprises for the children. But still more than these, he should bring home laughter, kind words, love, encouragement and appreciation.

When your children press noses against windows looking for daddy, when your wife hums a song of joy in anticipation of your coming, with full confidence that you're coming home sober, and when your dog wags his tail at the sound of your step — then Mr. X you are a success!

WE DO HAVE A MUST

Tenacity is more than endurance, it is endurance combined with the absolute certainty that what we are looking for (sobriety) is going to transpire. Tenacity is more than just attending meetings to overcome the fear of losing sobriety.

Tenacity is not only the supreme effort for sobriety, but tenacity has firmness of belief and conviction that will never let go. If you have or can develop the quality of tenacity, you cannot fail, but remember it "MUST" be tenacity covering all the steps of our program.

Not just Step One, Four, Nine and Ten, forgetting the other steps. You cannot mold this program to suit your own desires and purposes if you are to succeed, if you are to achieve the true purpose as implied in the twelve steps.

You "MUST" mold yourself to fit this program and its principles.

Too much has been said by many individuals against the word "Must" and a number of these have not been successful. The alcoholic mind refuses to accept the word "Must" for its own obvious reason. It's a great stumbling block to his old way of thinking and desire. "Must" is an obligation or necessity, physically and morally.

"Must" in the spiritual world is one of the swords of truth. You "Must" always be honest, sincere and truthful. You "Must" always throw out wrong thoughts and never try to kid and fool yourself or others. Stop trying to find excuses, and live up to the letter of the law in the spiritual world.

"Must" in our spiritual work means the removal of dishonesty, untruthfulness and our own selfish desires. Also, it means the recognition and acceptance of all true facts implied in our whole program, not just in parts of it.

"Must" is a vital part in living honestly and sincerely. Let us all strive for the tenacity to adhere to the principles of the fellowship of Alcoholics Anonymous.

— from Seaman's Newsletter via Good News S.F.

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 0 a.m. to 1 p.m. but maintains a 24-hour telephone service which responds to calls made after the office is closed. The telephone number is CHerry 1-7387.



POWER

We listened the other night to a panel discussion devoted largely to the Third Step and we realized that for many of us much time must pass before we can say in simple confidence, "The Lord is my Shepherd, I shall not want."

The great psalm of David is indeed a song of simple faith, which only those who do not struggle against the Supreme Power can sing.

And why do we struggle? Perhaps fear and worry cloud our vision, make us unwilling to let ourselves go. More likely, our fault is pride, which short-circuits our reason or else sends our minds into winding by-paths of involved thinking. With pride goes a contentious spirit, which does short-circuit the mind. Selfishness, too, blinds the vision and hides the path.

Some of us struggle not against the Supreme Power but with it. The harder we try to understand, the less we do understand. Success comes then when we quit struggling, when we relax and let ourselves see what there is to be seen.

Only a few of us, a very few of us, ever have a dramatic revelation of the existence of the Supreme Power. Such revelations usually result from intensely emotional experience. For most of us, there are no shafts of light, no voices in the sky, no seizures.

The Supreme Power reveals itself to us as we permit it to do so. But we who have sat so long in the seat of the scornful and walked in the paths of the ungodly do have to seek the Supreme Power and we do have to ask for guidance without mental reservation. The Supreme Power may be admitted to a mind cluttered with rubbish, since a beginning has to be made, but it will not abide in a mind that devotes itself to rubbish. Weeds will choke good seed, and all the more so if we continue to encourage the weeds.

First we have to seek. We may start by setting aside a part of each day for a period of quiet thought. Let us be alone, at such times, and let us set aside all contention, all fuming, all fretting. The first necessity is to quiet the mind, to shut out all thought until relaxation comes. If we get no farther than this at first, the mental quiet will help.

The next thing is to let the mind reach out, until it can find something upon which it can rest. For some of us, that something is the endless space that makes us feel the vastness of the universe. Some of us demand something more concrete and some demand an object of some sort, something inanimate or something of human form whose goodness and virtue we respect.

The Power that we seek is the source of all good; from it comes nothing evil. The Power is a strict judge of our honesty, of our acts. When we hold mental conversation with the Supreme Power we are brought to the line of absolute truth. Every evasion delays our finding rest, delays our finding the path of a new way of life.

For those who continue to sit in the seat of the scorn-

(Continued on page four)

OH WELL, I'M SOBER

Being a common ordinary alcoholic, as well as a normal procrastinator, just as all drunks are, I always put things off until the last minute. Why should I be different? As a matter of fact, these articles are usually "put off" until I just have to sit down at the machine and begin hammering.

After I'm done with the article and have read it over, I am generally convinced that is just what it is: "hammering." This is a close relative of what I used to do when I drank. I yammered. I strongly doubt if there was a bigger noise anywhere than I was. So, it follows that I hammer as well as yammer, the main difference being that now I'm sober and at least have half a chance to think a **little bit** before I begin hammering.

All the same, the next time you hear some character say, "What am I going to do with all my time if I don't drink?" send him to me. Procrastination? Never. These last two months have been so hectic, that I **couldn't procrastinate** . . . I just needed 32 hours every day, and still wouldn't have had enough time to do all I wanted to do.

Last month I missed doing this article for the first time in over three years, and though I fully expected (being alcoholically egotistic, of course) that the BULLETIN would fold, or that the editor would be phoning me frantically. Neither happened, and as a matter of fact I don't think he would have known (Ed. That's what he thinks.) if I had not called him or something and told him of my extremely pressing "other business," et cetera, et cetera.

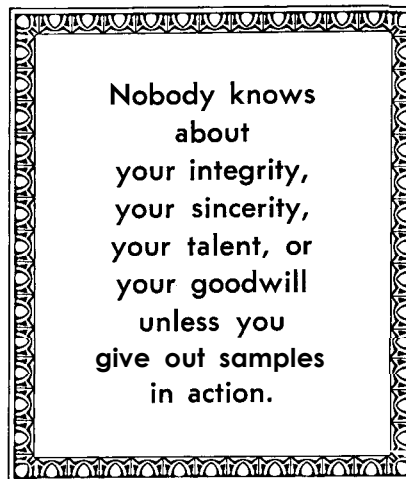
So, there I was, shot down in flames again, along with the Red Baron. My "pressing" business was

moving and I guarantee to all and sundry, that moving is pressing business, and I hope my Higher Power will take pity on me and spare me that ordeal from now on. Moving is almost as bad as a hangover, and the aftermath is a hangover in itself. The house, (I'm sober now, you see, and have a house!) . . . reverberates with such choice items of conversation as: "have you seen this, or have you seen that; or which box did you put the washing machine in" or any number of insane things like that. So help me, never again! (Ed. He says now.)

The crowning moment came when in the middle of our (my wife's) patient waiting for new rugs, new end tables, new slip covers and my feeble efforts to overcome a sea of mud outside the house and being forced to buy another car because her old one was falling off the wheels, a letter arrived with two tickets for the Intergroup Dinner enclosed. I hadn't really planned to go, considering all the confusion of moving and the extra expenses, plus the fact that my group had not arranged a table this year.

Those tickets were like a ray of sunshine, and you can't imagine what a marvelous reminder they were that no matter what happens, or how much confusion I get into (sober), there are people who really care

(Continued on page four)



CENTRAL BULLETIN



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Harry D., Pounder and Editor 1892-I 968



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June, 1972

No. 9

MILL ENDS AND REMNANTS

After a number of years (and happy ones) of complete sobriety in the fellowship of Alcoholics Anonymous, time has not dimmed the recollection of perhaps the soundest advice given this alcoholic, and others for that matter.

In those first uncertain days when confidence was almost nil and when only hope prevailed, four words — “give it six months” (a day at a time, of course) proved to be the sound and sustaining advice mentioned in our lead paragraph.

This IS sound advice and has been shared over and over again through the years, and advice that all of us could well share with those we sponsor or with those newcomers with whom we counsel.

In the vernacular of the present day it would likely be expressed thusly: “Try it, you’ll like it!” And if you don’t believe it, look around at the happy faces in the meetings you attend.

Reflecting upon my own early period and speaking of sponsorship, we have been appalled by recurring reports of sponsors not accepting or living up to the responsibilities of sponsorship. My sponsors and group members really live-d up to every facet of sponsorship responsibilities and I shall be eternally grateful.

Too frequently “showing the way” (from recurring reports) has consisted of literally “dumping” a suffering alcoholic into a hospital ward and forgetting about him, his family (who merits consideration and orientation into the new way of life adawning) and to his needs for spiritual, mental and even meager material things while he is making his beginnings.

Sponsorship is an awesome responsibility if we but pause and review it. A sponsor takes unto himself, with the help of Almighty God, the very life of the man or woman who looks to his leadership and guidance in a renewal of the inherent good in them and a return to sanity.

If a man were suffering from “tight shoes” it would suffice to take him to the corner shoemaker and have the shoes stretched and both sponsor and pigeon could go their separate ways. But good AA sponsorship entails more than the trip to the “shoemaker.”

There have been many excellent articles written as guides to effective and responsible sponsoring and the General Service Conference approved pamphlet “Questions and Answers on Sponsorship” is most informative and the most readily available. It is recommended reading for every AA and a tool that every member undertaking sponsorship should review each time he goes out on a Twelfth Step call.

We would hope that our readers will become so imbued with the thought and desire that all sponsorship be of the highest quality they will review their own methods and discuss it with others so that slipshod efforts will become a thing of the past. Every call for help deserves our best efforts and our best efforts can be improved by study and application.

Let’s share our best, by George.

MINUTES OF THE CENTRAL COMMITTEE MEETING MAY 2, 1972

Moderator Dick F. opened the meeting with the Serenity Prayer in which he was joined by the 41 group representatives present. Following reading of the Purposes of Central Committee and the Twelve Traditions of AA by Vice Moderator Lou W., minutes of the April 4 meeting were read and approved. Treasurer’s report revealed a balance on April 30 of \$206.08, including \$25.50 in the Institution Fund.

COMMITTEE REPORTS:

Action Committee: Bob W., Chairman, reported intermittent commercial and illicit use of Secretary’s List by a nearby out-of-state firm and subject will be handled with them to desist.

Areawide Meeting: Chairman Joe T., advised that Chuck B., Orchard Grove Group, would be the speaker at June 9 meeting at 8: 30 p.m. in Jordan Hall of Charity Hospital.

Central Bulletin: George M., Editor, again reviewed the results of the efforts of groups to increase subscriptions, adding that it was the sincere hope and trust there would be no relaxation of these efforts. He also gave a brief history of Central Bulletin for the benefit of new representatives to Central Committee.

Hospital Committee:

Rosary Hall: Lou W., related that inattentive and irresponsible sponsorship is a very keen source of irritation.

Ray View: Julius W., Chairman, reported that things continue to go well in the ward.

Brecksville: Harry G., Chairman, reported that operations continue at high level and in conjunction with Phil B., stated that the Fellowship Room efforts have been fruitful and gratifying.

Institutions Committee: Helen D., Chairman, reported there were some minor problems stemming from the County’s austerity program, but that needs were being met by the AA membership as a whole, notwithstanding which continued support is vital.

P.I.C.: Dick P., Chairman, reported that in the first four months of 1972 the Cleveland AA District Office had supplied 129 speakers to non-AA meetings and groups.

Since there was no old business and no new business brought before the meeting for discussion, it was adjourned with the Lord’s Prayer.

Joedy M., Secretary

NEW WOMEN’S GROUP

On Monday afternoons at 1:00 the new Closed Women’s Discussion Group meets at Solon Pioneer Presbyterian Church, Solon Road, Solon, Ohio. Bonnie F. tells us they are excited about this group and the need it seems to be fulfilling in the area.

OHIO STATE AA CONFERENCE

On Friday, July 23rd at 8:00 p.m. the curtain will rise on the opening session of the Sixteenth Annual Ohio State AA Conference at Hotel Sheraton Cleveland in its Grand Ballroom.

Conferences will continue throughout the day on Saturday, July 24th, with the Banquet and Dance being scheduled for that evening. There will also be a big Sunday morning meeting on July 25th, marking the conference closing.

This is the fourth of such State Conferences held in Cleveland, and each year they are rotated between the four Ohio State General Service Committee Areas, which have the responsibility for sponsoring each convention in the home area.

Members are urged to attend to broaden their horizons of friendships, as conferees will be in attendance from all over Ohio, as well as nearby states. In addition, there are three solid days of solid AA.

See your group secretary for registration forms.

We expect to carry full program outline in July Central Bulletin.

PRAYER OF THE MONTH

Almighty God, You are too much for us. You break out of our dogmas and churches, and move through this creation in exultant joy. You disturb us; you waken us, and now, we are restlessly aware of **you**. And yet your love assures us. You have opened our eyes wide in wonder, but we learn that we are your children, and **may** tiptoe through this wondrous life in trust. Guide us, we pray. Amen.

THE LORD OMNIPOTENT REIGNETH

We find it hard to take a long view of life. We remember the days of sickness and pain, which are few in our lives, and forget all the years in which we have enjoyed health. We see a world in its present confusion. We behold men rise to power to crush all under their feet.

With Gideon we ask: Why has this befallen us? We even want to join the sneering scoffer at times and ask: Where is God? Why does He not do something? Why does He not act?

As we retrace our steps across the ages and get a long view of things, we see that God does move in His mysterious ways to perform His wonders. Rulers and tyrants think that no one has anything to say to them. They are accountable only to themselves, they claim. However, as the years unroll, we discover that God sets the bounds of man's power. When tyrants have served their purpose — as a scourge to a world that has forgotten God — when the peoples of the world turn with all their heart to God, then God makes an end of these sinister powers. No ruler, no tyrant, no dictator — let us not forget this — has gotten out of the hands of God. Such faith in the Word of God gives us courage and hope in days like these.

So let us remain on God's side — for, after all, He has solved the greatest problem — our redemption. As His forgiven children we have peace and the promise that all is well, because God was in Christ, reconciling the world unto Himself. So tyrants come and go, but God abideth forever, offering peace in Christ Jesus to a sin-ridden world.

A FRIENDLY DISCIPLINE

"If we confess our sins and our worries, our fears, our doubts, our sorrows, our frustrations, our resentments, our bitterness, the evil things we have said to other people, and the anxieties that burden our minds, he (God) is faithful and just to forgive us. He restores the relationship of love, trust and acceptance, as though we had never broken it. (But) to keep on confessing the same incident means that our prayers can have a bad effect. They deepen the sense of failure and depression more than they give us a feeling of victory and release. The past, if repeatedly recalled, throws so heavy a shadow over the future that we cannot believe the sun will ever shine again.

"Assuming that we have made whatever restitution is possible, we do not need continually to run back mentally, as we sometimes do, recalling this case of moral failure and that person whom we perhaps cheated.

"It is true that forgiveness does not stop all the consequences of our (wrongs) for we live in a universe of cause and effect, but it changes them from being a kind of impersonal neumesis or soulless retribution into becoming a friendly discipline that we must accept because God is using it and weaving it into his plan for us and others. Our **forgiven** sins can be qualifications enabling us to understand and help others. I do not mean that we have not lost something, but we have not lost all. And every man alive has lost something. All have sinned. All have come short. All will do so again. That also must be accepted.

— from Prescription For Anxiety, by Leslie D. Weatherhead, published by Abingdon Press

DATES TO REMEMBER

June 2-3-4—15th International Conference of Young People in Alcoholics Anonymous, Hotel Statler Hilton, Cleveland, Ohio. All ages are welcome to this convention's meetings.

d-central Committee, 8: 30 p.m., Room 362 Hanna Building. Check July CENTRAL BULLETIN for possible change in date from July 4 to July 11 for that month's meeting.

S-Areawide Meeting, 8:30 p.m., Jordan Hall, Charity Hospital, East 22nd and Central Avenue. Speaker: Church B., Orchard Grove Group.

12-1 5th Anniversary, Ramona Group, 8: 30 p.m., St. Michael's Hall, 10004 Union Avenue. Speaker: Maureen P., Ashland, Ohio.

July 23-24-25—16th Annual Ohio State AA Conference, Hotel Sheraton Cleveland. Secure registration forms from your group secretary.

FOUNDERS' DAY — 1972

On Friday, June 23; Saturday, June 24 and Sunday, June 25, the 37th Annual Founders' Day weekend will be observed in Akron, Ohio.

Registration opens at 1:00 p.m. (there is no fee) in Bulger Hall on University of Akron campus on Friday. There will be an Alanon-AA meeting at 8: 30 p.m. in Gardner Student Center.

On Saturday there will be meetings from 10:00 a.m. to Midnight, including AA, Women's Closed AA Meeting, Alanon and Alateen, Amateur Actors Guild presentation "Til the Day I Die." Annual Fellowship Dinner is scheduled at 6:00 p.m. on Saturday, to be followed by the Big Meeting at 8:30 p.m., in Memorial Auditorium. Speaker for this meeting is Mary S., Charlotte, N.C.

Sunday activities include memorial services at graves of Dr. Bob and Ann Smith at 8:45 a.m., to be followed by Annual Breakfast Meeting at 10:00 a.m. Dr. David A., of Dallas, Texas, will speak at this meeting.

For detailed information on this Founders' Day weekend write: Inter-Group Office, 41 S. High Street, Akron, Ohio 44308, or telephone 253-8181 (Area Code 216).

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

AL-ANON GROUP MEETINGS

For information about time and place of Al-Anon meetings, please call Al-Anon Family Group Office (Room 204, Frederick Building, 2063 East 4th Street, Cleveland, Ohio 44115) at 621-1382.

THINKING OUT LOUD

What a wonderful change takes place in the alcoholic who comes into AA with a desire to stop drinking and makes an honest effort to improve his character defects. While he was drinking he did everything to destroy himself and everybody that got in his way. He lost his sense of **right** and **wrong** and lived in a world of confusion. Now he is sober **and** making an honest effort to maintain his sobriety by practicing the AA principles in all his affairs. Before AA he was doing his utmost to use his family and friends as objects to be exploited so that he could reach his own goal. Now he will get out of a warm bed on a cold morning to help another sick alcoholic who he has never met before. He will go into an alcoholic's home that is on the verge of falling apart to bring help, guidance and hope to the suffering family.

It is men and women like this that makes Alcoholics Anonymous outstanding in this world where men are using others as pawns on the chessboard of their passions and ambitions, instead of regarding them as human beings. If we could only see the brutality and poverty caused by the drunken father or mother, we might well despair, for the picture would be dark indeed.

Thank God that there is a fellowship like Alcoholics Anonymous, ready to train and educate the alcoholic in the light of widening horizons of sympathy and understanding. AA brings out the spirit of self-sacrifice which leads him to forego his own comfort to help another sick man or woman. It brings out the spirit of loyalty and a pledge to revive the spirit of brotherhood. It brings out the spirit of **generosity** and the willingness to go out and bring the **blessed** ministry of sobriety to the sick alcoholic and happiness to his family and little children. Amid all the grasping greed and brutalizing self-indulgence, these men and women of AA shine as lights in this dark world.

We are living in an age of moral and spiritual poverty, a time where some men think that ethical judgments and moral standards are purely relative and they can be excused for almost every action as a decree of heredity or environment. They use this as a comforting exit from personal and moral responsibility. But the real truth is that no man can have peace or happiness without allegiance to basic moral standards.

If the purpose of AA was only to sober a person up and send him out into the world with all of his character defects intact, then the Fellowship of Alcoholics Anonymous would be a failure. If there is nothing beyond sobriety we might ask ourselves, "Why stay sober and go to meetings?" On the other hand if AA meetings help us build stronger characters then the AA fellowship is wisely planned.

This is a **fellowship** of sharing the strength of one with the weakness of another, and it is strange and wonderful how this philosophy works out. In the measure in which we help another our load becomes lighter; in giving sympathy to one who lost a loved one our grief is assuaged; in helping others to solve their drinking problems, our sobriety becomes more valuable to us. The founders of AA knew this, and we would do well to learn from them.

— Edward B. in Akron (0.) Intergroup News

POWER

(Continued from page one)

ful, there is no help in AA. But those who will look for the help of a Supreme Power will find it.

Realization may come slowly at first, but it will come. We learn bit by bit, to accept the guidance of the Supreme Power.

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

USING THE SLOGANS

I have found the Slogans and their practice in addition to The Steps to be of invaluable help to me. I had heard many of them before I joined AA but now they have assumed a fresh length and depth of meaning.

They are so clear and simple to me now, yet I appreciate that they may still mean different things to different people. Life is such a personal matter that we naturally link them with our own experience and emotions. But we should all have one thing in common, a willingness to practice them with a view to our emotional stability, so making our sobriety the easier.

Let us look at a few: —

THINK

I can learn from others only when I am silent and think about what I hear. To act with impatience and hostility re-acts adversely on me to the extent that possibly my stability **may** be upset and I might be back on the bottle.

LET GO AND LET GOD

The more I hang on to my problem, the less opportunity I give to God to help me. But if I let God, He will help me to solve them, where I cannot on my own.

LIVE AND LET LIVE

It is for me to remind myself that I have more than sufficient on my hands to correct **my** own shortcomings and mistakes. The other man has the right to work out his problems in his own way.

— The Road Back, Dublin, Ireland

THE BARTENDER AS PSYCHIATRIST

Among other things, alcohol is an effective truth serum. It is not to be wondered, then, that the intelligent bartender is as familiar with hostility, anxiety and delusions of grandeur as the average clinical psychologist. The bartender's psychiatric insight is dearly won. He must often listen to long stream-of-consciousness monologues more candid than the free-association revelations of analysts during the expensive fifty-minute hour. The mixologist must placate the belligerent patron with the same painstaking care he lavishes on a pousse cafe. At last the psychiatric insight of the mature bartender is receiving recognition. Under a program devised by the University of Wisconsin and the Milwaukee County Mental Health Association, bartenders are being trained in psychological counseling. Their unorthodox classroom is the Top Hat Lounge in downtown Milwaukee.

In the garish morning light the professional night people attend mental health lectures on problems of alcoholism, ranging from spotting suicidal depression to averting donny-brooks. One student bartender with a missionary fervor has even begun to make house calls. It is doubtful that Milwaukee famous for its **brew**-masters, will ever rival Vienna as a training center for lay analysts. Our chief fear is that someday we may overhear a clinically trained bartender advise a bleary-eyed patron that he is afflicted with marked ideas of reference and is spatially and temporally disoriented. Translated from the esoteric psychiatric jargon, this would simply mean that the lush thinks people are talking about him and doesn't know where he is or what time it is.

— From Chit-Chat

OH WELL, I'M SOBER

(Continued from page one)

and that AA is always there.

And so we went to the 21st Annual Intergroup Dinner, another bang-up affair and another capacity attendance. We had a fine time and though the man who sent the tickets couldn't make it, we missed him for we had looked forward to a visit. But he, too, has a lot to do and I guess because he's an admitted alcoholic there must be some confusion in his life also.

Not too much, however, for tonight he called here at home and said, "I need your article early this month." That guy is on to me now — he's cutting off my procrastination. Oh well, I'm sober!

CLEVELAND AREA

Guest Speakers

JUNE 1972

ALLEDALE (Thursday) 1-Chris H., Forest City; 8-Tom P., League Park; 15-Ed H., Northeast; 22-Scotty R., Bedford Wed.; 29-Al G., Be Nice Discussion.

BAY VIEW (Saturday) 3-Joe H., TGIF; 10-John S., Lakewood Men; 17-Edward A., Lorain; 24-Landon M., Charity.

BEDFORD MORNING (Wednesday) 7-Gene R., West Side Morning; 14-Bobby J., Ford 1250; 21-Frank M., West Side Morning; 28-Clyde L., Bedford Wed. Evening.

BRECKSVILLE (Wednesday) T-Frank T., Southwest Sun.; 14-Mike K. (1st lead), Independence; 21-Dominic C., Seven Hills Men; 28-Tony T., Brooklyn. Each Wednesday at 8:00 p.m., a new Ala Teen Group will meet in 4th Floor Dining Room, Building 2, Brecksville VA Hospital.

BROOKLYN (Thursday) 1-Tom B., Avon Lake; 8-John C., Castalia, Ohio; 15-Red S., Wakeman, Ohio; 22-"Doge," Wakeman, Ohio; 29-Tom C., West 25th St.

BROOKPARK (Monday) 5-Gert E., Friendly Suburban; 12-Dick W., North Olmsted; 19-George T., Teamsters; 26-John M., Puritas Sun.

BRUNSWICK (Wednesday) 7-Mary E., Orchard Grove; 14-Ray T., Strongsville; 21-Lawrence K., Lodi, Ohio; 28-Dick McN., Kent, Ohio.

CHARITY (Friday) 2-Carl D., Edgelake; 9-Area-wide Meeting, Jordan Hall; 16-Tom N., Edgelake; 23-Jack B., Shaker; 30-Gerry E., 24 Hour.

DOAN MEN (Wednesday) 7-Jim C., Garfield Tues.; 14-Stuart K., Newburgh; 21-Tony T., Brooklyn; 28-Jack T., Newburgh.

EATON (Tuesday) B-Louise C., Euclid Wed.; 13-Al G., Eaton; 20-Norm M., Night & Day; 27-June R., Mentor.

ESQUIRE (Tuesday) 6-Jim D., Garfield Tues.; 13-Roger T., Shaker; 20-Kevin B., Lakewood Men; 27-Mike K., Independence.

GORDON SQUARE (Friday) 2-Joe W., Gordon Square; 9-Vic H., Allendale; 16-Virginia L., West Side Women; 23-Norman H., Parma Sat.; 30-Ralph R., Lorain Mon.

GRATEFUL (Sunday) 4-Tom C., Superior; 11-Dick L., Euclid Fri.; 18-Russ H., Euclid Fri.; 15-Gaby O., Bedford Wed. Night.

LAUREL (Tuesday) 6-Jim G., West Side Young People; 13-Can B., Mon. Morning 12th Step; 20-John F., Parmatown Men; 27-Mary Y., Independence.

MIDPARK CLOSED (Thursday) 1-William W., TC-1005; 8-John W., TC-1005; 15-Scotty R., Bedford Wed.; 22-John M., Puritas Sun.; 29-Edward C., TC-1005.

MIDTOWN (Tuesday) B-Harold B. (8th Anniv.), Midtown; 13-Frank T., (10th Anniv.), Midtown; 20-Frank A., Berea Thurs.; 27-Tony W. (28th Anniv.), TC-1005.

NASA (Wednesday) New group meets Wednesdays, 8:00 p.m., in N.A.S.A. D.E.B. Cafeteria, 21000 Brookpark Road. 7-Ray L., Brooklyn; 14-Jack S., Ford 1250; 21-Gene C., Independence; 28-Dolores B., Laurel.

NIGHT & DAY (Saturday Midnight) 3-George W., Allendale; 10-Al B., Wickliffe; 17-Chuck S., Euclid Fri.; 24-Jack Y., Wickliffe.

NORTH RIDGEVILLE (Tuesday) 6-Chuck H., North Ridgeville; 13-F. M., Laurel; 20-Carl W., Laurel; 27-John B., Vermillion.

ORCHARD GROVE (Monday) 5-Bob H., Parma Hts; 12-Walter M., Cross Roads; 19-Bill S., Laurel; 26-Bob R., Eastlake.

PARMA HEIGHTS (Wednesday) 7-Ed D., Fairview; 14-John F., Forest City; 21-Andy G., Orchard Grove; 28-John S., (?).

PARMATOWN MEN (Friday) 2-Bob S., Brooklyn; 9-Bob H., Brecksville VA; 16-Fete L., Early Early; 23-Don W., Eaton; SO-Cliff B., Brooklyn.

RAMONA (Monday) 5-To be announced; 12-15th Anniversary of Group, Speaker: Maureen P., Ashland, Ohio; 19-Joe K., Garfield Tues.; 26-Paul S., Broadway Harvard.

ROCKY RIVER (Thursday) 1-Fred S., Bay View; 8-John M., Avon Central; 15-John F., Parmatown Men; 22-Lee C., North Olmsted; 29-John T. B. (19th Anniv.), Rocky River.

STEELWORKERS (Wednesday) 7-Dick F., Southwest Sun.; 14-Gene M., Brookpark; 21-Sophia L., Pearl Road; 28-Walter M., (?).

STRONGSVILLE (Tuesday) 6-Ed F., Southwest Sun.; 13-Barb C., Southwest Sun.; 20-Gert E., Parma Hts.; 27-Jim W., Parma Sat.

TRINITY (Saturday) 3-Al S., Brooklyn; 10-Bill McC., Laurel; 17-Frank T., Southwest Sun.; 24-Joe F., Sister Ignatia.

TWENTY FOUR HOUR (Wednesday) 7-Rita T., Fri. Morning Women; 14-Harvey S., Northeast; 21-Harry McG., (?); 28-Minnie C., Grateful.

VALLEY VIEW (Saturday) 3-John M., Midtown; 10-Howard W., Teamsters; 17-George T., Teamsters; 24-Ross McC., Gordon Square.

WARRENSVILLE WOMEN (Wednesday) 7-Pat B., Parmatown Men; 14-Jim D., Independence; 21-Mary Y., Independence; 28-Jim W., Esquire.

WEST SIDE MORNING (Thursday) 1-Paul R., Warren, Ohio; S-Frank E., Stella Marls; 15-Jack H. (31st Anniv.), West 25th St.; 22-Bill L., Grateful; 29-Tom McG., Edgelake.

WEST SIDE WOMEN (Monday) 5-Gene C., Brecksville Wed.; 12-Ralph C., West Side Breakfast; 19-Vic Z., Valley View; 26-Jack C., Clark.

WICKLIFFE (Wednesday) I-Chink, Night & Day; 14-George G., Forest City; 21-Big Josephine, Collinwood; 28-Gil K., Wickliffe.

Y.O.U.R. (Sunday) 4-Bob K., Northeast; 11-Bill L., Teamsters; 18-Alice W., Sister Ignatia; 25-Will be announced.

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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., Ave. 8:00
BEDFORD HEIGHTS—
St. Mary's Church Hal. (rear) 7:30
BROOKSIDE—Blessed Sacrament Church (down) 3381 Fulton Rd. 8:30
C.A.H.—2265½ Lake Shore Blvd. 11:00 a.m.
CASTALIA, O.—Church of Christ, 205 Main St. 8:30
COLLINSWOOD—14812 St. Clair (rear) 7:30
DETROIT SUNDAY—Detroit Ave. 7:30
GARDEN VALLEY—7100 Kinsman Ave. 4:30
GENEVA—Y.C.C. Bldg., E. Main, Rte. 20 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 2:00
LAKEWOOD ARMORY—First United Church of Christ, 2150 Warren Rd., Lakewood 9:00
MANFIELD—20½ So. Park Ea. 8:00
MARSHAL&Marshall Ford Agency (side door) 6200 Mayfield Rd. 8:00
MENTOR SUNDAY—Bedes Church, 1537 Euclid Ave. 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. 9th St. 8:30
NEWBURY—St. Helen's Church, Rt. 87, Newbury 8:15
NITE & DAY—
13857 Euclid Ave. 11:00 a.m.
PURITAS SUNDAY—Church of Ascension, 1416 Puritas St. 8:30
6700 DETROIT DISCUSSION—
5700 Detroit Ave. 7:00
SOUTHWEST SUNDAY—Ed of Education Bldg., 300 Fair St., Berea 8:30
SUPERIOR STAG—2028½ E. 106 11:00 a.m.
TRI-COUNTY—
1378 E. 340th St., Eastlake 12:30
U. W. #45—13816 St. Clair 7:30
WAKEMAN TWILIGHT—St. Mary's Hall, Rt. 20, Wakeman 7:30
WESTSIDE BREAKFAST—Junior Achievement Bldg. (Rear) 12:30
W. 117th St. 12:30
YOUR—St. John Lutheran Church School Bldg., E. 176 & Nottingham so. of Lake Shore Blvd. 7:15

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 Rd., Lakewood 8:30
FRIENDLY SUBURBAN—6037 Pearl Rd. (closed mtg.) 8:00
FRIENDSHIP—Blvd. Presbyterian Church, 2460 Lake Shore Blvd. 8:30
GOLDEN GATE WOMEN—Highland Presb. Church Annex, 6532 Wilson Hills Rd. 8:30
HUMBLE—Highland Presbyterian Church, 18100 Canterbury at Lake Shore Blvd. 8:30
JEFFERSON—Jefferson Savings & Loan, 12 W. Jefferson, Jefferson 8:30
LAKEWOOD MEN—St. Peter's Episcopal Church, West Clifton & Detroit 9:00
LEE MONDAY—First Presbyterian Church, Nela & Euclid Ave. 8:30
LEROY BRAKEMAN—Leroy Grange Hall, Brakeman Rd. off Rt. 86, Leroy 8:30
LORAIN MONDAY—St. Ignatius Hall, 1026 Lorain Ave. at West Blvd. 8:30
MONDAY MORNING 12 STEP—United Church of Christ, 2150 Warren Rd., Lakewood 10:30 a.m.
NORWALK MONDAY—Universal Church, West Main St., Rt. 20 & 250 Intersection, Norwalk 8:30
ORCHARD GROVE—St. Paul Luth. Church, Detroit & Arthur Ave. 8:30
PEARL—2125 Broadview Rd. 8:30

- RAMONA—St. Michael's Church, 10000 Union Ave. 8:30
RIVER BAY (Closed Women)—Rocky River Presbyterian Church, 21714 Detroit Rd. 8:30
SHAKER—Christ Episcopal Church, 3445 Warrenville near Kinsman 9:00
SOLON CROSSROADS—Solon Historical Bldg., Rt. 91 & Bainbridge Rd. 8:30
SOUTH EAST—7236 Broadway 8:30
ST. BETSBORO—St. Thomas Lutheran Church, Rt. 43 south of Rt. 14 8:30
TEMPLE—St. Adelbert Church, 2347 E. 83 St. 8:15
VERMILION—Congregational Church, State St., Route 60 8:30
WEST 26th 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
WINDSOR—Unit. Methodist Ch., Rt. 322 & Rt. 534 8:30

TUESDAY

- ASHLAND—Methodist Church, corner Cottage & Sandusky Sts. 8:00
BAINBRIDGE GRATEFUL—Valley Presby. Church, Rt. 306 & Chagrin Rd. 8:30
CLARK—1917 Clark Ave. 8:30
CLOCKWATCHERS (Closed)—Christ Episc. Church, Hudson 8:00
CORLETT MEN'S—Shafter Church, 12002 Miles Ave. 8:30
DAY AT A TIME AM—
13857 Euclid Ave. 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—Lakeside Episc. 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, Rt. 224 St. & Lorain Rd. 8:30
FALLS—Community Church, 7833 Columbia Rd., Olmsted Falls 9:00
FORD 1250—17250 Hummel Rd., Brookpark 11:00 a.m.
GARFIELD HEIGHTS—Garfield Municipal Bldg., 5555 Turney Rd., Garfield Hts. 8:30
HELPERUL—First United Church of Christ, 2150 Warren Rd., Lakewood 8:00
KIRTLAND—913 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, Elyria Ave. & 25th, Lorain 8:30
MANFIELD—Grace Episcopal Church, 41 Bowman St. 8:30
MAYLYND—Hillcrest Evan. United Brethren Church, 1400 Lander Rd., Mayfield Hts 8:30
MIDTOWN—Trinity Cath. Parish Hall, 22nd & Prospect 8:30
NITE & DAY—
2205½ Lake Shore Blvd. 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, 1944 Detroit Rd., Rocky River 8:30
SANDUSKY AFTERNOON—Municipal Bldg., Melg St. 1:00
SEVEN HILLS—Closed Discussion—Seven Hills Meth. Ch., Elmhurst Ave., off Pleasant Valley 8:30
SHOREGATE MEN'S STAG—Wickliffe City Fire Station, (up) 28730 Ridge Rd., Wickliffe 9:00
SMITH WILSON—St. Joseph's School Bldg. (front, right), 9521 Orleans Ave. 8:30
STRONGSVILLE—Community Library, 13213 Pearl Rd. 8:30
SUPERIOR—North Presbyterian Church, E. 40 St. & Superior 8:30

WEDNESDAY

- TRW—6402 Cedar Ave. Guard Post #2, Bldg 32, 2nd Floor 7:00
12 ST. WOODEN'S DISCUSSION—Episcopal Church of the Advent, 3760 Dover Center Rd., Westlake 1:00
WESTLAKE DISC. (Closed)—Christian Church, 2883 Hilliard Rd. 10:00 a.m.
WEST PARK—Puritas Lutheran Church, w. 181 St. Puritas 8:30
YOUNG PEOPLE—First Methodist Church, Euclid Ave. at E. 30th 8:30

ASHTABULA COUNTY WOMEN—Harris Mem. Presb. Church, W. 58 & Adams, 2nd & 4th Wed. 8:00
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 Rds. 8:30
BRECKSVILLE WED.—V.A. Hospital, 10000 Brecksville Rd. 8:00
BRUNSWICK—Cuyahoga Savings Bldg., Laurel Square (entrance next to Marshall Dr.) 8:30
COLLINWOOD—14812 St. Clair (rear) 8:00
DOAN MEN—First Presbyterian Church, 16200 Euclid Ave. 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 8:30
GARFIELD HEIGHTS—Pilgrim E. & R. Church, 4592 E. 131 St. 8:30
HAGUE—Bethany Presbyterian Church, W. 65 St. & Clinton 8:30
LAKE COUNTY WOMEN—First Presbyterian Church, 4785 Shankland Rd., Willoughby 1:00
LEE ROAD WEDNESDAY—St. Ann's Church (basement), Coventry & Cedar 9:00
LORAIN COUNTY WOMEN—Vincent Methodist Church, Detroit Rd., Rt. 254 east of E. 87 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, 310 E. 16th 8:30
PARMA HEIGHTS—All Saints Episcopal Church, 8911 Ridgewood Dr. 8:30
ST. JAMES—St. James Church, E. 84 & Cedar 8:00
SANDUSKY GROUP #1—Providence Hospital Cafeteria 7:30
SHEFFIELD LAKE—St. Thomas School (new hall south, east bldg.), Harris Rd., Sheffield Lake 8:30
STEEL WORKERS—Swiss Hall, 271 Walton Ave. 11:00 a.m.
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, 2401 Hilliard Rd., Rocky River 8:45
WICKLIFFE—Presbyterian Church, E. 296 St. & Ridge (so. off Euclid) 8:30

THURSDAY

- 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 Millin Ave. 8:00
ASHTABULA HARBOR—Bethany Lutheran Church, Penn. Ave. (between 9th & 10th) 8:30

- BAY WEST DISCUSSION—Church of the Redeemer, 25500 Center Ridge Rd., Westlake 8:30
BEREA THURSDAY—Fine Arts Club, 323 Bagley Rd. (east of Eastland Rd.) 9:00
BROADWAY 55th—Our Lady of Lourdes School Hall 8:30
BROOKLYN—St. James Lutheran Church Hall, 4771 Broadview Rd., at Oak Park Dr. 8:30
CHRISTMAS TUESDAY—Chrysler Union Hall, 8650 Chamberlin Rd., Twinsburg 8:30
CONVENTRY—Fairmount Presbyterian Church, Scarborough & Fairmount 9:00
DAY AT A TIME—
13857 Euclid Ave. 11:00 a.m.
EASTLAKE—Reformation Lutheran Church, 9430 Lake Shore Blvd. 9:00
EAST SHORE WOMEN DISCUSSION—Euclid Richmond Library, 26155 Euclid Ave. (base, rear) 8:00
EDGELAKE WOMEN DISC. (Closed)—Trinity Luth Church, 16400 Detroit Ave., Lakewood 8:30
ELYRIA THURSDAY—St. Agnes School Basement, Lake Ave. & Dewey 8:30
GARDEN VALLEY—7100 Kinsman Ave. 8:00
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
MANFIELD 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—
2205½ Lake Shore Blvd. 11:00 a.m.
NORTH RANDALL—North Randall Village Hall, 21937 Miles Ave. 8:30
OBERLIN—Grace Lutheran Church, West Lorain St., Oberlin 8:30
PAINESVILLE—St. Mary's Church Basement, 242 N. State St. 8:30
ROCKY RIVER—Rockport Methodist Church, 3301 Wooster Rd., Rocky River 8:30
ST. CLAIR THURSDAY—
2265½ Lake Shore Blvd. 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 Elyria Blvd. 8:30
BEREA FRIDAY—Berea Congregational Church, Seminary & Church Sts. 8:30
BROADWAY HARVARD—8516 Broadway 8:30
CEDAR-SALVATION Army, 5005 Euclid Ave. 8:00
CHAGRIN FALLS—Federated Church, 76 Bell St. 9:00
CHARDON—Chardon United Methodist Church, 515 North St. 8:30
CHARITY—St. Vincent Charity Hospital Amp. 6th Floor, 2222 Central Ave. 8:30
CLE HO CO MEN'S—Matt Talbot Inn, 8907 Superior Ave. 8:30
CLOCKWATCHERS—Christ Episcopal Church, Hudson (Closed Meetings) 8:30
CONNERT—Southeast Elem. School, Mill St. 8:00
DAY AT A TIME—
13857 Euclid Ave. 10:45
EAST CLEVELAND DISCUSSION—13857 Euclid Ave. (Night & Day) 10:45
EAST SIDE FRIDAY (Closed)—Lyndhurst Comm. Presby. Church, 5312 Mayfield 9:00
ELYRIA FRIDAY—St. Andrew's Church, 300 S. Third St., Rt. 20 8:30
EUCLID FRIDAY—Church of Epiphany, Lakeshore & E. 210 St. 9:00
FRIDAY CLEVELAND WOMEN—Plymouth Church, Coventry & Drexmore 1:00
GORDON SQUARE—West Blvd. Christian Church, Madison Ave. & W 101 St. 8:30
HEIGHTS CLOSED DISCUSSION—Heights Christian Church (rear), 17300 Van Aken at Avalon 8:30
MANFIELD FRIDAY—A.A. Clubroom, 20½ South Park St. 8:30

SATURDAY

- ACTION-9516 Broadway 8:30
ASHTABULA—St. Peter's Episcopal Church Main St. & So. Park 8:30
BAYVIEW—Bayview Hospital, 29200 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
DAY AT A TIME—
13857 Euclid Ave. Midnight
FOREST CITY—2125 Broadview Rd. 8:30
L.S.I.—17600 Broadway 8:00
Maple Heights Cafeteria
LANEER CIRCLE—Garfield Mem. Methodist Church, 3650 Lander Rd. Pepper Pike 9:00
LEAGUE PARK—D. 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, Middlebridge & Towline Rds. 8:15
MANFIELD—20½ South Park St. 8:00
MATT TALBOT—First Presb. Church, 16200 Euclid Ave. 8:30
MEMPHIS—Lakewood Congregational Church, 1375 W. Chagrin 9:00
NEW LONDON—First Methodist Church, Main St., New London 8:00
NIGHT & DAY—
2205½ Lake Shore Blvd. Midnight
PARKMAN—Congregational Church, Parkman 8:30
PARMA SATURDAY—Third Federal Savings & Loan, 5950 Ridge Rd. (rear entrance) 8:45
PLAIN'S-Mentor Plains Methodist Church, Rt. 306 & Lake Shore Blvd., Mentor 9:00
REWOOD—Edith Lutheran Church, 260 St. & Forestview, Euclid 8:30
RICHLAND COUNTY INTERRACIAL—Gayle Fife Aud., Manfield Gen. Hosp. 8:30
SOBRIETY—St. Mark's Church, 15300 Puritas 8:30
STEELE CITY—YMCA, E. 29th St. 8:30
TRINITY COUNTY ARID—1578 E. 340th St. 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



LET'S FINISH THE JOB

When we sit down to analyze our operation, we members of Alcoholics Anonymous are, in some ways, rather presumptuous people. We have rewritten the dictionary. We have given an entirely new meaning to a well-established word and forced the new definition on the public generally.

The word is sobriety. In dictionary terms, the word does not mean a complete abstinence from alcohol. It has three explanations: soberness; temperance in the use of strong drink, and moderation.

For us there is no such thing as temperance. It's whole hog or nothing. Moderation is a word we cannot spell when it comes to liquor. And there is no chance of being sober even after one drink.

Yet by sobriety we mean the complete and definite abandonment of the use of alcohol in any form. In addition to this we have, through our philosophy, added to the meanings of sobriety.

Staying away from alcohol completely does not constitute full sobriety in our language. The word also implies a rearranging of our thinking, our actions and our lives in a fashion that will conform to normal, decent conduct.

Now that we have given our own connotation to the word, we should go on building on the foundation already laid. We should not stop at the new definition. We should become completely sober in our own way of thinking.

Too often we are inclined to substitute some other form of extreme conduct for the drinking we have just abandoned. This can take many forms which, while not outwardly as distasteful, can be just as debilitating to character and morale.

The fellow who stays out all night playing poker instead of staying out all night getting drunk has made only a partial comeback. The man or woman who used to be the center of attention at the bar, sounding off with wild ideas on reforming the world, is still indulging in the same show-off act if he or she finds pleasure in gossiping, criticizing everything done by the officers and other members of the group and licks his or her chops when there is some choice bit of scandal to pass on . . . like some poor devil slipping and getting drunk again. Maybe their conduct drove the other guy to drink because of something he heard said at second or third hand.

When we are wallowing in alcohol it is an ego builder to indulge freely in prejudices and their noxious expression. To be able to preen ourselves on being better than someone else of another race or religion is the refuge of a weakling.

To carry these prejudices over into the period of sobriety is to deny sobriety. It does not hurt the maligned person or group but it seriously erodes our own character and definitely proclaims that we have not yet sobered up mentally however careful we may be to stay away from the bottle. It is a confession of our own inadequacies and shortcomings.

So let us not give up and assume the job is done just

(Continued on page four)

"AND SLOWLY, WE BEGIN TO SEE.. ."

Someone said last night in a lead that he knew he could never in a hundred years be grateful enough for the AA way of life and what it has given him over the years. It is evident that there are many people in the program who feel exactly the same way, and it is a good feeling; a wonderful feeling.

One cannot but be filled with awe or wonder, when he stops to take a little inventory of the good things that have happened in his life since coming to AA. To be sure, our lives do not go according to the way we might wish, but usually, in the long run it becomes quite evident that the way we wanted to go back when this or that decision or situation came along, was not the right way at all, and that it has worked out for the best, in spite of our impatience, and impetuosity.

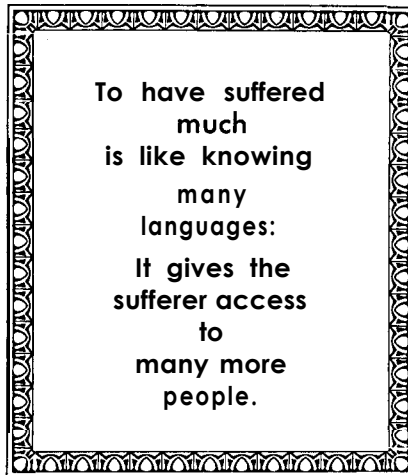
Sobriety, even with longevity, if we may use this word, does not guarantee right decisions, and we have to stop many times to try to find the right answer. We've been told over and over in AA to ask our Higher Power for guidance, and to endeavor to be patient and live one day at a time, but we are not to be put off. After all, we always were in a hurry when we wanted a drink, and our old habits and idiosyncrasies are not that easily overcome or changed. When we want something we want it now.

It must be reasonable then to say that perhaps gratitude to our Higher Power and to AA does not in every case come overnight either. In fact some of us seem to be a little skeptical of the new member who is suddenly "overflowing" with honey and butter and flowery phrases about how wonderful it all is, when he's not really even sober yet, and doesn't

even know what sobriety is or what is happening to him. Some people in AA seem to have a honeymoon that is more "acute" than others, and in many cases these people find their brightly burning flame fading all at once, when there is some trouble, or something they wished for badly, doesn't materialize, they find themselves throwing up their hands, and saying, "Oh well, I don't really think I'm an alcoholic anyway," and you know the rest.

Ah, but then there's the member who just stays the same, day in and day out, attends his meetings, does what he's asked, continues to contribute what he can to the fellowship, and shares in that same fellowship with all the others. You see him here, you see him there. He shakes your hand and you know he's genuinely glad to see you. Why do you know? It shines out of his eyes. He's not trying to be Mr. AA, or to make a big impression on anyone. He just tells you in his silent smile, and warm handshake that he's grateful he's sober, and what's more, he's grateful that you are also sober and there with him. The more time that passes the greater become the gratitude; not because one can look back and say with pride, "Ah, ha! Look how long I've been sober!" but because as time passes we become more aware of the beautiful gift that the Creator has bestowed upon

(Continued on page four)





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Harry D.. Pounder and Editor 1892-1968



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July, 1972

No. 10

MILL ENDS AND REMNANTS

Having been a "string saver" these many years, it was with a great deal of delight to discover recently that it is a family trait, for in going through some family keepsakes dating back a great many years, one came to light which we are pleased to share with you this month.

It was a clipping from an unnamed daily newspaper of thirty-odd years ago and was headlined: "INDIAN LIKENESS OF 23RD PSALM." In the opinion of your editor it is very appropriate and so adaptable to our individual programs of twenty-four hours at a time.

"The Great Father is a Shepherd Chief. I am His and with Him I want not. He throws out to me a rope and the name of the rope is Love. He draws me where the grass is green and the water is not dangerous; and I eat and lie down satisfied.

"He will draw me into a place between the mountains. It is dark there, but I will not draw back. I will not be afraid, for it is there between the mountains that the Shepherd Chief will meet me.

"Sometimes he will make the Love Rope into a whip, but afterward he gives me a staff to lean on.

"He spreads a table before me with all kinds of food. He puts His hand upon my head and all the tired is gone. My cup fills till it runs over.

"The words 'Away Ahead' will stay with me through this life; and afterwards I will live in the 'Big Tepee' and sit down with the Shepherd Chief forever."

It is to be hoped that our readers will feel as we do that now we have another tool by which to practice and understand Step 11, for as is written in the book "Twelve Steps and Twelve Traditions" — "Prayer and meditation are our principal means of conscious contact with God."

Most of us do, and all of us should, recall how desperately ill we were when we sought help, and no little facet of our illness, we recollect, was our sickness of soul. Yet we know, have read and have been told having recovered from our physical disabilities, and to varying degrees dealing with the realities of life, it's unfortunate we often "slight serious prayer and meditation."

So it is, that when we come across something of the nature quoted above, we feel it should be shared that you may use it, if you wish, as we desire to do to make our understanding and our search as broad and all consuming as possible.

For people who have experienced the all consuming loneliness of alcoholism, anything that gives us the sense of belonging need be practiced, by George!

A SONG OF WAKING

"It is the hour to rend thy chains, . . . The blossom time of souls; . . . Yield all the rest to cares and pains, . . . To-day delight controls. . . . Gird on thy glory and thy pride, . . . For growth of the sun; . . . Expand thy wings whate'er betide, . . . The Summer is begun."

MINUTES OF THE CENTRAL COMMITTEE MEETING JUNE 6, 1972

Dick F., Moderator, opened the meeting with the Serenity Prayer. Thirty-five group representatives were present. Lou W., Vice Moderator, read the purposes of Central Committee and the Twelve Traditions of AA; after which the minutes of the May 2nd meeting were read and approved.

Treasurer Jean C.'s report disclosed a balance in the treasury of \$122.58, and the Moderator then stated that by reason of the balance being down to a little over \$100.00, it was asked for voluntary contributions of \$5.00 from members and/or groups to build treasury to prudent reserve. Each representative present was asked to carry this message back to their respective groups in order to avoid expense of mailing out notices.

COMMITTEE REPORTS:

Action Committee: Bob W., Chairman, reported that matter of illicit use of secretary's list, as discussed at the May meeting, was still under investigation.

Area-wide Meeting: Joe T., Chairman, reviewed plans for the June 9 meeting.

Central Bulletin: George M., Editor, complimented the group secretaries and representatives for the continuing effort in getting new subscribers, which have shown a marked improvement in the past few months; adding that if renewals were to keep pace Central Bulletin people would be very happy, indeed.

Hospital Committee:

Rosary Hall: Ann T. reported that Women's Ward is operating at capacity.

Bay View: Julius W., Chairman, reported that sponsorship problems, as discussed at May meeting, with respect to Rosary Hall, now prevail at Serenity Hall.

Brecksville: No report.

Cleveland V.A. There was a short discussion on their trying to get a fellowship room started there as is being done at Brecksville V.A. Hospital. They are asking for volunteers, two people from each group, one day per month, Monday through Friday from 4:30 p.m.

Institution Committee: No report.

P.I.C.: Dick P., Chairman, reported that 172 speakers had been supplied by the Cleveland AA District Office for talks to non-AA groups and meetings during the first five months of 1972 ending May 31.

There was no old business before the meeting and new business concerned a short discussion of the detoxication center for the Cleveland area. Also, Bill H., suggested that thought and study be given to holding the Area-wide Meeting in a different location, with Cleveland State University facilities being cited as possibility. This will be explored.

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

Joedy M., Secretary

SUMMER HOURS

As is the custom, Cleveland AA District Office will be closed on Saturdays during the months of July and August, and all calls will be handled by the answering service. These are checked every hour from 9:00 a.m. to 7:00 p.m., and any calls for help are contacted and turned over for follow up. Calls for information are also handled the same as though office were open.

CLEVELAND AA DISTRICT OFFICE

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

PRAYER OF THE MONTH

O God, the Strength of the faithful, in mercy hear us. And because by ourselves we can do no good, through grace help us to obey your commands and to please You in will and deed. Amen.

Sixteenth Annual

OHIO STATE GENERAL SERVICE CONFERENCE OF ALCOHOLICS ANONYMOUS

July 21-22-23, 1972

Sheraton-Cleveland Hotel, Cleveland, Ohio

Conference Theme
"CAME TO BELIEVE"

Friday, July 21

1 : 00 P.M. Registration, Fellowship
8 : 00 P.M. Opening of Conference
Speaker: Allan G., Eatontown, N. J.
9:30 P.M. Coffee and Fellowship
10:00 P.M. Meet Our Trustee
Jack M., Kalamazoo, Mich.
Speaker: Mary Ellen U., G.S.O. Staff Member
New York, N.Y.

Saturday, July 22

8 : 30 A.M. Registration, Fellowship
9:30 A.M. Panel 12 Steps
10 : 30 A.M. Coffee and Fellowship
11 : 00 A.M. Al-Anon Meeting
Speaker: Juanita W., Louisville, Ky.
11 : 00 A.M. Ala-Teen Meeting
12 : 30 P.M. AA Closed Women's Meeting
2 : 00 P.M. Akron Amateur Actors Guild
Play: "Till The Day I Die"
3 : 30 P.M. Panel — 12 Traditions
6 : 30 P.M. Banquet
Speaker: Bob W., Louisville, Ky.
10 : 00 P.M. Dancing
10 : 00 P.M. Panel — Institutions
11 : 00 P.M. Pioneer's Meeting

Sunday, July 23

9 : 30 A.M. Delegate's Meeting
11 : 00 A.M. Spiritual Meeting
Speaker: Ted R., Philadelphia, Pa.

Conference registration after July 4 is \$5.00. Banquet \$7.00. Total registration and banquet: \$12.00 per person. Mail registration with remittance to Ohio General Service Conference, P.O. Box 96, Madison, Ohio 44057.

IN MEMORIAM

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

JOHN DOLAN, a devoted and active member of the Seven Hills and Independence Groups, passed away in May.

HARRY B. PHELPS, SR., who passed away in June, was an active member of the Bay Shore Towers Group in Sandusky, Ohio. He was secretary of the group at the time of his passing.

LEON LORENZETTI, a 22-year member and active in the Liberty Saturday Night Group, passed away on May 15.

WILLIAM F. JOHNSON, an active and beloved 20-year member passed away on June 17 after a short illness. He had been a regular attendant at numerous group meetings and his home group was Pearl Road for many years.

BETSY LAROSA, long time active member of the Forest City Group, passed away the latter part of May.

DATES TO REMEMBER

July 4-INDEPENDENCE DAY
11-Central Committee, 8:30 p.m., Room 362 Hanna Building.
11-7th Anniversary, Eaton Group, 8:30 p.m. Grace United Church of Christ, 14911 West-ropp off East 152nd Street. Speaker: Bill L., Valley View.
21-22-23—16th Annual Ohio State General Service Conference of Alcoholics Anonymous, Hotel Sheraton Cleveland. Secure registration forms from your group secretary, or write P.O. Box 96, Madison, Ohio 44057.
August 5—6th Anniversary, Sister Ignatia Group. Sit-down Dinner by reservation 7:00 p.m., Charter House, 24800 Euclid Avenue, Euclid, Ohio. Speaker: (at 8:30 p.m.) Father B., Portland, Oregon.

LEADERSHIP

A leader is a person who is going somewhere — but not going alone. He takes others with him.

His skill in setting up situations in which other people are willing to follow him and are happy to work with him is a precious skill called leadership.

This skill is made up of many qualities — thoughtfulness and consideration for others, enthusiasm, the ability to share responsibility with others, and a multitude of other traits.

But fundamentally a leader is one who leads, one who has a plan, one who keeps headed toward a goal and a purpose. He has the enthusiasm to keep moving forward in such a way that others gladly go with him.

— Walter MacPeck

THE SECRET

The secret of contentment is the discovery by every man of his own powers and limitations . . . plus the wisdom to know that his place, no matter how important or successful he is, never counts very much in the universe. A man may well be so successful in carving out a name for himself in his field that he begins to imagine himself indispensable or omnipotent. He is eaten up by some secret ambition, and then good-bye to all contentment.

Sometimes it is more important to discover what one cannot do than what one can do. So much restlessness is due to the fact that a man does not know what he wants, or he wants too many things, or perhaps he wants to be somebody else, to be anybody except himself. The courage of being one's genuine self, of standing alone and of not wanting to be somebody else!

— Lin Yutang

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
NAWTHDRNEDEN HOSPITAL-Cottage #10, 305 Northfield Rd. 7:30
PROVEN WAY-Grafton Honor Farm, Rte. 75, 2nd & 4th Tuesday 8:30
TRUSTY HALL-1000 ft. east of House of Correction 8:00
WEDNESDAY
CLEVELAND PSYCHIATRIC HOSP.—1708 Aiken at Scranton 8:30
FAIRHILL PSYCHIATRIC HOSP.—12200 Fairhill Rd. 1 : 0 0
VETERANS HOSP.-E. Blvd. near E. 105th St. 8:00
WARRENSVILLE—Women's House of Correction. 4041 Northfield Road 8:00
THURSDAY
TRUSTY HALL-1000 ft. east of House of Correction 8:00
FRIDAY
MAIN GROUP-House of Correction, 4041 Northfield Rd. 8:00

AI-ANON GROUP MEETINGS

For information about time and place of AI-Anon meetings, please call AI-Anon Family Group Office (Room 204, Frederick Building, 2063 East 4th Street, Cleveland, Ohio 44115) at 621-1382.

HONEST COMMUNICATION

This has been described as an age of science, and it is time that the dominant principle of science should be universally adopted: insistence upon truth. All departments of life, social and political and physical, base themselves upon knowledge, but without honesty in communicating knowledge society becomes a battlefield of wits, a waste land of half-truths, and a make-believe of civilization.

“Honesty” is an old fashioned word that includes responsibility, duty, and respect for values. And yet, in all the books on sociology, economics, and philosophy examined for material on this topic, not one had the word “honesty” in its index. Why is not honesty listed among the cardinal virtues? One would like to think the answer to be that its observance is so commonplace as not to be worth book space, or that its principles are so obvious as not to need stating.

Experience has sought to teach mankind the benefit of honesty in communications, but there are still many persons to whom honesty, though recognized as a possible ideal, is not an engrossing matter of practice.

Honesty is not a simple subject, because it goes to the very heart of human nature. Honesty is born of the union of a perception of what's right and wrong with the choice to do what is right.

What are the basic qualities in honest communication of ideas? First of all is the Golden Rule; then follow sincerity, frankness, integrity and truthfulness. A person is not practicing honesty who speaks or writes without having made a clear-sighted inquiry into the facts of the matter about which he is stating his views.

Honest communication involves a sense of obligation to one's self, to other people, and to the absolute. Rightness is known by intuition in the mind. Respect for it gives one on expertness in living.

The philosopher Kant remarked long ago: “Prudence is hypothetical; its motto is, Honesty when it is the best policy; but the moral law in our hearts in unconditional and absolute.” This was doubtless in Washington's mind when he said: “I hope I shall always possess firmness and virtue enough to maintain what I consider the most enviable of all titles: the character of an honest man.”

— The Royal Bank of Canada
Monthly Letter, May 1972

THE RIGHT SIDE

It's a pretty good thing to remember, and a better thing to do, to work with the construction gang and not with the wrecking crew.

EARNED KNOWLEDGE

Knowledge conquered by labor becomes a passion — a property entirely our own. A greater vividness and permanency of impression is secured, and facts thus acquired become registered in the mind in a way that mere imparted information can never produce.

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THE YEAR 'ROUND GIFT

DRUNK, SICK & SHAKY!

His breath smells. His hand shakes. He's often hostile. He's suffering from what medical opinion now recognizes as a serious disease. Without help, he'll die 12 years sooner than the average person.

The United States has an estimated six and half million alcoholics — the highest incidence of alcoholism in the world. One in 18 beginning drinkers will eventually suffer from it.

The alcoholic is not to be confused with the heavy drinker. He's a drug addict who plans his life around his alcohol, taking great pains to guarantee a supply.

Now he is the derelict slumped on the sidewalk. Six out of seven alcoholics are educated people between 35 and 55 and members of a family. Many of them are women.

Often it's the family that suffers most from the effects of alcoholism. The emotional stress caused by the alcoholic's excessive drinking can lead to divorce and delinquency. Forty per cent of the problems brought before a large city-family court are directly or indirectly attributed to alcoholism.

Gradually, the alcoholic causes the disintegration of the social structure around him. Embarrassed friends avoid him. He quits or is fired from his job. His martial problems get worse. Not surprisingly, 33% of all suicides are chronic alcoholics.

Followup studies show that the alcoholic's continued deterioration is closely linked with the lack of helpful relationships with the family and friends.

Yet his anti-social behaviour denies him the sympathy and understanding that he could have expected had he suffered from any other ailment.

The alcoholic can't save himself without help. That doesn't mean suchioning him, protecting him, or constantly rescuing him. It does mean getting professional guidance from some experienced organization such as Alcoholic Anonymous or an alcohol clinic. Or from a doctor.

In the sense that they can ultimately resume drinking, alcoholics can never be cured.

But the illness can be arrested successfully. It takes time sometimes with an occasional relapse — and determination. But without strong support from family and friends the 'treated' patient's course is as disastrous as his untreated counterpart.

Perhaps more than with any other affliction the alcoholic requires not just a physician but the combined efforts of many people for his total rehabilitation. And that's where friends come in.

— via Good News, San Francisco

I AM HABIT

It is mighty hard to shake me; . . . In my brawny arms I take thee; . . . I can either make or break thee; . . . I am habit. . . . Through each day I slowly mold thee; . . . Soon my tightening chains enfold thee; . . . Then it is with ease I hold thee; . . . I am habit.

LET'S FINISH THE JOB

(Continued from page one)

because we have improved on the dictionary definition. It is incumbant on us ,now that we have started on the right road, to complete the journey by making over our thinking, our conduct and our lives completely.

“AND SLOWLY, WE BEGIN TO SEE . . .”

(Continued from page one)

us, a chance to begin again and to live life the way it was really intended for us. We begin slowly to realize that our getting sober was really in His Hands all the time, and though we may be impatient, and in a terrible hurry to find all the answers, He is very patient, and understanding. He cares, and watches over us in our heiter-skelter blunderings, and then one day we awake and learn that we are learning and the humility we have never known, is born.

CLEVELAND AREA

Guest Speakers

JULY 1972

ALLEDALE (Thursday) 6—Dan F., Bay West Discussion; 13—Bill L., Valley View; 20—Ray W., Nela Park; 27—Tom B., Euclid Wed.

BAY VIEW (Saturday) 1—John K., North Olmsted; 8—Fred J., Bay View; 15—Henry W., Euclid Wade; 22—Mary Margaret & Walter R., Avon Central; 29—Virginia & Ramson C. (Al-Anon and AA), Bay West.

BEDFORD MORNING (Wednesday) 5—Pat B., Bedford Wed. Evening; 12—Joe V., League Park; 19—Armond D., Cleveland VA Hospital; 26—John P. (21st Anniv.), Bedford Wed. Evening.

BORTON (Monday) 3—John S., Borton; 10—Larv G., St. Clair Thurs.; 17—Vic M., Wickliffe; 24—Ro E., Brainard; 31—Marge H., West Side Women.

BRECKSVILLE WEDNESDAY (Wednesday) 5—Jack McG., Southwest Sun.; 12—Frank M., Steelworkers; 19—Tony V., League Park; 26—Woody McG., Parma Sat.

BROOKLYN (Thursday) 6—Lou M., Cuyahoga Falls; 13—Kay S., Akron, Ohio; 20—Ray L., (5th Anniv.), Brooklyn; 27—Jerry W. (27th Anniv.), Brooklyn.

BROOKPARK (Monday) 3—Jack M., Angle; 10—Ed C., Newburgh; 17—Roger M. (7th Anniv.), Parma Heights; 24—Jim R. (18th Anniv.), Brookpark; 31—Bill L., Teamsters.

BRUNSWICK (Wednesday) 5—Kay S., Akron, Ohio; 12—Dom C., Seven Hills; 19—Jose M., Detroit Sun.; 26—Scotty R., Bedford Wed.

CHARITY (Friday) 7—John Z., YOUR; 14—Lonnie B., Akron, Ohio; 21—Larry B., North Randall; 28—Ed McK., Northeast.

CLEVELAND TEAMSTERS (Saturday) 1—Ted and Linda H. and AlaTeen, Leece-Seville; 8—Ray L., Brooklyn; 15—Bob J., Ford 1250; 22—Tex H., TC-1005; 29—Dick B., Midpark.

DOAN MEN (Wednesday) 5—Norman M., Night and Day; 12—Chris G., Night and Day; 19—Wayne G., Night and Day; 26—Don R., (?).

EATON (Tuesday) 4—Fred B., Eaton; 11—7th Anniversary of Group, Speaker: Bill L., Valley View; 18—Jack D., Charity; 25—Joe K., Eaton.

EDGE LAKE (Tuesday) 4—The 12 Steps: Twelve Speakers; 11—Marge H., West Side Women; 18—Tom B., Bainbridge; 25—John B., Edgelake.

ESQUIRE (Tuesday) 4—Harry W., Fremont, Ohio; 11—Jim S., Friendship; 18—Bob W., Brookpark; 25—Harry G., Brecksville Wed.

GORDON SQUARE (Friday) 7—Jack K., Liberty; 14—Bill K., Liberty; 21—George T., Teamsters; 28—Tom R., Collinwood.

GRATEFUL (Sunday) 2—“Jo” H., Fairhill; 9—Ray A. (1st Anniv.), MayLynd; 16—Mary M. (17th Anniv.), Humble; 23—Steve R., Sister Ignatia; 30—Jack T., Helpful.

LAUREL (Tuesday) 4—Imogene P. (1st lead), Laurel; 11—Tom C., Lorain Ave. Tues.; 18—Lillian W., Redwood; 25—Pat S., Lorain Ave. Mon.

LEE MONDAY (Monday) 3—Edythe H., Borton; 10—Bob Y., Night and Day; 17—Victor B., Collinwood; 24—Max M. (7th Anniv.), Humble; 31—Wayne G., Night and Day.

LORAIN AVE. TUESDAY (Tuesday) 4—Frank McN., West Shore; 11—Tom G., Lorain Mon.; 18—Clifford B., Brooklyn; 25—Kevin B., Lakewood Armory.

MIDTOWN (Tuesday) 4—Discussion; 11—George McF., Wickliffe; 18—Ed S., Superior Stag; 25—Emmett M., Southwest Sun.

NASA WEDNESDAY (Wednesday) B—Frank A., Berea Thurs.; 12—Walter M., Bedford; 19—Leo G., Midpark Thurs.; 26—Cass P., Midpark Thurs.

NORTH OLMSTED (Wednesday) 5—Pat B., Garrettsville, Ohio; 12—Chuck S., Euclid Fri.; 19—Joedy M., Clark; 26—Jerry R., Pleasant Hills, Pa.

NORTH RIDGEVILLE (Tuesday) 4—Bill McN., Akron, Ohio; 11—Dorothy H., Akron, Ohio; 18—Roger D., Akron, Ohio; 25—Tom K., Barberton, Ohio.

ORCHARD GROVE (Monday) 3—Bob M., CPI; 10—Joe M., Sheffield Lake; 17—Joe M., Lorain Mon.; 24—Ralph C., West Side Breakfast; 31—Chuck W., Helpful.

PARMA HEIGHTS (Wednesday) 5—Sheila G., Laurel; 12—Margaret P., Laurel; 19—Bill K., Broadway-55th; 26—Tony W., Elyria, Ohio.

PARMATOWN MEN (Friday) 7—Armond D., Cleveland VA; 14—Bill A., Southwest Sun.; 21—Roger M., Parma Heights; 28—Jim R., Brookpark.

ROCKY RIVER (Thursday) B—Larry R., West Clifton; 13—Joe M., Sheffield Lake; 20—Russ H., Charity; 27—Howard O., Rocky River.

SICK-LAMELAZY (Saturday) 1—Johnny M., Young People; 8—Jim McN., Bay View; 15—Tom K., Young People; 22—John C., Humble; 29—Max M. (7th Anni.), Humble.

STEELWORKERS (Wednesday) 5—Dee D., Mansfield, Ohio; 12—Rose T., Broadway-55th; 19—Pat B., Mantua, Ohio; 26—Dorothy Y., Action.

STRONGSVILLE (Tuesday) 4—Larry K., Berea Fri.; 11—Kingsley R., Berea Fri.; 18—Bob R., North Olmsted; 25—Harry J., Bay View.

TRINITY (Saturday) 1—Jim C., Garfield Tues.; 8—Barnie C., West Side Morning; 15—Mickey McG., Baxter; 22—Joe B., Clark; 29—Don S., Clark.

WARRENSVILLE WOMEN (Wednesday) 5—George L., Hudson, Ohio; 12—Ro E., Brainard; 19—Larry C., Bedford Wed.; 26—Tom D., Young People.

WEST CLIFTON (Friday) 7—Paul R., Warren, Ohio; 14—Carole N., Rocky River; 21—Discussion; 28—Don S., Orchard Grove.

WEST SIDE MORNING (Thursday) 6—Warren C., (observing his 33rd Anniversary), Edgelake; 13—Tony W., (observing his 28th Anniversary), Elyria, Ohio; 20—Casimir L., Southeast; 27—Pat B., Bedford Wed.

WEST SIDE WOMEN (Monday) 3—Surprise; 10—Dean A., Edgelake; 17—Connie A., Edgelake; 24—Phil H., Edgelake; 31—Clare W., Edgelake.

Y.O.U.R. (Sunday) 2—Harvey W., (30th Anniv.), YOUR; 9—Mose Y., Alliance, Ohio; 16—Irvin B., Columbus, Ohio; 23—Tom and Ruth T., Lorain Ave. Tues.; 30—Frank M., Columbus, Ohio.

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

JULY 14, 1972

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. Ave. 8:00
BEDFORD HEIGHTS—
St. Mary's Church Hal. (rear) 7:30
BROOKSIDE—Blessed Sacrament Church (down) 3381 Fulton Rd. 8:30
C.A.H.—2650 1/2 Lake Shore Blvd. 11:00 a.m.
CASTALIA—O. Church of Christ. 205 Main St. 8:30
COLLINWOOD—14812 St. Clair (rear) 7:30
DETROIT SUNDAY—Detroit Ave. 7:30
GARDEN VALLEY—7100 Kinsman Ave. 4:30
GENEVA—Y.C.C. Bldg., E. Main, Rte. 20 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. 1537 Euclid Ave. 2:00
LAKEWOOD ARMORY—First United Church of Christ, 2150 Warren Rd. Lakewood 9:00
MANSFIELD—20 1/2 So. Park Ex. 8:00
MARSHAL & MARSHALL FORD AGENCY (side door) 6200 Mayfield Rd. 8:00
MENTOR SUNDAY—Bedes Church, 914 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. 9th St. 8:30
NEWBURY—St. Helen's Church, Rt. 87, Newbury 8:15
NITE & DAY—13857 Euclid Ave. 11:00 a.m.
PURITAS SUNDAY—Church of Ascension, 1916 Puritas St. 8:30
6700 DETROIT DISCUSSION—7000 Detroit Ave. 7:00
SOUTHWEST SUNDAY—Ed of Education Bldg., 300 Fair St. Berea 8:30
SUPERIOR STAG—2028 1/2 E. 106 11:00 a.m.
TRI-COUNTY—1378 E. 340th St. Eastlake 12:30
U. W. #45—13816 St. Clair 7:30
WAKEMAN TWILIGHT—St. Mary's Hall, Rt. 20, Wakeman 7:30
WESTSIDE BREAKFAST—Junior Achievement Bldg. (Rear) 224 W. 117th St. 12:30
Y.O.U.R.—St. John Lutheran Church School Bldg., E. 176 & Nottingham so. of Lake Shore Blvd. 7:15

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, Rocky River 8:30
FRIENDLY SUBURBAN—6037 Pearl Rd. (closed mtg.) 8:00
FRIENDSHIP—Blvd. Presbyterian Church, 24600 Lake Shore Blvd. 8:30
GOLDEN GATE WOMEN—Highland Presb. Church Annex, 6532 Wilson Mills Rd. 8:30
HUMBLE—Ed. Highland Presbyterian Church, 18100 Canterbury at Lake Shore Blvd. 8:30
JEFFERSON—Jefferson Savings & Loan, 12 W. Jefferson, Jefferson 8:30
LAKEWOOD MEN—St. Peter's Episcopal Church, West Clifton & Detroit 9:00
LEE MONDAY—First Presbyterian Church, Nela & Euclid Ave. 8:30
LEROY BRAKEMAN—Leroy Grange Hall, Brakeman Rd. off Rt. 86, Leroy 8:30
LORAIN MONDAY—St. Ignatius Hall, 10206 Lorain Ave. at West Blvd. 8:30
MONDAY MORNING 12 STEP—United Church of Christ, 2150 Warren Rd., Lakewood 10:30 a.m.
NORWALK MONDAY—Universal Church, West Main St., Rt. 20 & 250 Intersection, Norwalk 8:30
ORCHARD GROVE—St. Paul Luth. Church, Detroit & Arthur Ave. 8:30
PEARL—2125 Broadview Rd. 8:30

RAMONA—St. Michael's Church, 10000 Union Ave. 8:30
RIVER BAY (Closed Women)—Rocky River Presbyterian Church, 21714 Detroit Rd. 8:30
SHAKER—Christ Episcopal Church, 3445 Warrenville near Kinsman 9:00
SOLO CROSSROADS—Solin Historical Bldg., Rt. 91 & Bainbridge Rd. 8:30
SOUTHVIEW—7226 Broadway 8:30
ST. BETTSBORO—St. Thomas Lutheran Church, Rt. 43 south of Rt. 14 8:30
TEMPLE—St. Adelbert Church, 2347 E. 83 St. 8:15
VERMILION—Congregational Church, State St., Route 60 8:30
WEST 25th STREET—Eighth United Church of Christ, 2409 Willowdale Ave., off W. 25 St. 8:30
WESTSIDE WOMEN—West Blvd. Christian Church, W 101 St. & Madison Ave 8:30
WILLOUGHBY—First Presbyterian Church, 478 Shankland Rd. 8:30
WINDSOR—Unit. Methodist Ch., Rt. 322 & Rt. 534 8:30

TUESDAY

ASHLAND—Methodist Church, corner Cottage & Sundusky Sts. 8:00
BAINBRIDGE GRATEFUL—Valley Presby. Church, Rt. 306 & Chagrin Rd. 8:30
CLARK—1917 Clark Ave. 8:30
CLOCKWATCHERS (Closed)—Christ Episc. Church, Hudson 8:00
CORLETT MEN'S—Shaffer Church, 12002 Miles Ave. 8:30
DAY AT A TIME AM—13857 Euclid Ave. 8:30
EATON—Grace United Church of Christ, 14911 Westrop off E. 152 St. 8:00
EDGE LAKE—Trinity Lutheran Church, 16400 Detroit Ave., Lakewood 8:30
ESQUIRE—St. James Episcopal Church, 1681 E. 55 & Whittier, off Payne 8:30
EUCLED MORNING—Lake Shore Christian Church, E. 280 St. & Lake Shore Blvd. 10:30 a.m.
FAIRMOUNT—St. Paul's Episcopal Church, Fairmount & Coventry 9:00
FAIRVIEW PARK—Fairview Grace Church, Rt. 224 St. & Lorain Rd. 8:30
FALLS—Community Church, 7833 Columbia Rd., Olmsted Falls 9:00
FORD 1250—17250 Hummel Rd., Brookpark 11:00 a.m.
GARFIELD HEIGHTS—Garfield Municipal Bldg., 5555 Turney Rd., Garfield Hts. 8:30
HELPFUL—First United Church of Christ, 2150 Warren Rd., Lakewood 8:00
KIRTLAND—913 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, Elyria 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, near E. 22nd & Prospect 8:30
NIGHT & DAY—22050 1/2 Lake Shore Blvd. 8:30
NO. RIDGEVILLE—Shepherd of Ridge Luth. Church, Rt. 20, East Rt. 76 8:30
OPPORTUNITY CLOSED DISCUSSION—6789 Middle Ridge Rd., Madison 7:30
RIVER TUESDAY—Rocky River Methodist Church, 19414 Detroit Rd., Rocky River 8:30
SANDUSKY AFTERNOON—Municipal Bldg., Melg St. 1:00
SEVEN HILLS—Closed Discussion—Seven Hills Meth. Ch., Elmhurst Ave., off Pleasant Valley 8:30
SHOREGATE MEN'S STAG—Wickliffe City Fire Station, (up) 28730 Ridge Rd., Wickliffe 9:00
SMITH WILSON—St. Joseph's School Bldg. (front, right), 9321 Orleans Ave. 8:30
STRONGSVILLE—Community Library, 13213 Pearl Rd. 8:30
SUPERIOR—North Presbyterian Church, E. 40 St. & Superior 8:30

TRW—6402 Cedar Ave. Guard Post #2, Bldg 32, 2nd Floor 7:00
12 STEP WOMEN'S DISCUSSION—Episcopal Church of the Advent, 3760 Dover Center Rd., Westlake 1:00
WESTLAKE DISC. (Closed)—Christian Church, 2883 Hilliard Rd. 10:00 a.m.
WEST PARK—Puritas Lutheran Church, W. 118 St., Puritas 8:30
YOUNG PEOPLE—First Methodist Church, Euclid Ave. at E. 30th 8:30

WEDNESDAY

ASHTABULA COUNTY WOMEN—Harris Mem. Presb. Church, W. 58 & Adams, 2nd & 4th Wed. 8:00
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 Rds. 8:30
BRECKSVILLE WED.—V.A. Hospital, 10000 Brecksville Rd. 8:00
BRUNSWICK—Cuyahoga Savings Bldg., Laurel Square (entrance next to Marshall Drive) 8:30
COLLINWOOD—14812 St. Clair (rear) 8:00
DOAN MEN—First Presbyterian Church, 16200 Euclid Ave. 8:30
EASTSIDE MORNING—Emanuel Episcopal Church, 8614 Euclid Ave. 11:00 a.m.
EUCLED WED. (Closed)—Master's Evan. United Church, 771 E. 260th St. 8:30
FAIRPORT HARBOR—525 Eagle St., Fairport Harbor 8:30
GARFIELD HEIGHTS—Pilgrim E. & R. Church, 4592 E. 131 St. 8:30
HAGUE—Bethany Presbyterian Church, W. 65 St. & Clinton 8:30
LAKE COUNTY WOMEN—First Presbyterian Church, 4785 Shankland Rd., Willoughby 1:00
LEE ROAD WEDNESDAY—St. Ann's Church (basement), Coventry & Cedar 9:00
LORAIN COUNTY WOMEN—Vincent Methodist Church, Detroit Rd., Rt. 254 east of E. 87 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 Atonement, 300 E. 7th, Olmsted 8:30
PARMA HEIGHTS—All Saints Episcopal Church, 8911 Ridgewood Dr. 8:30
ST. JAMES—St. James Church, E. 84 & Cedar 8:00
SANDUSKY GROUP #1—Providence Hospital Cafeteria 7:30
SHEFFIELD LAKE—St. Thomas School (new hall south, east bldg.) 8:30
Harris Rd., Sheffield Lake 8:30
STEEL WORKERS—Swiss Hall, 271 Walton Ave. 11:00 a.m.
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, 2401 Hilliard Rd., Rocky River 8:45
WICKLIFFE—Presbyterian Church, E. 296 St. & Ridge (so. off Euclid) 8:30

THURSDAY

ALLENDALE—St. Paul's Episcopal Church, 15837 Euclid Ave. 8:30
DAY—St. Malachi's Church, 2459 Washington Ave. 8:30
ASHLAND THURSDAY—St. Matthew's Church, 1515 Millin Ave. 8:00
ASHTABULA HARBOR—Bethany Lutheran Church, Penn. Ave. (between 9th & 10th) 8:30

BAY WEST DISCUSSION—Church of the Redeemer, 25500 Center Ridge Rd., Westlake 8:30
BEEBA THURSDAY—Fine Arts Club, 323 Bagley Rd. (east of Eastland Rd.) 9:00
BROADWAY 55th—Our Lady of Lourdes School Hall 8:30
BROOKLYN—St. James Lutheran Church Hall, 4771 Broadview Rd., at Oak Park Dr. 8:30
CHRISTUS REI TUESDAY—Chrysler Union Hall, 8650 Chamberlin Rd., Twinsburg 8:30
CONVENTRY—Fairmount Presbyterian Church, Scarborough & Fairmount 9:00
DAY AT A TIME—13857 Euclid Ave. 11:00 a.m.
EAST LAKE—Reformation Lutheran Church, 9430 Lake Shore Blvd. 9:00
EAST SHORE WOMEN DISCUSSION—Euclid Richmond Library, 26155 Euclid Ave. (base, rear) 8:00
EDGE LAKE WOMEN DISC. (Closed)—Trinity Luth Church, 16400 Detroit Ave., Lakewood 8:30
ELYRIA THURSDAY—St. Agnes School Basement, Lake Ave. & Dewey 8:30
GARDEN VALLEY—7100 Kinsman Ave. 8:00
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)—20 1/2 South Park St. 8:00
MAPLE LEAF—Congregational Church, Fellowship Hall, West of park, Burton 8:30
MIDPARK—Middleburgh Hts. Comm. Church, Big Creek Pkwy & Bagley 8:30
NIGHT & DAY—22050 1/2 Lake Shore Blvd. 11:00 a.m.
NORTH RANDALL—North Randall Village Hall, 21937 Miles Ave. 8:30
OVERLIN—Grace Lutheran Church, West Lorain St., Oberlin 8:30
PAINESVILLE—St. Mary's Church Basement, 242 N. State St. 8:30
ROCKY RIVER—Rockport Methodist Church, 3301 Wooster Rd., Rocky River 8:30
ST. CLAIR THURSDAY—22050 1/2 Lake Shore Blvd. 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 Elyria Blvd. 8:30
BEEBA FRIDAY—Berea Congregational Church, Seminary & Church Sts. 8:30
BROADWAY-HARVARD—8516 Broadway 8:30
CEDAR-SALVATION ARMY, 5005 Euclid Ave. 8:00
CHAGRIN FALLS—Federated Church, 76 Bell St. 9:00
CHARDON—Chardon United Methodist Church, 515 North St. 8:30
CHARITY—St. Vincent Charity Hospital Amp., 6th Floor, 2222 Central Ave. 8:30
CLE HO CO MEN'S—Matt Talbot Inn, 8907 Superior Ave. 8:30
CLOCKWATCHERS—Christ Episcopal Church, Hudson (Closed Meetings) 8:30
CONNERT-SOUTHEAST—Elem. School, Mill St. 8:00
DAY AT A TIME—13857 Euclid Ave. 10:45
EAST CLEVELAND DISCUSSION—13857 Euclid Ave. (Night & Day) 10:45
EAST SIDE FRIDAY (Closed)—Lyndhurst Comm. Presby. Church, 5312 Mayfield 9:00
ELYRIA FRIDAY—St. Andrew's Church, 300 S. Third St., Rt. 20 8:30
EUCLED FRIDAY—Church of Epiphany, Lakeshore & E. 210 St. 9:00
FRIDAY CLEVELAND WOMEN—Plymouth Church, Coventry & Drexmore 1:00
GORDON SQUARE—West Blvd. Christian Church, Madison Ave. & W 101 St. 8:30
HEIGHTS CLOSED DISCUSSION—Heights Christian Church (rear), 17300 Van Aken at Avalon 8:30
MANSFIELD FRIDAY—A.A. Clubroom, 20 1/2 South Park St. 8:30

SATURDAY

ACTION—9516 Broadway 8:30
ASHTABULA—St. Peter's Episcopal Church Main St. at So. Park 8:30
BAYVIEW—Bayview Hospital, 29200 W. Lake Rd., Bay Village 8:30
CALVARY—Calvary Church, E. 79 & Euclid 8:30
CLEVELAND TEAMSTERS—Teamsters Joint Council Bldg. 41, 2970 E. 22nd St. 8:00
DAY AT A TIME—13857 Euclid Ave. 11:00 a.m.
FOREST CITY—2125 Broadview Rd. 8:30
L.S.I.—17600 Broadway, Maple Heights Cafeteria 8:00
LANDER CIRCLE—Garfield Mem. Methodist Church, 3650 Lander Rd. Pepper Pike 9:00
LEAGUE PARK—D. 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, Middlebridge & Townline Rds. 8:15
MANSFIELD—20 1/2 South Park St. 8:00
MAT TALBOT—First Presb. Church, 16200 Euclid Ave. 8:30
MEMPHIS—Lakewood Congregational Church, 1375 W. Chester 9:00
NEW LONDON—First Methodist Church, Main St., New London 8:00
NIGHT & DAY—13857 Lake Shore Blvd. 11:00 a.m.
PARKMAN—Congregational Church, Parkman 8:30
PARMA SATURDAY—Third Federal Savings & Loan, 5950 Ridge Rd. (rear entrance) 8:45
PLAIN'S—Mentor Plains Methodist Church, Rt. 306 & Lake Shore Blvd., Mentor 9:00
REWOOD—Ed. Highland Lutheran Church, Rt. 260 St. & Forestville, Euclid 8:30
RICHLAND COUNTY INTERRACIAL—Gayle Five Aud., Manfield Gen. Hosp. 8:30
SOBRIETY—St. Mark's Church, 15300 Puritas 8:30
STEELE CITY—YMCA, E. 29th St. 8:30
TRINITY COUNTY ARID—1578 E. 340th St. 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



"REASONS"

Every alcoholic finds EXCUSES for drinking — but we have yet to hear of him finding a REASON for drinking! In fact, the alcoholic defies all reason when he drinks because the effects are suicidal — even the self destruction is not his conscious — or even sub-conscious objective.

He drinks in response to the way he FEELS, which is far more powerful and compelling than cold logic! When an alcoholic FEELS bored . . . lonely . . . angry . . . frightened . . . unloved . . . unwanted . . . unappreciated . . . unneeded . . . or frustrated, his overwhelming need is for emotional relief.

He knows that alcohol won't SOLVE any of these problems, but he also knows that . . . for a while at least . . . it will CONDITION him so that he does not care whether they are solved, and it also reinforces his "excuse system" as it solves his immediate problem of emotional pain! Yet each problem thus handled only pyramids the pain and intensifies the need to allay it.

As the drinking continues, whatever qualities of character possessed by the alcoholic in the beginning, with which he might adequately cope with life, are destroyed by alcohol. His will to discipline himself or control his behavior through logic is effaced, along with judgment and his sense of values. He can only FEEL and RE-ACT! His horror of living in a drab, oppressive and demanding world of reality and responsibility becomes far greater than the fear of the consequences of his drinking!

Before an alcoholic can recover he has to somehow recognize there is a possibility that NOT drinking CAN be LESS PAINFUL than drinking. In the early days of AA we thought the only way the alcoholic could be brought to this point was for him to suffer to the ultimate in pain when he would then cry out in anguish — "Help me . . . anything or anyone dare to interfere with that!"

We know now that this attitude was wrong, but excuseable by our ignorance for it resulted in too much NEEDLESS suffering, and permitted too many alcoholics to die horribly when they passed the point of "no return."

In recent years we have learned that the disease of alcoholism can be attacked at almost any stage, and successfully! Today we have knowledge and understanding and tools for treatment that were unknown a short quarter of a century ago.

Recovered alcoholics, along with men of medicine, science, religion and industry have pooled their resources and are now able to intercede and halt the destructive progression of alcoholism by FORCING the alcoholic to FACE THE TRUTH about himself . . . HELP HIM UNDERSTAND THE NATURE OF HIS SICKNESS, and PROVIDE him with a SATISFACTORY SOLUTION when he STOPS DRINKING! It is only when he STOPS drinking that he REASONS to STAY sober CAN become apparent.

His WILLINGNESS to trade the "excuses" for the

(Continued on page four)

SOMEWHERE IS BETTER

There is probably no other group of people in this world who have more to be grateful for than those of us in the Fellowship of Alcoholics Anonymous.

When it comes to singling out one thing, it is sometimes difficult because there are so many things both small and large. So much comes to mind if we are truly grateful, that one cannot easily say, "I am more grateful for this than anything else." Nevertheless, it is fun to try. For example, remember how utterly jumbled-up your life was back in your "good old drinking days?" You never knew what was going to happen next. You were hoping this or that might happen and scared to death it would. There were times when we were so sick

we wanted to die and yet were afraid we were going to. Remember your gray-green face in the mirror on mornings-after? This is, of course, if you had a mirror, and if it was morning. For us life was usually so mixed-up, so confused, aimless, pointless, that mornings-after could come at any hour of the day or night.

In our lives there was nothing but aimless wandering from one drink to the next, one drunk to the next. The few good things we may have had in our lives: friends, relatives, material possessions, jobs, not to mention our personal dignity and/or self-respect, began crumbling around our ears; disintegrating piece by piece, person by person. We were going nowhere, and getting there faster and faster! When we began to wake up and realize that we might have a serious problem, most of us were far too close to "nowhere."

To us, that "nowhere" was a terrifying thing, and it was rapidly becoming more so. The trip along the one, for now we were unable to distinguish what was right, what was wrong. We knew something was wrong but not what.

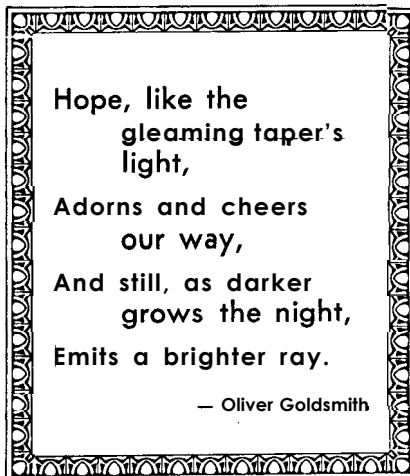
When the truth began to dawn, many of us refused flatly to admit anything could be wrong. We somehow knew that to admit to anything might jeopardize our main love in life, drinking, and Heaven forbid that anything or anyone dare to interfere with that!

Then began the real period of confusion and indecision — that silly trip down the middle of the road to nowhere again. We tried to drink and stay sober too, to be good and bad simultaneously, and you know the result — road's end!

Today in AA, we at last can be deeply grateful that sobriety affords us the opportunity to lead lives that are no longer pointless, aimless. We are finally going "somewhere" instead of "nowhere." There is no more "middle of the road" for us. We can see progress in ourselves, in others, goals already achieved, and many new ones ahead. Life has taken on new meaning, perhaps for the first time, and to be grateful is both a necessity and a new and wonderful experience for us.

* * *

Regretting about yesterday and fretting about tomorrow will get us nowhere today!





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Harry D., pounder and Editor 1892-1968



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MILL ENDS AND REMNANTS

It has been said that Michelangelo could see an angel in every rough block of marble because the angel was first of all in the artist.

While few if any of us rate with the above named artist, there is somewhat of an analogy in the fore-mentioned statement, in that those of us who have been in AA for awhile and are working the program in the manner suggested to us we see it taking hold in newcomers by reason of it having taken hold of us.

It is doubted that any of us have attained the various plateaus of sobriety in AA without the remarkable change being apparent to the other and older members of our groups. And the change which they have noticed is generally not recognized by us except by reflection until some time after that plateau has been reached. That is good.

In our searching and seeking for that which seemed to escape us in our escape from reality, until we had been sober for a period of time, most of us were totally oblivious to the fact that what we sought was within ourselves all of the time. It needed only to be nurtured and released.

Most of us were inclined to blame others for our shortcomings; or to blame our surroundings for our deficiencies; or to blame our heritage for our failures, while all the while the power to improve, as we have learned in AA, was latent in ourselves, awaiting release and development.

It is an easy thing to blame circumstances for happenings that are largely our own responsibility, and while sometimes there may be reasons to feel that conditions beyond our control have us licked, we have come to know that we can develop quality in our living, thus making them a part of ourselves.

The writer Henry Thoreau tells us that: "We should make one notch every day in our character, as Robinson Crusoe did on his stick."

Genuineness, honesty, integrity, friendliness, understanding, cheerfulness are good characteristics and are worthy of and can be developed. It seems to us and as implied in the Twelve Steps that it is God's intention that each one of us grow in moral character, for He will fellowship and understanding between men. If we contribute to these objectives we are in harmony with God's plan, if we handicap them we are working contrary to His plan.

Whatever the image a man carries around of himself it is most important as it greatly influences his reactions to life. If we see ourselves as weak creatures, we can readily see how this will affect our lives. On the other hand, if we think of ourselves as being capable, we can develop our lives in the opposite way.

We need but look into ourselves and with God's power develop it, by George!

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

MINUTES OF THE CENTRAL COMMITTEE MEETING JULY 11, 1972

Dick F., Moderator, opened the meeting with the Serenity Prayer, and Vice Moderator Lou W., then read the Purposes of Central Committee and the Twelve Traditions of AA. There were 17 groups represented.

Following reading of minutes of June 8 meeting and approval of same, Treasurer Jean C., reported treasury balance of \$255.19, which reflected the excellent response of the groups to the appeal to bring balance to above minimum requirements level.

COMMITTEE REPORTS:

Action Committee: Bob W., Chairman, no report.

Areawide Meeting: Joe T., Chairman, reported that next meeting would be held at 8 : 30 p.m. on September 8, in Jordan Hall of Charity Hospital. Speaker will be Howard O., Rocky River Thursday Group.

Central Bulletin: George M., Editor, again expressed gratitude for the job that the various groups are doing to secure new subscriptions. Returned mail by reasons of unadvised address changes continues to be a problem and expense.

Hospital Committee :

Rosary Hall: No report.

Bay View: No report.

Brecksville: No report.

Institution Committee: No report. See, however, article elsewhere concerning, reopening of the rehabilitation program for alcoholics at Cleveland House of Correction.

P.I.C.: Dick P., Chairman, reported that Cleveland AA District Office had supplied 175 speakers for talks to non-AA groups and meetings during the first six months of 1972 ending June 30.

There was no old business to come before the meeting and new business comprised a discussion of dispensing with meetings during July and August when attendance was affected by vacation schedules. It was consensus there should be no break in the continuity of these meetings and that twelve would be held throughout the year on the first Tuesday of each month.

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

— Joedy M., Secretary

THE PURPOSES OF CENTRAL COMMITTEE

Because better understanding is the key to Friendship; Because the public act of any group or individual involves our entire Fellowship;

Because we must continually take inventory of ourselves as individuals and as groups;

The AA Central Committee has these purposes:

To bring together representatives of all groups for discussions of policy and practice; to create high standards; to guard against exploitation or commercialization; to insure our humility as groups and individuals.

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

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

To serve as a clearing house for ideas.

The Object of The Central Committee is SERVICE.

CLEVELAND AA DISTRICT OFFICE

The Cleveland AA District Office is open to anyone, male or female, who is seeking an answer to an alcoholic problem. The office, located in Boom 205, Frederick Building, 2063 E. 4th St., is open weekdays from 0 a.m. to 5 p.m., Saturdays from 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

Lord, may I learn to share with others what You have first shared with me. How precious are Your good gifts to me! Now may they become even more precious as I offer them to others. May I be the master of my possessions and not a slave to them. Amen.

HOW TO HOLD YOUR HAVINGS

"The man to whom much is given, of him much is required; the man to whom more is given, of him much more is required."

— Luke 12:48

One of the facts of life seems to be that for our own benefit God does not permit us to retain our treasures for too long a time. It is only when we put back into circulation His gifts to us that we really benefit. The enrichment, then, is not the retention but the distribution.

We are enriched by giving away. This process results in assets, not liabilities. A very close ledger analysis of amounts received and amounts bestowed might prove we are always better off when we have learned this attitude. One of the best ways to assure God's continued goodness is to give away what you already have. One of the quickest ways to lose the favor of God is to hoard His bestowed gifts.

Each day God showers upon us new graces. Giving does not empty the cup but causes it to make room for other good gifts that God bestows upon us.

— Fortress Press

RICARDO IS BACK

Our beloved Dick P., Secretary, Cleveland District Office, has returned to his duties and heavy responsibilities after a period of hospitalization and convalescence from surgery.

His recovery having been complete, he reports that his first experience in hospital confinement was a pleasant one, made so by the hundreds of cards and other expressions of friendship and good will which he received.

It would be an insurmountable job to acknowledge each and every remembrance, so, by means of the columns of Central Bulletin, he conveys his very deep appreciation with a great big — "THANK YOU!"

PETTINESS

Keep us, oh God, from pettiness. Let us be large in thought, in word, in deed. Let us be done with fault-finding and leave off self-seeking. May we put away all pretense and meet each other face to face, without self-pity and without prejudice. May we always be patient, never hasty in judgment and always tolerant. Teach us to put into action our better impulses, straightforward and unafraid. Let us take time for all things. Make us calm, serene and gentle . . . grant that we may realize that it is the little things that create differences; that in the big things of life we are as one. And may we strive to touch and to know the great common heart of us all. And, oh God, let us not forget to be kind.

IN MEMORIAM

JOHN "WHITEY" ANDREWS, long time member and for many years Secretary of the League Park Group, passed away in late June. A truly devoted member, he was especially helpful in responding to calls for help in the downtown area, and will be sorely missed.

JOHN (JACK) SMYTH, long time member of the Newburgh Group, passed away on July 3rd which was the 25th Anniversary of the date on which he entered AA.

DATES TO REMEMBER

August 1-Central Committee, 8: 30 p.m., Room 362, Hanna Building.

5-6th Anniversary, Sister Ignatia Group. Sit-down dinner by reservation 7: 00 p.m., Charter House, 24800 Euclid Avenue, Euclid, Ohio. Speaker: (at 8: 30 p.m.) Father B., Portland, Oregon.

22-23rd Anniversary, Strongsville Group, 8:30 p.m., Strongsville, Ohio, City Hall, corner Routes 42 and 82. Speaker: Neil D., Strongsville.

HELP NEEDED

It is to be hoped that those who can and will — shall register with the Cleveland AA District Office their availability to do 12th Step work in the downtown area.

There seems to be a dearth of such members to answer calls for help which come to the Office from the downtown area. So, call and tell our office personnel you are willing and available.

REHABILITATION PROGRAM

Earlier this month the rehabilitation program for male alcoholics was reopened at the Cleveland House of Correction.

Under this program the minimum stay is thirty days and the hours of admission are 8:00 a.m. to 2:00 p.m., Monday through Friday. No weekend admissions.

While there is no charge for the treatment, anyone accepting the thirty-day treatment will need to have an AA member as sponsor to bring him to the center, where he will be evaluated by a staff member of the program for admittance. There are accommodations for eight men requiring acute care and total space will take care of thirty-two men.

Volunteers are needed from the ranks of AA members to talk to the patients and those interested or desiring information should call 464-9100, Extension 144 at the House of Correction.

OFFICE SUMMER SCHEDULE

In accordance with past practice, the Cleveland AA District Office is closed on Saturdays during August and all calls are handled by the answering service. These are checked every hour from 9: 00 a.m. to 7: 00 p.m., and any calls for help are contacted and turned over for follow up. Calls for information are also handled the same as though office were open. Saturday opening hours from 9:00 a.m. to 1:00 p.m. will be resumed on September 2nd.

HOSPITALS AND INSTITUTIONS

SUN O A Y	
TRUSTY HALL-1000 ft. east of House of Correction	10:00 a.m. and 5:00 p.m.
M O N D A Y	
HOPEFUL-State Hosp., 4455 Turney Rd., New Chapel Bldg. #1	8:00
T U E S D A Y	
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
W E D N E S D A Y	
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
T H U R S D A Y	
TRUSTY HALL-1000 ft. east of House of Correction	8:00
F R I D A Y	
MAIN GROUP-House of Correction, 4041 Northfield Rd.	8:00

AL-ANON GROUP MEETINGS

For information about time and place of Al-Anon meetings, please call Al-Anon Family Group Office (Room 204, Frederick Building, 2063 East 4th Street, Cleveland, Ohio 44115) at 621-1382.

THINKING OUT LOUD

Today every man and woman who is suffering from the disease of alcoholism has an equal opportunity to get help — thanks to AA for all the information it is making available to the public and *to* those who want and need help. People from all walks of life and from all professions are taking advantage of this help that is available and calling for information, which is given freely by qualified men and women who understand the sick alcoholic's problem.

The stigma that was shrouded over the alcoholic is gradually being removed by making the public aware that the alcoholic is a sick person. This conclusion is now accepted by the medical profession and by a large segment of the public.

Most of the public officials *now are* trying to help the alcoholic instead of ridiculing him and throwing him in jail and letting him suffer with his misery, his worries, and his sense of futility. He is now looked upon as a sick human being by the doctors and the police. The public, the family, and the friends are being informed on how to cope with the sick alcoholic's problem and they no longer hide the sick member of the family behind closed doors.

We owe a debt of gratitude to the pioneers of AA who were able to perceive the firmly visible light of freedom for the troubled men and women. They had before them a vision of a noble purpose and a strong determination to dispel the false notion that there was no hope for the sick alcoholic. They went out and picked the derelict out of the human scrap-pile where he was tossed by society and restored him to health, his family, and to society and he took up his responsibility as a husband, a father, and a member of society.

Most of the pioneers have passed on to their eternal rest, but they left us a legacy reaching to all parts of the world. Each member of this fellowship is challenged with the task of living up to his heritage; and adding something to it. There are still hundreds of men and *women* who are looking for a fearless explorer who will navigate their lives over a chartless road and bring them safely to the highland where honest effort is rewarded with peace and happiness. And since we are not allied with a sect, denomination, politics, organization or institution, we cannot delegate this task to someone outside of AA.

Some members of AA have the habit of going out the back door when they hear an obligation knocking on the front door. But such an attitude has never added anything to the welfare of another human being, nor contributed anything to the welfare of our fellowship.

No member of AA is as uninteresting as the member without interest. The pitiful member is the one who chose to be a spectator rather than a participant. The tragic member is the sightseer who turns his back deliberately on the men and women who saved him from destroying himself. "The only true happiness comes from squandering ourselves for a purpose."

— Edward B. in Akron Intergroup News

HONEST RESPONSIBLE COMMUNICATION

Everyone who advocates a cause, preaches a crusade, leads a movement or issues orders, must accept responsibility and assume accountability for the effects of what he says or writes and what he omits saying or writing.

Some of the rules of honest communication of ideas are: (1) When the speaker uses a sentence to make a statement, it is implied that he believes it to be true; (2) He implies that he has what he himself believes to be good reasons for his statement; (3) He implies that what he is saying is relevant to the interests and problems of his audience.

These rules, of course, are far wider than mere legality. There has always been a class of person holding that any practice that is legal is permissible. But confidence in one's honesty cannot be established simply by avoiding what is illegal. The maxim of the Law of Equity applies to men and women in all life activities: that all things be done faithfully and honestly.

The Royal Bank of Canada
— Monthly Letter May 1972

THE THREE R'S WILL GET YOU DRUNK

You have been in AA long enough to get de-fogged. You are a sober, responsible human being becoming happier each day. You try to work the Twelve Steps and do what you are told. When all of a sudden — whamo — you get knocked back into the past and the memories are enough to unhinge you.

If you dwell on the yesterdays, you will soon be deep into the forbidden Three R's of AA: regret, remorse, revenge. For example, you are sorry for the damage you have done to your in-laws. You honestly try to make amends. They aren't buying. Instead of thinking, "Easy does it," you decide, "Who do they think they are? I'll show 'em." Sure you will . . . by getting drunk.

Your teenager is giving you a rough time (don't they all?) and gets to you one day by saying, "I wouldn't have turned out this way." That hurts because in your heart you believe it to be truth, in spite of knowing your non-alcoholic friends are going through the same things with their teenagers. If your AA insurance is not paid on, you regress-into the Three R's by deciding, "Okay, kid, I'm trying to be a good parent, but if you won't cooperate, I'll show you."

Regret, remorse, revenge. And somebody ends up drunk.

Too much regret and remorse are danger signals. Add revenge to the list and you have pre-AA thinking, a time bomb that is guaranteed to explode when you take the cork out of the bottle. Splaa-aat, all over the place and there blows your sobriety.

When you fool around with thoughts of revenge, you are not playing God. God is playing you: He is testing you. The decision is yours. Good old freedom of choice, whether it be taking a drink of booze or a nip of revenge. Only you can decide.

Memories can cure if you are truly sorry and try to make amends. Regret and remorse thus become repair.

Memories can kill if you dwell on them by dragging out the horrors of the past and morbidly dissecting them, muttering, "Revenge, revenge." The past is over. It can never control you without your encouragement.

— Bacchus, Akron, Ohio

JUDGMENT

A judge who never drank was hunting with a friend on a cold day. It was lunch time and he was drinking a cup of hot coffee with his lunch. His friend produced a bottle of bourbon and mixed two drinks. Offering one to the judge, the friend said, "Have you ever tried warming up with one of these?" "No," said the judge, "but I've tried plenty who have."

"REASONS"

(Continued from page one)

REASONS can only be induced by HOPE! Realistic hope, hope that he will not fail, that sobriety will not make demands beyond his strength; hope of satisfying the inner hungers; hope for happiness and security; and this is what alcoholics who have recovered through AA's 12 Steps are keenly qualified to do — transmit HOPE! He presents living proof that the Reasons for TRYING to live soberly are not only rewarding, but essential to man's fulfillment . . . and that such meaningful sobriety is attainable.

Whatever his intelligence, wealth, talent, or position in life, no alcoholic can long defer his appointment with misery, failure, shame and heartache, nor can he alter his course without help. As long as he keeps drinking, his sick dishonesty, his empty phony values, his ego-centric delusions, his illusion that life should be an endless plane of unadulterated pleasure — make it impossible for him to function in a world of sober reality. Inevitably his existence becomes a living hell of hopelessness, when he comes to believe that he can't live WITH alcohol, nor WITHOUT IT. AA can give him reasons, hope, and a method to recover — if he chooses.

— RAILBEAMS, St. Paul, Minn.

CLEVELAND AREA *Guest Speakers*

AUGUST, 1972

ALLEDALE (Thursday) 3-Chuck B., Orchard Grove; 10—Paul K., Nela Park; Ill—Maureen B., Golden Gate Women; 24—Mary F., St. Clair Thur.; 31—James N., Doan Men.

BEDFORD MORNING (Wednesday) 2—Joe K., LSI; 9—Russ H., Euclid Fri.; 16—Harvey W., YOUR; 23—Don T., Solon Crossroads; 30—Len C., Broadway E. 55th.

BORTON (Monday) 7—Jack B., Shaker; 14—Leo A., Cleveland Heights Discussion; 21—Russ R., Marshall; 28—Tom S., Northeast.

BRECKSVILLE WEDNESDAY (Wednesday) 2—Kay D., Independence; 9—Rose Marie C., Ridgewood Women; 16—Jim R., North Columbus; 23—Tom U., League Park; 30—Hobie H. (AA); Bernadette H. (Al-Anon); Judy H. (AlaTeen).

BROOKLYN (Thursday) 3—George L., LSI; 10—Bob M., Brooklyn; 17—Bob S. (6th Anniv.), Brooklyn; 24—Bill S., Parmatown Men; 31—Julius W., Trinity.

CHARITY (Friday) 4—Herb F., Clark; 11—Bill D., Newburgh; 18—Frank T., Southwest; 25—Joe K., LSI.

CLEVELAND TEAMSTERS (Saturday) 5—Emmett M., Southwest Sun.; 12—Larry K., Berea Thurs.; 19—John F., Parmatown Men; 26—Al P., Strongsville.

DOAN MEN (Wednesday) 2—Ken S., Redwood; 9—Walter K., Stella Maris; 16—Vic H., Allendale; 23—Lou N., Friendship; 30—To be announced.

EDGE LAKE (Tuesday) 1—Tom D., Bay West Discussion; 8—Bob F. (?); 15—Marge K., West Side Women; 22—Harry J., Lakeshore Men's Discussion; 29—Jack E., West Shore.

GORDON SQUARE (Friday) 4—Vic L., Valley View; 11—Bob M., CPI; 18—Jean J., Riverbay Women; 25—Al P., Strongsville.

LAUREL (Tuesday) 1—Pat S., Lorain Ave. Mon.; 8—Cas P., Midpark; 15—Mickey D., Angle; 22—Joe W., Hague; 29—Bill S., Puritas Sun.

LEE MONDAY (Monday) 7—Paul K., Nela Park; 14—Paul O., Bedford Wed.; 21—Harry McG., Wed. Lee; 28—Eddie H., Lee Mon.

LORAIN AVE. MONDAY (Monday) 7—Ed H., Northeast; 14—John Z., YOUR; 21—Al G., Eaton; 28—Cora M., Hague.

MIDTOWN (Tuesday) 1—Paul B., Brunswick; 8—Chuck Z., Angle; 15—Dominic C., Seven Hills; 22—George F., Angle; 29—Helen M., Steelworkers.

ORCHARD GROVE (Monday) 1—Dick F., Midpark; 14—Jean M., Eastlake; 21—Rosemary C., Midpark; 29—Emil V., Midpark.

PARMATOWN MEN (Friday) 4—Harry J., Bay View; 11—Ed C., Parma Heights; 18—Ben K., Brookpark; 25—Charles K., Parmatown.

ROCKY RIVER (Thursday) 3—Carolyn B., Memphis; 10—Tom O., Lakewood Armory; 17—Bill S., Edgelake; 24—Kevin B., Lakewood Armory; 31—Frank T., Southwest Sun.

STEELWORKERS (Wednesday) 2—Richard L., Southwest Sun.; 9—Mike K., Independence; 16—Jack H., West 25th; 23—Bill C., Clark; 30—Gene R., West Side Morning.

STRONGSVILLE (Tuesday) 1—Frank M., Garfield Tues.; 8—Tom B., Golden Link; 15—Jasper W., Bedford Wed.; 22-23rd Anniversary of Group, Strongsville City Hall; Speaker: Neil D., Strongsville; 29—Don F., North Randall Thurs.

TRINITY (Saturday) 5—Tom N., Edgelake; 12—Pat C., Laurel; 19—Frank M., Laurel; 26—Bob H., Brooklyn.

WARRENSVILLE WOMEN (Wednesday) Please note that these meetings are held at Senior Hall Building, first building past men's House of Correction. 2—Jim R., VA Hospital; 9—Jack T., Newburgh; 16—Frank M., Garden Valley; 23—Bill L., Grateful; 30—Panel and Discussion.

WEST SIDE MORNING (Thursday) 3—Father H., Wed. Discussion; 10—Chuck B., Orchard Grove; 17—Bill (Buffalo) McA., Angle; 24—Lew N., YOUR; 31—Ann C., Niles, Ohio.

Y.O.U.R. (Sunday) 6—Pat B., Bedford Wed.; 13—Mary-Aaron F., St. Clair Thurs.; 30—Mary W., May-Lynd; 27—Steve R., Sister Ignatia.

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AUGUST 15, 1972

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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) Broadway & Union 7:30
 BROOKSIDE—Blessed Sacrament Church (down) 3381 Fulton Rd. 8:30
 C.A.H.—22650 1/2 Lake Shore Blvd. 11:00 a.m.
 CASTALIA, O.—Church of Christ, 206 Main St. 8:30
 COLLINWOOD—14812 St. Clair (rear) 7:30
 DETROIT SUNDAY—8304 Detroit Ave. 7:30
 GARDEN VALLEY—7100 Kinsman Ave. 4:30
 GENEVA—Y.C.C. Bldg., E. Main, Rte. 20 8:00
 GOLDEN LINK—Statler-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—20 1/2 So. Park St. 8:00
 MARSHALL—Marshall Ford Agency (side door) 6200 Mayfield Rd. 8:00
 MENTOR SUNDAY—St. Bedes Church, 914 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, 1443 E. 93 St. 8:30
 NEWBURY—St. Helen's Church, Rt. 87, Newbury 8:15
 NITE & DAY—13857 Euclid Ave. 11:00 a.m.
 PURITAS SUNDAY—Church of Ascension, 14040 Puritas Rd. 8:30
 6000 DETROIT DISCUSSION—6700 Detroit Ave. 7:00
 SOUTHWEST SUNDAY—Bd of Education Bldg., 390 Fair St., Berea 8:30
 SUPERIOR STAG—2022 1/2 E. 105 11:00 a.m.
 TRI-COUNTY—1378 E. 340th St., Eastlake 12:30
 U.A.W. #45—13816 St. Clair 7:30
 WAKEMAN TWILIGHT—St. Mary's Hall, Rt. 20, Wakeman, O 7:30
 WESTSIDE BREAKFAST—Junior Achievement Bldg. (Rear) 2070 W. 117th St. 12:30
 Y.O.U.R.—St. John Lutheran Church School Bldg., E. 176 & Nottingham, so. of Lake Shore Blvd. 7:15

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, 7400 Lake Shore Blvd. 8:30
 GOLDEN GATE WOMEN—Highland Presb. Church Annex, 5632 Wilson Mills Rd. 8:30
 HUMBLE—Beachland Presbyterian Church, 18100 Canterbury off Lake Shore Blvd. 8:30
 JEFFERSON—Jefferson Savings & Loan, 12 1/2 Jefferson, Jefferson 8:30
 LAKEWOOD MEN—St. Peter's Episcopal Church, West Chilton & 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—W. Irenaeus Hall, 10265 Lorain Ave. off West Blvd. 8:30
 MONDAY MORNING 12 STEP—United Church of Christ, 2160 Warren Rd., Lakewood 10:30 a.m.
 NORWALK MONDAY—Universal Church, West Main St., Rt. 20 & 250 Intersection 8:30
 ORCHARD GROVE—St. Paul Luth. Church, Detroit & Arthur Ave. 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
 SOLON CROSSROADS—Solon Historical Bldg., Rt. 91 & Bainbridge Rd. 8:30
 SOUTH EAST—7524 Broadway 8:30
 STREETSBORO—St. Thomas Lutheran Church, Rt. 43 south of Rt. 14 8:30
 TEMPLE—St. Adelbert Church, 2347 E. 83 St. 8:15
 VERMILION—Congregational Church, State St., Route 60 8:30
 WEST 26th STREET—Eight 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, 4183 Shankland Rd. 8:30
 WINDSOR—United Methodist Ch., Rt. 322 & Rt. 534 8:30

TUESDAY

ASHLAND—Methodist Church, corner 13857 Euclid Ave. 8:00
 BAINBRIDGE GRATEFUL—Valley Presby Church, Rt. 306 & Chagrin Rd. 8:30
 CLARK—1917 Clark Ave. 8:30
 CLOCKWATCHERS (Closed)—Christ Episc. Church, Hudson 8:00
 CORLETT MEN'S—Shaffer Church, 1292 Miller Ave. 8:30
 DAY AT A TIME AM—13857 Euclid Ave. 8:30
 EATON—Grace United Church of Christ, 1491 Westrop off E. 152 St. 8:00
 EDGE LAKE—Trinity Lutheran Church, 1640 Detroit Ave., Lakewood 8:30
 ESQUIRE—St. James Episcopal Church, 1681 E. 55 & Whittier, off Payne 8:30
 EUCLID MORNING—Lake Shore Christian Church, E. 280 St. & Lake Shore Blvd. 10:30 a.m.
 FAIRMOUNT—St. Paul's Episcopal Church, Fairmount & Crenshaw 9:00
 FAIRVIEW PARK—Fairview Grace Church, W. 224 St. & Lorain Rd. 8:30
 FALLS—Community Church, 7853 Columbia Rd., Olmsted Falls 9:00
 FORD 1250—17250 Hummel Rd., Brookpark 11:00 a.m.
 GARFIELD HEIGHTS—Garfield Municipal Bldg., 5555 Turney Rd., Garfield Hts. 8:30
 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 TUESDAYS—John Bosco Church, 6460 Pear, Rd., Parma Hts. 9:00
 LORAIN CENTRAL—Trinity Church, Elyria Ave. & 25th, Lorain 8:30
 MANSFIELD—Grace Episcopal Church, 41 Bowman St. 8:30
 MARYLYND—Hilfest Evan United Brethren Church, 1400 Lander Rd., Mayfield Hts 8:30
 MIDDLETOWN—Trinity Cath. Parish Hall (rear), E. 22nd & Prospect 8:30
 NIGHT & DAY—22050 1/2 Lake Shore Blvd. 8:30
 NO. RIDGEVILLE—Shepherd of Ridgeville Luth. Church, E. 20, Ridgeville 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., High St. 1:00
 SEVEN HILLS—Closed Discussion—Seven Hills Meth. Ch., Elmhurst Ave., off Pleasant Valley 8:30
 SHOREGATE MEN'S STAG—Wickliffe City Fire Station, (up), 28730 Ridge Rd., Wickliffe 9:00
 SMITH WILSON—St. Joseph's School Bldg., Church, High St., 9321 Orleans Ave. 8:30
 STRONGSVILLE—Community Library, 13213 Pearl Rd. 8:30
 SUPERIOR—North Presbyterian Church, E. 40 St. & Superior 8:30

TRW—Cedar Ave. Guard Post #2, Bldg 32, 2nd Floor 7:00
 12 ST. PETER'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, 138 St. & Puritas 8:30
 YOUNG PEOPLE'S—First Methodist Church, Euclid Ave. at E. 30th 8:30

WEDNESDAY

ASHTABULA COUNTY WOMEN—Harris Mem. Presb. Church, W. 58 & Adams, 2nd & 4th Wed. 8:00
 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 Rds. 8:30
 BRECKENRIDGE WED.—V.A. Hospital, 10000 Brecksville Rd. 8:00
 BRUNSWICK—Cuyahoga Savinas Bldg., Laurel Square (entrance next to Marshall Drug) 8:30
 COLLINWOOD—14812 St. Clair (rear) 8:00
 DOAN MEN—First Presbyterian Church, 16200 Euclid Ave. 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., Garfield Heights 8:30
 GARFIELD HEIGHTS—Pilgrim E. & R. Church, 4592 E. 131 St. 8:30
 HAGUE—Bethany Presbyterian Church, W. 65 St. & Clinton 8:30
 LAKE COUNTY WOMEN—First Presbyterian Church, 4785 Shankland Rd., Willoughby 1:00
 LEE ROAD WEDNESDAY—St. Ann's Church (basement), Coventry & Cedar 9:00
 LORAIN COUNTY WOMEN—Vincent Methodist Church, Detroit Rd., Rt. 254 east of Rt. 57 8:30
 LORAIN COUNTY WOMEN—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. 84 & Cedar 8:00
 SANDUSKY GROUP #1—Providence Hospital Cafeteria 7:00
 SHEFFIELD LAKE—St. Thomas School (new hall south east bldg.) 8:30
 HARRIS RD., Sheffield Lake 8:30
 STEEL WORKERS—Swiss Hall, 271 Walton Ave. 11:00 a.m.
 T.C. 1005 UAW (Progressive Hall)—5615 Stumph Rd. (between Brookpark & Snow) 8:30
 TWILIGHT 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, 24041 Hilliard Rd., Rocky River 8:45
 WICKLIFFE—First Presbyterian Church, E. 296 St. & Ridge (so. off Euclid) .. 8:30

THURSDAY

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 Mamin Ave. 8:00
 ASHTABULA HARBOR—Bethany Lutheran Church, High Ave. (between 9th & 10th) 8:30
 BAY WEST DISCUSSION—Church Of the Redeemer, 23500 Center Ridge Rd., Westlake 8:30

Berea THURSDAY—Fine Arts Club, 222 Bagley Rd. (east of Eastland Rd.) 9:00
 BROADWAY 55th—Our Lady of Lourdes School Hall 8:30
 BROOKLYN—St. James Lutheran Church Hall, 4771 Broadview Rd., at Oak Park Dr. 8:30
 CHRYSLER TWINSBURG—Chrysler Union Hall, 8650 Chamberlin Rd., Twinsburg 8:30
 COVENTRY FAIRMOUNT—Presbyterian Church, Scarborough & Fairmount 9:00
 DAY AT A TIME—13857 Euclid Ave. 11:00 a.m.
 EASTLAKE—Reformation Lutheran Church, 34300 Lake Shore Blvd. 9:00
 EAST SHORE WOMEN DISCUSSION—Euclid Richmond Library, 26155 Euclid Ave. (base rear) 8:00
 EDGE LAKE WOMEN DISC. (Closed)—Trinity Luth Church, 16400 Detroit Ave., Lakewood 8:30
 ELYRIA THURSDAY—St. Agnes School Basement, Lake Ave. & Dewey 8:30
 GARDEN VALLEY—West of Kinsman Ave. 8:00
 INDEPENDENCE—Presbyterian Church, 6624 Public Square, Independence 8:30
 J & L GROUP—Trinity Ev. Church, 3525 W. 25th St. 8:30
 LAKE SHORE MEN'S DISC. (Closed), Cove United Meth. Church, 12501 Lake Shore Blvd. 8:30
 LAKEWOOD CROSSROADS—First United Church of Christ, 2150 Warren Rd., Lakewood 9:00
 MANSFIELD DISCUSSION (Closed)—20 1/2 South Park St. 8:00
 MAPLE LEA—Congregational Church Fellowship Hall, West of Park, Burton 8:30
 MIDPARK—Middleburgh Hts. Comm. Church, Big Creek Pkwy & Bagley 8:30
 NIGHT & DAY—22050 1/2 Lake Shore Blvd. 11:00 a.m.
 NORTH RANDALL—North Randall Village Hall, 21337 Miles Ave. 8:30
 OBERLIN—Grace Lutheran Church, West Lorain St., Oberlin 8:30
 PAINESVILLE—St. Mary's Church Basement, 2820 N. State St. 8:30
 ROCKY RIVER—Rockport Methodist Church, 3301 Wooster Rd., Rocky River 8:30
 ST. CLAIR THURSDAY—22050 1/2 Lake Shore Blvd. 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
 BEREa FRIDAY—Berea Congregational Church, Seminary & Church Sts. 8:30
 BROADWAY HARVARD—8516 Broadway Cedar—Salvation Army, 5005 Euclid Ave. 8:00
 CHAGRIN FALLS—Federated Church, 76 Bell St. 9:00
 CHARDON—Chardon United Methodist Church, 515 North St. 8:30
 CHARITY—5315 Lincoln Chasney Hospital Amph. 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—Southeast Elem. School, 13857 Euclid Ave. 8:00
 DAY AT A TIME—13857 Euclid Ave. 10:45
 EAST CLEVELAND DISCUSSION—13857 Euclid Ave. (Night & Day) 10:45
 EAST SIDE FRIDAY (Closed)—Lyndhurst Comm. Presby. Church, 5312 Mayfield 9:00
 ELYRIA FRIDAY—St. Andrew's Church, 300 S. Third St., Rt. 20 8:30
 EUCLID FRIDAY—Church of Epiphany, Lakeshore & E. 210 St. 9:00
 FRIDAY AFTERNOON WOMEN—Plymouth Church, Coventry & Drexmore 1:00
 GORDON SQUARE—West Blvd. Christian Church, Seadison Ave. & W 101 St. 8:30
 HEIGHTS CLOSED DISCUSSION—Heights Christian Church (rear), 17300 Van Ake" at Avalon 8:30
 MANSFIELD FRIDAY—A.A. Club, 20 1/2 South Park St. 8:30

MAPLE HEIGHTS—Maple Heights City Hall, Hamer Lee Rd. & Maple Hts. Blvd. 8:30
 NIGHT & DAY—22050 1/2 Lake Shore Blvd. 10:45
 NORTHEAST—Hope Evangelical Lutheran Church, 2222 Taylor Rd. at Northvale 8:30
 PAINESVILLE FRIDAY—John's Baptist Church, 361 W. Jackson 8:30
 PARMA TOWN MEMPHIS—Parma Community Hospital—Assembly Room, 7007 Powers Drive 8:30
 POST OFFICE GROUP—Ma. Post Office, Room. 4079-A 8:00
 RIDGEWOOD WOMEN—St. Charles Ch., Ridge Rd. & St. Charles Ave., Parma 8:00
 SISTER ICYNATIA—St. Paul Church, E. 290th & Chardon Rd. 9:00
 SOLIDARITY—2332 "Twin Rd., Quincy & E. 55 St. 8:30
 SPANISH-AMERICAN—Our Lady of Guadalupe Ch., 30th & Clinton, Lorain, Ohio 8:30
 ST. MARYS—1550 Washington St. 8:15
 TGIF MEN—Bethesda Luth. Ch., 28607 Wolf Rd., Bay Village 8:00
 TRI-COUNTY—1378 E. 340th St. 10:30 a.m. & 8:00
 TRINITY—802 Cedar Ave. Guard Post #2, Bldg 32, 2nd Floor 8:00
 UNIVERSITY CIRCLE CLOSED—Church of Covenant, 11205 Euclid Ave. Noon
 VENICE—Betty Rindler 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, 1315 Clifton 9:00

SATURDAY

ACTION—8516 Broadway 8:30
 ASHTABULA—St. Peter's Episcopal Church, Main St. at So. Park 8:30
 BAYVIEW—Bayview Hospital, 2820 N. 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
 DAY AT A TIME—13857 Euclid Ave. Midnight
 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, Middleidge & Townline Rds. 8:15
 MANSFIELD—20 1/2 South Park St. 8:00
 MATT TALBOT—First Presb. Church, 16200 Euclid Ave. 8:30
 MEMPHIS—Lakewood Congregational Church, 11205 Euclid Ave. 9:00
 NEW LONDON—First Methodist Church, Main St., New London 8:00
 NIGHT & DAY—22050 1/2 Lake Shore Blvd. 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—Euclid Lutheran Church, E. 260 St. & Forestview, Euclid 8:30
 RICHLAND COUNTY INTERACTAL—Garden Fife Aud., Mantfield Gen. Hosp. 8:30
 SOBRIETY—St. Mark's Church, 15300 Puritas 8:30
 STEEL CITY—YMCA, E. 28th St., Lorain, Ohio 8:30
 TRI-COUNTY ARID—1378 E. 340th St. 9:00
 TRINITY—Trinity Evangelical Church, 3525 W. 14 St. 8:30
 VALLEYVIEW—Pilgrim Church, 2592 W. 14 St. at Starkweather 8:30
 WEST RICHLAND—United Church of Christ, Rt. 303, West Richfield 8:30



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FRATERNITY OF THE GRATEFUL

"Where shall the weary rest? When shall the lonely heart come home? What doors are open to the wanderer? And which of us shall find his Father, know his face, and in what time, end in what land? Where?"

"Where the weary heart can abide forever, where the weary of wandering can find peace, where the tumult, the fever, and the fret shall be forever stilled."

—Thomas Wolfe

It is a strange, yet comforting, truth that whenever we hit a low period in our life in AA, when we find ourselves somewhat depressed for no apparent reason and cannot think our way out of it, sooner or later a combination of something outside ourselves and our response to it brings us back up to the old feeling of joy in our sobriety like we knew when we were young in the program. It's a feeling of cleanness — like talcum powder after a shower; it is the warmth of sunlight through rose stained window panes; it is love that has forgotten to be jealous and self-seeking.

I cannot write about theories and generalities. Recognizing this limitation, I can only pass on to others what I have actually experienced and observed. Over the past months a chain of seeming chance events have worked together to create such an impact on me . . . and there is peace again.

It began that night during a seminar I attended (more out of curiosity than anything else). Among the articles given me to read was one by Paul Tillich, in which I read: ". . . Grace strikes us when we are in great pain and restlessness . . . when we feel that our separation is deeper than usual . . . when our disgust for our own being, our indifference, our weakness, our hostility, and our lack of direction and composure have become intolerable to us . . . when, year after year, the long-for perfection of life does not appear, when the old compulsions reign within us as they have for decades, when despair destroys all joy and courage. Sometimes at that moment, a wave of light breaks into our darkness, and it is as though a voice were saying: 'You are accepted. You are accepted, accepted by that which is greater than you' . . . we may not be better than before, we may not believe more than before. But everything is transformed . . . and nothing is demanded of this experience . . . nothing but acceptance."

That thought, like water to a dried-out sponge, seeped through my being and made me feel soft and gentle and kind again. And in the days that followed, over and over in my mind went, "I am accepted. . . just as I am, I am accepted." All of the joy of sobriety came back like it was in the beginning . . . when the members of AA welcomed me into the group and I knew that I had at last found the place where I "belonged." As Tom P. said one time, "The severed arm is only a piece of meat, but joined to the body become a vital living thing."

The next small link in the chain, nothing earth-shat-

(Continued on page four)

"AND HIS LINE IS NEVER BUSY"

There's a very popular movie currently showing in the greater Cleveland area that a lot of AA people would do well to see. It is the 1972 Academy Award winner and it contains a priceless lesson for every AA member.

One of the characters in this picture spends a great deal of time 'talking to God,' and the result is that one comes away feeling a little closer to God and a little warmer, and a little pleased to know that in the humblest of men, there are those who "live" each day close to Him, and have a one to one relationship with Him.

This is the kind of relationship we in the program need to develop, and to improve upon. We need to learn that God is there for us to talk to, and He does hear us, and answer us in whatever way He thinks is right.

We need to have this absolute confidence that the man in the movie displays so beautifully . . . confidence in God and that He hears us.

All of us in AA have experienced those periods in our lives when we thought that there was no one we could talk to. We felt that no one cared and that no one wanted to hear our problems.

As far as men were concerned, or society in general for that matter, we were probably correct, for the stigma of drunkenness or alcoholism carries with it the disdain of other men. To the non-understanding people in this world, our problem was one of our own doing and we did not merit their concern. Even our closest relatives many times turned away from us.

But, God was always there. He never turned away. In our blind confusion, our stumbling feet led us farther and farther away from Him, and only when we found AA did we suddenly begin to realize that He was there all of the time and that our new found sobriety was an outright gift from Him and no other.

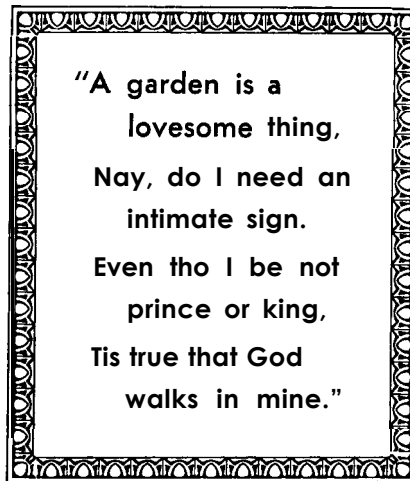
Many of us did not know God at all, and we have seen through the workings of AA that many of these same people came to know Him and believe in Him implicitly after they had been sober for a time.

As we progress in AA and observe what happens at the meetings, and in the hospitals, to men and women who were social outcasts, so to speak, we are more than convinced that God in His marvelous mysterious way is weaving patterns of miracles right before our eyes, and we have but to open our minds to see them for what they really are.

As one watches this movie, and sees the workings of the central character's mind, one cannot but think of what AA teaches us. The humble farmer portrays all of the things that we strive for in AA. He is soft-hearted he loves . . . he cries out in misery . . . he knows honesty . . . he can be humble among his fellowmen as well as before God. He has the same problems, the same trials and tribulations that all men have and yet he never becomes bitter or gives up in defeat.

This man knows that although many things do not go the way he wishes, God is still at his side, and he proves this over and over in his little "conversations"

(Continued on page two)





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Harry D. pounder and Editor 1892-1968



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No. 12

MILL ENDS AND REMNANTS

Repetitive or recurring thoughts and study and application of them seem to be the plan for sustaining our sobriety. In repeating them we emphasize them and it appears that in that emphasis and any enlargement of them we attain and maintain growth.

In the earlier days of our sobriety most of us latched onto any "handles" or cliches that came to us, for in our hopeful yet unconfident mental condition we needed to latch onto something to sustain us.

A few of these: "Take it easy!, Let go and let God!, A day at a time!" etc. take on more significance the longer we are away from that last drink, and likely that is why our ears and our minds are alerted to pick up new and sustaining handles as we go along.

In my mind's eye I shall ever recall the sign, carved in wood, which hung above the double doors as you left old Rosary Hall to enter the corridor of the second floor of Charity Hospital. It read: "Take Hope Ye Who Leave Here." That sign has now been removed, but the same words are now framed in another which hangs at the elevators of the enlarged Rosary Hall. To me, and to others, I am certain, these few words and especially the one "HOPE" opened other doors for us in our efforts to attain and sustain a happy sobriety in AA.

At a recent meeting our speaker told of a sign which has influenced his thinking into maintaining his sobriety. The sign in question hung in a tavern which he frequented prior to admission of his powerlessness, it read: "Free beer tomorrow." A rather different handle to be sure; nevertheless it makes sense when coupled with our day-at-a-time philosophy in which there are no "tomorrows."

While the late Jack D. left a lasting imprint and impact on all of us who knew him and had heard him speak, the greatest legacy seems to have been his 3-Da — Desire, Decision, and Determination. It is rare, I suspect, for a week to go by without these priceless and timeless handles being brought to light, especially at beginners' and discussion meetings.

At our meeting this week the speaker Marge K., who knows whereof she speaks, injected 3-As, which are most worthy of our thought and meditation. These are (1) Admission, (2) Acceptance and (3) Action, all of which demonstrate the full cycle of an alcoholic's program of a happy and fulfilling sobriety in the Fellowship, and beseeches the reason for the continued appearance at our meetings, of giving and sharing 'by long time members.

Your columnist would be pleased were he original enough to coin a few of his own phrases, but he is happy that there have been so many others who have provided handles which he can grasp, by George!

"AND HIS LINE IS NEVER BUSY"

(Continued from page one)

with Him every day. He not only turns to God when troubled, but at all times, in both trouble and joy. He is quick to lament, quicker to give thanks for his blessings, and talks over his problems with God, certain that he will get the right answer. And, like our Hound in Heaven, his fiddler on the roof is always with him. By all means see it.

MINUTES OF CENTRAL COMMITTEE MEETING AUGUST 1, 1972

Dick F., Moderator, opened the meeting with the Serenity Prayer in which he was joined by the 25 group representatives in attendance. Lou W., Vice Moderator, then read the Purposes of Central Committee and the Twelve Traditions of AA. Minutes of the July meeting were read and approved, following which the Treasurer, Jean C., reported treasury balance of \$454.16.

COMMITTEE REPORTS:

Action Committee: Bob W., Chairman, reported nothing new at this time.

Areawide Meeting: Joe T., Chairman, stated he would appreciate members requesting their respective groups to urge more of their members to attend Areawide Meetings, as attendance has diminished from what it should be.

Central Bulletin: George M., editor, reports that group action in getting more subscriptions continues to show pleasing results and urges that there be no let up as more and more new people are entering the doors of AA and the Bulletin is an effective tool in helping them attain and maintain sobriety.

Hospital Committee :

Rosary Hall: There was a discussion as to flowers being sent to women patients, and members should caution families and friends from this practice. Space to accommodate flowers is limited and the hospital staff does not have time to take care of them. Candy, fruit or cigarettes would be acceptable.

There was also some discussion as to Kaiser Foundation hospitalization which requires Foundation doctor's approval before admission. Rosary Hall will not admit the patient with just the written contract.

Bay View: Julius W., Chairman, reported that visitation has been excellent.

Brecksville: No report.

Institution Committee: No report.

P.I.O. In the first seven months of 1972 there were 179 speakers supplied to non-AA meetings and groups by the Cleveland AA District Office.

There was no old business before the meeting and new business embraced a short discussion of the rehabilitation program at Cleveland House of Correction. Formation of two new groups was announced: (1) UAW-1005 Morning Group, which will meet on Wednesday mornings at 10:00 a.m., UAW Hall on Stumpf Road, Parma, Ohio. (2) Metro General Group at Cleveland Metropolitan General Hospital, Lowman Building, on Scranton Road, Cleveland, Ohio, Fridays, 7 : 30 p.m. These are both open meetings.

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

— Joedy M., Secretary

FROM OUR MAIL BOX

Dear Friends:

It has been a long time since the last note, but once again I want to express my deepest gratitude for the extra Bulletins, especially the six years I received it while at sea. It was always such a tremendous help to me. Mostly in my spiritual life, as who I was and where I was going.

I'm suggesting to our discharged patients to subscribe to the Bulletin, as it might keep them from taking that first one that does it.

Our steering committee voted to send you an annual contribution, funds permitting, so if you continue to have extra copies or even old Bulletins we would be forever grateful.

Thanks much for all the support.

Love in God's program,
Clarence B., Long Beach, Cal.

Ed. Note: Isn't it great to have been able to carry the message to the remote corners of the earth? Current Central Bulletins will continue to go to Clarence in support of his work and we are also seeing what we can do with respect to past issues.

PRAYER OF THE MONTH

Everlasting Father, let us not look forward to what might happen tomorrow; helping us to know that in caring for us today will take care of us tomorrow, either shielding us from suffering or giving us unflinching strength to bear it. Let us be at peace then and put aside all anxious thoughts and imaginations. Amen.

— St. Francis de Sales

SOBRIETY

I believe an alcoholic lives as long as his sobriety and experiences has a meaning and a value. Once this value, hope and meaning begins to vanish, we begin to deteriorate and die within ourselves.

If we wish to help another alcoholic, we must accept the "identities" the "otherness" of that person. Growth is an important factor in our program. We must grow. We cannot become a statue, and remain forever as a cold and immovable idol.

As the alcoholic progresses he becomes aware, and creates an understanding of the needs, dreams, and aspirations; as well as the despairs, frustrations of other alcoholics.

Until sobriety catches hold of my life in such a manner, as to affect my total behavior; or creating new sensibilities, which must be a part of the human alcoholic, then my sobriety is going no-where.

We must always be adamant in creating an environment of sobriety that grows, so that another alcoholic might recover. What about these wonderful, unforgettable alcoholics who invite the sick alcoholic, "to a one day at a time," program?

With them we grow. From them emerges an energetic wave that enables us to develop all things we are or hope to be.

Our adversities become less; and our ambitions have a new concept and meaning for us. I am sure we will find that we live when we are true to ourselves; honest and above all responsive to our convictions.

When we are loving, we are living. When we become involved with the "other" alcoholic, we are concerned and committed; and we must always remember the "alcoholic," is not a "what"; to be confronted or approached as an object: but a "who"!

Because, he is going through an experience of creative re-adjustment; a new out-look on society, life, and a determination to make decisions of his own. We alcoholics did not ask if it would work. It was a thing we could do, and it would work — "one day at a time."

You know these people who invite us "the sick alcoholic"; to a new way of life, do not sit at home crying in their coffee! They go out and twelve step, they serve their group; they pick up an ash tray; kitchen duty; or help clean the meeting room.

Not in the door at 8:29 and out the door at 9:31. Try and always be ready and available for service in your group.

Sobriety to me has extraordinary meaning, which cannot be wholly expressed in words; but it is open to understanding by any one who is in earnest to discover it, and who will make appropriate effort.

Sobriety is the only future an alcoholic has; without sobriety there is no future: And for the sober alcoholic, our treasures in life go on and on! We give of ourselves to others; and, as we all know, give to others, and it will come back to us.

We must not keep the knowledge of our program a secret possession; because I am obliged, and dedicated to carry the message of this program, to the best of my ability, whenever possible, to other alcoholics.

We must promote an atmosphere of friendly co-operation among all professional and lay groups, who are concerned with alcoholism. We grow as we give.

In order to be sober, we must believe in Sobriety.

— Earl G. in Broward County (Fla.) Newsletter

DATES TO REMEMBER

- September 4-LABOR DAY
 4-6th Anniversary of Monday Morning 12th Step Group, 10:30 a.m., United Church of Christ, 2150 Warren Road, Lakewood, Ohio. Speaker: Jerry W., Angle.
 5-Central Committee, 8: 30 p.m., Room 362 Hanna Building.
 8—Areawide Meeting, 8: 30 p.m., Jordan Hall, Charity Hospital, East 22nd and Central Avenue. Speaker: Howard O., Rocky River.
 10—Third Quarterly Meeting North Eastern Ohio General Service Committee, 3:00 p.m., American Legion Hall, Brecksville, Ohio. All welcome.
 15—30th Anniversary of Gordon Square Group, 8:30 p.m., West Boulevard Christian Church, Madison Avenue and West 101st Street, Cleveland. Speaker: Kay S., Clinton, Ohio.

THERE ARE TWO SEAS

There are two seas in Palestine. One is fresh and fish are in it. Splashes of green adorn its banks. Trees spread their branches over it, and stretch out their roots to sip of its healing water. Along its shores the children play.

The River Jordan makes this sea with sparkling water from the hills. So it laughs in the sunshine. And men build their houses near it, and birds make their nests; and every kind of life is happier because it is there.

The River Jordan flows on south into another sea. There is no splash of fish, no fluttering leaf, no song of birds, no children's laughter. Travellers choose another route, unless on urgent business. The air hangs heavy about its waters and neither man nor beast nor fowl will drink. What makes this difference in these neighbor seas? Not the River Jordan. Not the soil in which they lie; nor the country round about.

This is the difference. The Sea of Galilee receives but does not keep the Jordan. For every drop that flows into it, another flows out. The giving and receiving go in equal measure. The other sea is shrewder, hoarding its income jealously. It will not be tempted into any generous impulse. Every drop it gets, it keeps. The Sea of Galilee gives and lives. The other sea gives nothing. It is named the Dead Sea.

There are two kinds of people in the world. There are two seas in Palestine.

-Bruce Barton

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

AL-ANON GROUP MEETINGS

For information about time and place of Al-Anon meetings, please call Al-Anon Family Group Office (Room 204, Frederick Building, 2063 East 4th Street, Cleveland, Ohio 44115) at 621-1382.

FRATERNITY OF THE GRATEFUL

(Continued from page one)

tering by any means, but important because it was a part of the whole, was the day I ran across a small paragraph from something Dostoevsky wrote: "life is only given to me once and I shall never have it again; . . . Where is it I've read that someone condemned to death says or thinks an hour before his death that he had to live on some high rock, on such a narrow ledge that he'd have only room to stand, and the ocean, everlasting darkness, everlasting solitude, everlasting tempest around him, if he had to remain standing on a square yard of space all his life, a thousand years, eternity, it were better to live so than to die at once! Only to live, to live and live. Life! . . . whatever it may be."

I thanked God that I had been given a tremendous will to live. I know that all people are not so blessed, judging from the rate of suicides. It takes "the will to live" to be willing to go to any lengths for sobriety, which entails, among other things, "facing reality." The idea of facing reality use to conjure up in my mind the picture of a person with eyes like a magnifying glass who could see that the moon was not really beautiful, but a gob of crates and gases, etc., and in truth didn't shine at all **except** by courtesy of the sun. I have come to believe that reality is not always pleasant or pretty; there is dirt and mud, but there are fresh new violets, too, pushing out of the earth somewhere . . . and they are just as real. There is much pain in reality, but there are moments of surging, buoyant joy in just being alive and sober. Even in the physical and mental anguish of drinking, I clung to life with the tenaciousness of a tick on a dog. I have heard some people say — and once I said it too — that if they were not happy sober, they would get drunk. The more I thought about that, the more I realized I did not know what I was saying. There are lots of days when I am not "happy" by my old definition of the word . . . but I sure don't want to be drunk. It is a matter of survival! With us to drink is to die. And I want to live — happily if I can — but if not, I still want sobriety and the AA Way of Life, for therein lies the only possibility for happiness for me. Those words of Dostoevsky were part of the impact . . . I thanked God I still want to live . . . life, whatever it may be!

Not through mere perversity do men run after it. Next, I read an article in the Grapevine in regard to Bill W. — Carl Jung letters. It was Jung's opinion that an alcoholic's craving for alcohol was the equivalent, on a low level, of the spiritual thirst of our being for wholeness . . . I remember that William James, also, had written "the sway of alcohol over mankind is unquestionably due to its power to stimulate the mystical facilities of human nature, usually crushed to earth by the cold facts and dry criticisms of the sober hour. Sobriety diminishes, discriminates, and says no; drunkenness expands, unites and says yes. It is in fact the greater exciter of the 'yes' function in man. It brings it votary from the chili periphery of things to the radiant core. It makes him for the moment one with the truth. Not through mere perversity do men run after it . . . the drunken consciousness is one bit of the mystical consciousness." When I was very new in AA, the chairman of the beginner meeting emphasized that alcoholism is an illness, not a moral problem. Alcoholism is a three-fold illness: physical, mental and spiritual. Will power alone would not operate to alleviate this illness, for we reached that point when we wanted to be sober, we "willed" to stop drinking, but we found we could not without help. We had an obsession and a compulsion to drink over which we had no control.

The protective wall of human community. Carl Jung went on to say that one of the ways to counteract our obsession to drink was by the "protective wall of human community." And I thought how well that describes this life-giving fellowship of Alcoholics Anonymous . . . a protective wall of human community. I was alone and afraid and proved over and over again that I could not stay sober on my own. Without help I was doomed. I found AA and I was not alone anymore. The wonder of it . . . the reassurance . . . never alone again. The

lone wolf had found the pack. Suddenly I was surrounded by people who understood me, knew all about me, and loved me anyway. If my steps faltered, the group was all about me to share their experience, strength and hope with me. I know that my sobriety depends on my effort, but all the many kind, real friends in AA make the journey sweet. Never in all my life have I felt so safe and protective and a part of the living stream of life. There have been times when this thought alone has held me up. Would one who had found the warmth of the tribal fire choose to return to the cold emptiness? Thank God for the protective wall of human community.

The climax came in a darkened theatre as a relived my life through the poignant story of Joe Clay and Kirsten Arnesen in **Days of Wine and Roses**. When Kirsten wanted to come-home to Joe after he had been sober nearly a year, even though he still loved her and wanted her, he knew that she did not want to stop drinking and their being together could only destroy him . . . and with him, their child who depended on him . . . and beyond that, the new member he was trying to help and all those who still suffered that he might be able to help in the years to come. There was no road back to the "days of wine and roses." Joe Clay was more than Joe Clay. He was part of a **lifeline reaching into a morass**. He did not have the right to go to Kirsten." That thought was the impact.

I thought of my own life and the deepening depression over the past months. Now, I knew why. More and more I had been dwelling on my own personal problems. I had been reverting to the attitudes of a person whose life did not depend on not taking that first drink . . . and maintaining emotional stability. The things I wanted were not wrong, but wanting them so much everything else was blotted out was wrong. When we are overwhelmed with our own desires, we are incapacitated insofar as others who desperately need our help. Perhaps so-called normal people can afford possessive love, crying at the drop of a hat, wallowing in self-pity and hurt pride, jealousy, resenting either real or imagined slights . . . but not I. I am an alcoholic. Sobriety is the most important thing in my life. This being so, every other fact of my life pales into insignificance. The only way I can know fulfillment as a human being and find any satisfactory meaning to life is to keep one thought always uppermost in my mind . . . its intensity burning with pure cleansing flame the pettiness and meanness from my all too human heart: Joe Clay was more than Joe Clay. Marguerite is more than Marguerite; I am "part of a lifeline reaching into a morass." I have no right to allow anything to deter me from my purpose. For if I do, not only I will suffer, but my children, the people I love, the new members I am trying to help, and the hundreds that they in turn might help . . . will suffer. My life is not my own. It belongs to Him who gave me life and to my suffering brother.

"Where shall the weary rest? When shall the lonely heart come home? What doors are open to the wanderer? And which of us shall find his Father, know His face, and in what time . . . where?" Thank God for sobriety . . . for a return to sanity for each new day of life . . . for swelling, buoyant joy in being alive. Where else could have found it . . . this giving, forgiving, compassionate love . . . "where the weary can abide forever, where the weary of wandering can find peace, where the tumult, the fever and fret shall be forever stilled" . . . The Fellowship of Alcoholics Anonymous . . . Fraternity of the Grateful.

— M. C., Houston, Texas

Ed. Note: The above first appeared in The Silent Rostrom in March 1963 and we are thankful for the editor having reprinted it in July 1972 so that we might share it with our readers.

The best exercise for the heart is — reaching down and pulling others up.

A husband remains the boss of the family as long as he does what he's told.

When you stretch the truth watch out for the snapback.

CLEVELAND AREA

Guest Speakers

SEPTEMBER, 1972

ALLEDALE (Thursday) 7—Harry McG., Lee Wed.; 14—John Z., Northeast; 21—John N., Nela Park; 28—Art B., Nela Park.

BAY VIEW (Saturday) 2—Moses Y., Alliance, Ohio; S—John M., (?); 16—John F., Parmatown Men; 23—John H., (?); 30—John H., (?).

BEDFORD MORNING (Wednesday) 6—Don C., Sister Ignatia; 13—Father T., Mentor Sun.; 20—Carl H., Newbury; 27—Paul W., Corlett Men.

BORTON (Monday) I—Harry S., Ravenna; 11—Marge D., St. James; 18—Sidney A., Fairmount; 25—Frank M., Fairmount.

BRECKSVILLE WEDNESDAY (Wednesday) 6—Al S., Brooklyn; 13—Jim M., Independence; 20—Bob P., Parma Sat.; 27—Cas L., Southeast.

BROOKLYN (Thursday) 7—Tony T. (23rd Anniv.), Brooklyn; 14—Walter M. (2nd Anniv.), Brooklyn; 21—Calvin C., Angle; 28—John M., Young People.

BROOKPARK (Monday) 4—Berry F., Strongsville; 11—Gene M., Strongsville; 18—Al-Anon 10th Anniversary; 25—Bill A., Southwest Sun.

BRUNSWICK (Wednesday) 6—Bill L., SL&L; 13—Dick W., Angle; 20—Tom C., Ridgecliff Hosp.; 27—Calvin C., Angle.

DOAN MEN (Wednesday) 6—Bill W., Angle; 13—Jack K., Lakewood Armory; 20—Pat C., Laurel; 27—Pat S., Lorain Ave. Mon.

EATON (Tuesday) 5—Allan Y., Redwood; 12—Jack D., Willoughby; 19—Jean N., West Side Women; 26—Vic Z., Valley View.

EDGE LAKE (Tuesday) 5—Dick F., Lakewood Men; 12—Pat D., Bay West Discussion; IS—George M., Edgelake; 26—Jack B., (?).

GORDON SQUARE (Friday) I—Millie & Clif Z., Gordon Square; 8—Chris H., Forest City; 15—30th Anniversary of Group, Speaker: Kay S., Clinton, Ohio; 22—Chuck W., Helpful; 29—George Y., Helpful.

GRATEFUL (Sunday) 3—John McM., Angle; 10—Al G., Be Nice; 17—Fred B., Eaton; 24—Steve K., Night and Day.

LAUREL (Tuesday) 5—Howard O., Rocky River Thurs.; It-Ray T., Strongsville; 19—Armond D., Cleveland VA Hosp.; 26—To be announced.

LEE MONDAY (Monday) 4—Walter K. Sr., YOUR; 11—Charles and Mary K., Lakewood Men and Al-Anon; 18—Mary H., Heights Discussion; 25—Father T., Mentor Sun.

LORAIN AVE. TUESDAY (Tuesday) B—Jeanne M., Eastlake; 12—Gene M., Brookpark; 19—George L., LSI; 26—Bob V., Forest City.

MIDTOWN (Tuesday) 5—Wally M., Bedford; 12—Jack McG., Southwest Sun.; 19—Bill O'N., Southwest Sun.; 26—Bob P., Parma Sat.

MONDAY MORNING 12TH STEP (Monday) 4—6th Anniversary of Group, Speaker: Jerry W., Angle; 11—Geri T., West Side Women; 18—Bobby J., Ford-1260; 25—Dick P., Newburgh.

NORTH OLMS TED (Wednesday) 6—Gene and Beth M., AA and AlaTeen; 13—Ruth R., North Olmsted; 20—Betty P., Berea Thurs.; 27—Pete L., Early Early.

ORCHARD GROVE (Monday) 4—Pete E., Strongsville; 11—Don S. (32nd Anniv.), Orchard Grove; 18—Truman Y., North Olmsted; 25—Mary B. (7th Anniv.), Orchard Grove.

PARMA HEIGHTS (Wednesday) B—Nellie B., Willoughby; 13—Ed H., Parma Heights; 20—Emmett M., Southwest Sun.; 29—George M., Painesville.

PARMATOWN MEN (Friday) I—Ed M., Parmatown; 8—Mike M., Brookpark; 15—Bob K., (?); 22—Frank T., Southwest Sun.; 29—Harold C., Parmatown.

ROCKY RIVER (Thursday) 7—Les S., Lakewood Men; 14—Jack B., Lakewood Men; 21—Tom C., West Shore; 28—Art F., Hague.

SOUTHWEST SUNDAY (Sunday) 3—Tony K., Smith Wilson; 10—Frank A., Berea Thurs.; 17—Tony T., Brooklyn; 24—Al S., Brooklyn.

STRONGSVILLE (Tuesday) 5—Scotty R., Bedford; 12—Kay S., Akron; IS—Tom D., Berea Fri.; 26—Don W., Southwest Sun.

TRINITY (Saturday) 2—John M., Puritas Sun.; 9—Walter M., Crossroads; 16—Tom M., CPI; 23—Chuck K., Brookside; 30—Bud S., Memphis.

UAW-1006 (Wednesday) This new group will hold its first meeting on September 6 at 10:00 a.m. and every Wednesday thereafter at UAW Progressive Hall on Stumph Road in Parma. 6—Murray S., Southwest Sun.; 13—Howard O., Rocky River Thurs.; 20—Nellie B., Wickliffe; 27—Bob L., Southwest Sun.

WARRENSVILLE WOMEN (Wednesday) 6—Jim D., Independence; 13—Chuck T., Midnight Discussion; 20—Mary M., Newbury; 27—Bob McF., Garfield Tues.

WEST SIDE MIDNIGHT (Saturday) I—Virginia H., River Tues.; S—Leo G., Midpark; 16—John B., Edgelake; 23—Phil H., Edgelake; 30—Fred S., West Side Breakfast.

WEST SIDE WOMEN (Monday) 4—Frank A., Berea Thurs.; 11—Terry S., Berea Thurs.; 18—Bill W., North Olmsted; 25—Evelyn G., Parma.

Y.O.U.R. (Sunday) 3—Tony V., League Park; 10—Jim C., Angle; 17—Ralph C., Rosary Hall; 24—Ray A., May-Lynd.

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SEPTEMBER 15, 1972

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) 8:00
 3688 Detroit Rd. Avon
 BELLEVUE HEIGHTS
 St. Mary's Church Hall (rear)
 Broadway & Union 7:30
 BROOKSIDE—Blessed Sacrament Church
 (down) 3381 Fulton Rd. 8:30
 C.A.H.—2265 1/2 Lake Shore Blvd. 11:00 a.m.
 CASTALIA, O.—Church of Christ, 726 Main St. 8:30
 COLLINGWOOD—1481 1/2 St. Clair (rear) 7:30
 D-I-T SUNDAY—Detroit Ave. 7:30
 GARDEN VALLEY—7100 Kinsman Ave. 4:30
 GENEVA—Y.C.C. Bldg., E. Main. 8:00
 Rte. 20
 GOLDEN LINK—Statter-Hilton. Rt. 8 & Ohio Turnpike 844 E. Hines Hill Rd. 11:00 a.m.
 GRATEFUL—St. Paul's Episcopal Church, 1537 Euclid Ave. 2:00
 LAKEWOOD ARMORY—First United Church of Christ, 2150 W. Park St. Lakewood 9:00
 MANSFIELD—20 1/2 so. Park St. 8:00
 MARSHALL—Marshall Ford Agency (side door) 6300 Mayfield Rd. 8:00
 MENTOR SUNDAY—St. Bede's Church, 9114 Lake Shore Blvd. 8:00
 MISTLETOE—St. John's Cathedral Lower Sacristy, Entrance off Superior a E. 6th 7:00
 NELA PARK—General Electric co., Cafeteria of Noble Road 7:30
 NEWBURGH—St. Catherine Church, 8443 E. 95 St. 8:30
 NEWBURY—St. Helen's Church, Rt. 87, Newbury 8:15
 NITE & DAY
 1385 Euclid Ave. 11:00 a.m.
 PURITAS SUNDAY—Church of Ascension, 14040 Puritas Rd. 8:30
 6700 DETROIT DISCUSSION—7:00
 SOUTHWEST SUNDAY—Bldg. of Education, 200 Fair St., Berea 8:30
 STEPHEN STAG—2022 E. 106 11:00 a.m.
 TRI-COUNTY
 1378 E. 840th St. Eastlake 12:30
 U.A.W. #45—13816 Clair 7:30
 WAKEMAN TWILIGHT—St. Mary's Hall, Rt. 21, Wakeman 7:30
 WESTVIEW BREAKFAST—Junior Westview Bldg. (Rear) 7:30
 Y.O.U.R.—St. John Lutheran Church School Bldg., E. 176 & Nottingham, 80. of Lake Shore Blvd. 7:15

MONDAY

BORTON—Forest Hills Presbyterian Church, Lee & Monticello Blvs., 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—4907 Cedar Ave. 8:00
 FRIENDLY SUBURBAN—6037 Pearl Rd. (closed mtg.) 8:00
 FRIENDSHIP—Bible Presbyterian Church, 2490 Lake Shore Blvd. 8:30
 GOLDEN GATE WOMEN—Highland Presb. Church Annex, 5632 Wilson Mills Rd. 8:30
 HUMBLE—Beachland Presbyterian Church, 18100 Canterbury at Lake Shore Blvd. 8:30
 JEFFERSON—Jefferson Savings & Loan, 12 W. Jefferson, Jefferson 8:30
 LAKEWOOD MEN—St. Peter's Episcopal Church, West Clifton & Detroit 9:00
 LEE MONDAY—First Presbyterian Church, Nela & Euclid Ave. 8:30
 LEROY BRAKEMAN—Leroy Grange Hall, Breckman Rd. off Rt. 93, Leroy 8:30
 LORAIN MONDAY—St. Ignatius Hall, 10205 Lorain Ave. at West Blvd. 8:30
 MONDAY MORNING 12 STEP—United Church of Christ, 2150 Warren Rd., Lakewood 10:30 a.m.
 NORWALK MONDAY—Universal Church, West Main St., Rt. 20 & 250 Intersection, Norwalk 8:30
 ORCHARD GROVE—St. Paul Luth. Church, Detroit & Arthur Ave. 8:30
 PEARL—2125 Broadview Rd. 8:30

RAMONA—St. Michael's Church, 10000 Union Ave. 8:30
 RIVER BAY (Closed) Women—Rocky River Presbyterian Church, 21714 Detroit Rd. 8:30
 SHAKER—Christ Episcopal Church, 3446 Warrenville near Kinsman 9:00
 SOLON CROSSROADS—Solon Historical Bldg., Rt. 91 & Bainbridge 8:30
 SOUTHWEST—7526 Broadway 8:30
 STREETSBORO—St. Thomas Lutheran Church, Rt. 43 south of Rt. 14 8:30
 TEMPLE—St. Adelbert Church, 2247 E. 83 St. 8:15
 VERMILION—Congregational Church, state st. Route 60 8:30
 WEST 25th STREET—Eighth United Church of Christ, 2409 Willowdale Ave., off W. 25 St. 8:30
 WESTSIDE WOMEN—West Blvd. Christian Church, W. 101 St. & Madison Ave. 8:30
 WINDSOR—United Methodist Ch., 4785 Shankland Rd. Rt. 322 & Rt. 534 8:30

TUESDAY

ASHLAND—Methodist Church, corner Cottage & Sandusky Sts. 8:00
 BAINBRIDGE GRATEFUL—Valley Presby. Church, Rt. 306 & Chagrin Rd. 8:30
 CLARK—1917 Clark Ave. 8:30
 CLOCKWATCHERS (Closed)—Christ Episcopal Church, Hudson 8:00
 COLLETT—First Shaffer Church, 12002 Miles Ave. 8:30
 DAY AT A TIME AM—13857 Euclid Ave. 8:30
 EATON—Grace United Church of Christ, 14911 Westrop off E. 152 St. 8:00
 ELYSLAKE—Trinity Lutheran Church, 16450 Detroit Ave., Lakewood 8:30
 ESQUIRE—St. James Episcopal Church, 1681 E. 55 & Whittier, op Payne 8:30
 EUCLID MORNING—Lake Shore Christian Church, E. 280 St. & Lake Shore Blvd. 10:30 a.m.
 FAIRMOUNT—St. Paul's Episcopal Church, Fairmount & Coventry 9:00
 FAIRVIEW PARK—Fairview Grace Church, W. 224 St. & Lorain Rd. 8:30
 FALLS—Community Church, 7853 Columbia Rd., Olmsted Falls 9:00
 FORD 1250—17250 Hummel Rd., Brookpark 11:00 a.m.
 GARFIELD HEIGHTS—Garfield Municipal Bldg., 5555 Turney Rd., Garfield Hts. 8:30
 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, Elyria Ave. & 25th, Lorain 8:30
 MANSFIELD—Grace Episcopal Church, Rt. Bowman St. 8:30
 McLYNDD—Highest Evan. United Brethren Church, 1400 Lander Rd., Mayfield Hts 8:30
 MIDTOWN—Trinity Cath. Parish Hall (rear), E. 22nd & Prospect 8:30
 NIGHT & DAY—22050 1/2 Lake Shore Blvd. 8:30
 NO. RIDGEVILLE—Shepherd of Ridgeville Lutheran Church, Rt. 78 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
 SEVEN HILLS—Closed Discussion—Seven Hills Meth. Ch., Elmhurst Ave., off Pleasant Valley 8:30
 SHOREGATE MEN'S STAG—Wickliffe City Fire Station, (up), 28730 Ridge Rd., Wickliffe 9:00
 SMITH WILSON—St. Joseph's School Bldg., West Main St., Rt. 93, Orland 8:30
 STRONGSVILLE—Community Library, 13213 Pearl Rd. 8:30
 SUPERIOR—North Presbyterian Church, E. 40 St. & Superior 8:30

TRW—6402 Cedar Ave. Guard Post #2, Bldg 32, 2nd Floor 7:00
 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—Furtiss Lutheran Church, W. 138 St. & Furtiss 8:30
 YOUNG PEOPLES—First Methodist Church, Euclid Ave. at E. 30th 8:30

WEDNESDAY

ASHTABULA COUNTY WOMEN—Harris Mem. Presb. Church, W. 55 & Adams, 7th & 4th Wd. 8:00
 BAXTER—St. Stanislaus Recreation Hall, E. 65 St. & Baxter 8:30
 BEDFORD WEDNESDAY MORNING—Bedford Christian Church, Blaine & Arrensville Rd. 10:30 a.m.
 BEDFORD—Bedford Christian Church, Blaine & Warrenville Center Rd. 8:30
 BE NICE DISC. (Closed)—Emmanuel Pres. Church, 376 E. 166 St. 8:00
 BRAINARD CIRCLE WOMEN—Trinity Cong. Church, inter. Brainard, Shaker Lakes Mills Rds. 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
 COLLINGWOOD—1481 1/2 St. Clair (rear) 8:00
 DOVER MEN—First Presbyterian Church, 18400 Euclid Ave. 8:30
 EASTSIDE MORNING—Emanuel Episcopal Church, 8614 Euclid Ave. 11:00 a.m.
 EUCLID WED. (Closed)—Master's Evangelical Church, 9771 E. 260th St. 8:30
 FAIRMOUNT HARBOR—525 Eagle St., Fairport Harbor 8:30
 GARFIELD HEIGHTS—Pilgrim E. & R. Church, 4592 E. 131 St. 8:30
 HAGUE—Bethany Presbyterian Church, W. 60 St. & Clifton 8:30
 LAKE COUNTY WOMEN—First Presbyterian Church, 4785 Shankland Rd., Willoughby 1:00
 LEE ROAD WEDNESDAY—St. Ann's Church (basement), Coventry & Cedar 9:00
 LORAIN COUNTY WOMEN—Vincent Methodist Church, Detroit Rd., Rt. 354 east of E. 57 8:30
 LORAIN HIGH INTER-RACIAL—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—St. John's Episcopal Church, 821 Ridgewood Dr. 8:30
 ST. JAMES—St. James Church, E. 84 & Cedar 8:00
 SANDUSKY GROUP #1—Providence Hospital Cafeteria 7:30
 SHEFFIELD LAKE—St. Thomas School (new hall south, east of St. Agnes Episcopal Bldg.) 8:30
 HARRIS RD., Sheffield Lake 8:30
 STEEL WORKERS—Swiss Hall, 271 Walton Ave. 11:00 a.m.
 T.C. 1005 UAW (Progressive Hall)—5615 Stump Rd., between 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, 30403 Hill and Rd., Rocky River 8:45
 WICKLIFFE—First Presbyterian Church, E. 236 St. & Ridge (so. of Euclid) 8:30

THURSDAY

ALLENDALE—St. Paul's Episcopal Church, 1583, Euclid Ave. 8:30
 ANGLE—St. Malachi's Church, 2459 Washington Ave. 8:30
 ASHLAND THURSDAY—St. Matthew's Church, 1515 Millin Ave. 8:30
 ASHTABULA HARBOR—Bethany Lutheran Church, Pelee Ave. (between 9th & 10th) 8:30
 BAY WEST DISCUSSION—Church of the Redeemer, 23500 Center Ridge Rd., Westlake 8:30

BEREA THURSDAY—Fine Arts Club, 325 Stanley Rd. (east of Eastland Rd.) 9:00
 BROADWAY—55th—Our Lady of Lourdes School Hall 8:30
 BROOKLYN—St. James Lutheran Church Hall, 4771 Broadview Rd. at Oak Perk Dr. 8:30
 CHRYSLER TWINSBURGH—Chrysler Union Hall, 8650 Chamberlin Rd., Twinsburg 8:30
 COVENTRY—Fairmount Presbyterian Church, 324 Broadview St., Fairmount 9:w
 DAY AT A TIME
 13857 Euclid Ave. 11:00 a.m.
 EASTLAKE—Reformation Lutheran Church, 34300 Lake Shore Blvd. 9:00
 EAST SHORE WOMEN Discussion—Euclid Richmond Library, 26155 Euclid Ave. (base rear) 8:00
 EDGLAKE WOMEN DISC. (Closed) Trinity Luth. Church, 16400 Detroit Ave., Lakewood 8:30
 ELYRIA THURSDAY—St. Agnes School Basement, Lake Ave. & Dewey 8:30
 GARDEN VALLEY—7100 Kinsman Ave. 8:30
 INDEPENDENCE—First United Church, 6624 Public Square, Independence 8:00
 J & L GROUP—Trinity Ev. Church, 3525 W. 25th St. 8:30
 LAKE SHORE MEN'S DISC. (Closed) Cove United Meth. Church, 12501 8:30
 LAKEWOOD CROSSROADS—First United Church of Christ, 2150 Warren Rd., Lakewood 9:w
 MANSFIELD DISCUSSION (Closed)—20 1/2 South Park St. 8:00
 MAPLE LEAF—Congregational Church, Fellowship Hall, West of park, Burton 8:30
 MIDPARK—Middleburg Hts. Comm. Church, Big Creek Pkwy & Bagley 8:30
 NIGHT & DAY—22050 1/2 Lake Shore Blvd. 11:00 a.m.
 NORTH RANDALL—North Randall Village Hall, 21937 Miles Ave. 8:30
 OBERLIN—Grace Lutheran Church, west Lorain St., Oberlin 8:30
 PAINESVILLE—St. Mary's Church Basement, 829 N. State St. 8:30
 ROCKY RIVER—Rockport Methodist Church, 3301 Wooster Rd., Rocky River 8:30
 ST. CLAIR THURSDAY—22050 1/2 Lake Shore Blvd. 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
 BEREA FRIDAY—Berea Congregational Church, Seminary A Church Sts. 8:30
 BROADWAY HARVARD—16 Broadway 8:30
 CEDAR—Salvation Army, 5035 Euclid Ave. 8:00
 CHAGRIN FALLS—Federated Church, 76 Bell St. 9:00
 CHARDON—Chardon United Methodist Church, 515 North St. 8:30
 CHARITY—St. Vincent Charity Hospital Amp. 6th Floor, 22 Central Ave. 8:30
 CLE HONOR MEN'S—Matt Talbot Inn, 907 Superior Ave. 8:30
 CLOCKWATCHERS—Christ Episcopal Church, Hudson (Closed Meeting) 8:30
 CONNEAUT—Southeast Elem. School, Mill St. 8:00
 DAY AT A TIME
 13857 Euclid Ave. 10:45
 EAST CLEVELAND DISCUSSION—13857 Euclid Ave. (Night & Day) 10:45
 EAST SIDE FRIDAY (Closed)—Lyndhurst Comm. Presb. Church, 5312 Mayfield 9:00
 ELYRIA FRIDAY—St. Andrew's Church, 300 S. Third St., Rt. 20 8:30
 EUCLID FRIDAY—Church of Epiphany, Lakeshore & E. 210 St. 9:w
 FRIDAY AFTERNOON WOMEN—Plymouth Church, Coventry & Drexmore 1:00
 GORDON SQUARE—West Blvd. Christian Church, Madison Ave. & W. 101 St. 8:30
 HEIGHTS—CLOSED DISCUSSION—Heights Christian Church (rear), 17800 Van Ake" at Avalon 8:30
 MANSFIELD FRIDAY—A.A. Clubroom, 20 1/2 South Park St. 8:30

MAPLE HEIGHTS—Maple Heights City Hall, Corner Lee Rd. & Maple Hts. Blvd. 8:30
 NIGHT & DAY—22050 1/2 Lake Shore Blvd. 10:45
 NORTHEAST—Hope Evangelical Lutheran Church, 2222 Taylor Rd. at Northvale 8:30
 PAINESVILLE FRIDAY—St. John's Baptist Church, 361 W. Jackson 8:30
 PAINESVILLE MEN'S—Parma Community Hospital—Assembly Room, 7007 Powers Drive 8:30
 POST OFFICE GROUP—Main Post Office, Room 4079-A 8:00
 RIDGEWOOD WOMEN—St. Charles Ch., Ridge Rd. & St. Charles Ave., Parma 8:00
 SISTER IGNATIA—St. Paul Church, E. 200th & Chardon Rd. 9:00
 SOLIDARITY—2382 Unwin Rd., Quincy & E. 55 St. 8:30
 SPANISH-AMERICAN—Our Lady of Guadalupe Ch., 30th & Clinton, Lorain, Ohio 8:30
 STILLMAN—Methodist Westington St. 8:15
 TGIF Men—Bethesda Luth Ch., 28807 Wolf Rd., Bay Village 8:00
 TRI-COUNTY—1378 E. 340th St. 10:30 a.m. & 8:00
 TRW—6402 Cedar Ave. Guard Post #2, Bldg 32, 2nd Floor 7:00
 UNIVERSITY CIRCLE—Closed—Church of Covenant, 11205 Euclid Ave. Noon
 VENICE—Betty Rinderer 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—8516 Broadway 8:30
 ASHTABULA—St. Peter's Episcopal Church, Main St. at So. Park 8:30
 BAYVIEW—Bayview Hospital, 25200 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
 DAY AT A TIME—13857 Euclid Ave. 11:00 a.m.
 FOREST CITY—2125 Broadview Rd. 8:30
 L.S.I.—17600 Broadway, Maple Heights (cafeteria) 8:00
 LANDER CIRCLE—Garfield Mem. Methodist Church, 3850 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, 1th & Reid, Lorain 8:30
 MADISON PERRY—St. Ann's in the Fields Church, Middleidge & Townline Rds. 8:15
 MANSFIELD—20 1/2 South Park St. 8:00
 MATT TALBOT—First Presb. Church, 16200 Euclid Ave. 8:30
 MEMPHIS—Lakewood Congregational Church, 375 W. Clifton 9:00
 NEW LONDON—Methodist Church, Main St., New London 8:30
 NIGHT & DAY—22050 1/2 Lake Shore Blvd. 11:00 a.m.
 PARKMAN—Congregational Church, Parkman 8:30
 PARMA PARK—Third Federal Savings & Loan, 5360 Ridge Rd. (rear entrance) 8:45
 PLAINS—Mentor Plains Methodist Church, Rt. 306 & Lake Shore Blvd., Mentor 9:00
 REDWOOD—Euclid Lutheran Church, E. 260 St. & Forestview, Euclid 8:30
 RICHLAND COUNTY INTER-RACIAL—Richland Gen. Hosp. 8:30
 SOBRIETY—St. Mark's Church, 15300 Puritas 8:30
 STEEL CITY—YMCA, E. 28th St., Lorain, Ohio 8:30
 TRI-COUNTY ARID—1378 E. 340th St. 9:00
 TRINITY—Trinity Evangelical Church, 2562 W. 14 St. at Starkweather 8:30
 WEST RICHFIELD—United Church of Christ, Rt. 303, West Richfield 8:30



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VOL. XXXI-No. 1

HOPE

The answer to nearly all human problems are bound up in three short words — Faith, Hope and Love. Of these three great realities, the greatest is undoubtedly love, for without love we cannot have faith. Faith, the great mountain-moving power, presumably is the next greatest. Hope is undoubtedly the least. Yet from our humble, shaken and confused beginnings, hope has been not merely the cornerstone, but the very foundation of our sobriety. A small ray of hope was the first penetration of light and truth into a desolate darkness of despair in which we found ourselves.

As we sail our ship of sobriety through seas that are more hazardous for us, than for most sailors, we must ever steer toward hope, if we would leave fear astern. Fear it was that led us astray. Fear of reality and truth. Fear of tomorrow, Fear even of today. And hope must be our ever-present antidote for the poison of fear, however much progress we may seem to make in our life of sobriety as it goes along.

As we move on and our Higher Power becomes more real to us, we develop the human touch of our fellowship, and we help bring hope to others. Therein lies a strengthening of our own hope to make it more enduring, less susceptible of destruction, and to make us more constantly aware of its basic constant need in us and in the newcomer. In building this hope, we build our own. Love is born in the process and when love is there, God as we understand Him is there, and faith is then born too.

It has been said that men cannot live together hopefully for long unless embarked on some great unifying enterprise, one for which they pledge their lives. Surely we have a great unifying enterprise which surpasses the conception of most people. And we have pledged the lives we have regained for well we know it is only through such devotion that we shall keep them.

Two years ago this writer visited a friend in the hospital. He was seriously, not critically, ill, but he was in complete despair. His doctor arrived as we left, and we questioned him in the hallway. He said, "Frankly, I am disturbed about his chances, not because of his condition, but because he has given up hope." Three days later he died. So will our sobriety unless in meeting the distress and discouragements of life, we hang on to that indelible shred of hope. One of life's cyclones may flatten the superstructure of our sobriety, but we can preserve it through refuge in the storm cellar of everlasting hope.

When we emerge from this haven with our sobriety intact, the wisdom of experience should aid us in building a new super-structure that is more enduring against the storms on the sea of our sober life. For us, "Hope springs eternal" is a must. A man and his hope will survive with the sacred gift of sober life.

Vol. XIX, No. 11 — August 1961

--Lloyd H.

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

THIRTY CANDLES

As indicated in the bold type above our masthead, this is the Thirtieth Anniversary Issue of CENTRAL BULLETIN, which means that with this edition there have been 361 such carrying the message of the fellowship of Alcoholics Anonymous.

On the occasion of our Twentieth Anniversary our beloved co-founder Bill W., sent us the following message dated August 27, 1962:

Thanks for you, reminder that this is the twentieth anniversary year for the Central Bulletin — the first publication of its kind ever to appear in AA.

While most of us know that it was originally proven in Cleveland that sobriety for great numbers could be literally massed produced, I'm sure that far too few are aware of the vital pioneering part the Bulletin played in that all-important development of our early time — end, indeed, ever since.

On behalf of the Bulletin readers everywhere, I say to you "May your good journal continue to carry the message in the language of the heart for so long as God shall wish our fellowship to endure."
very gratefully yours,
— Bill W.

As is true of anything begun of good purpose and maintained without wavering from that good purpose the chances of enduring and survival are more than excellent. And this has been true of our Bulletin.

In the beginning our nation was at war, our fellowship was in its infancy and great numbers of the new members were in the armed services or in industry engaged in the war effort and as a result thereof were stationed at great distances from home and their new groups and sponsors. So, Central Bulletin was born to carry the message to those

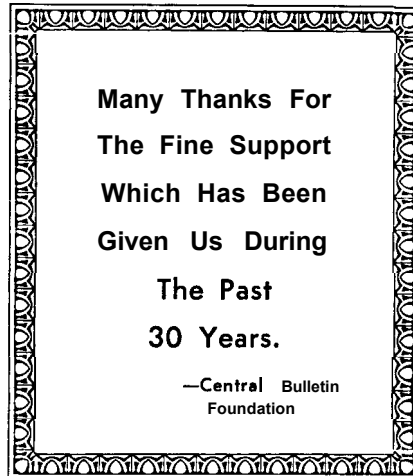
away from home, as well as those members at home whose program also needed the sustenance that good news of the written word can convey. And this has been the purpose to this day.

If one word were needed to describe the work, that word would be DEVOTION, for everyone that over the years has been connected with the Central Bulletin has personified that word and accepted the responsibility it calls for.

None, however, in as full and great a measure than Mr. Bulletin, the founder, publisher and editor for 27 years, and Mrs. Bulletin, his non-alcoholic helpmate. Harry D. and Louise D. were as devoted to life and to each other, as evidenced by the 50 years of marriage observed by their Golden Wedding Anniversary in April of 1968. So it is no wonder that their devotion to the responsibilities of our journal would be all-consuming and that their example would create the burning desire of those of us to follow that our paper shall endure.

Countless hundreds have given good measure of their time, talent and energy that Central Bulletin might continue to carry the message of hope and life, and to name all of them both living and deceased would be an almost insurmountable task, although most of them we name in our hearts with a great BIG — "THANK YOU!"

(Continued on page four)





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Harry D., founder and Editor 1892-1968



Vol. 31

October, 1972

No. 1

MILL ENDS AND REMNANTS

Rarely does a speaker at our AA meetings fail to emphasize the importance of meetings to the member's attaining and maintaining sobriety. Conversely, rarely does a speaker who has suffered a relapse and returned fail to mention that sloughing off in regular meeting attendance was the forerunner of the relapse.

An over-the-coffee-cup discussion with three members whose accumulated years of sobriety exceed 80 again brought the above thoughts to light, and their continued regular attendance and participation forcefully pointed up the continued need no matter how long our sobriety may have endured.

The longest long-timer repeated the oft heard statement that getting sober was the least onerous of the chore upon entrance to AA, for in admitting powerlessness over alcohol was a first honest effort most made. Staying sober and improving ourselves in the AA Way of Life became our life's work and having so much to overcome and so much to do in overcoming meetings become of more and more significance as the years go by.

At least this was the consensus of the group of three coffee companions, and leads us to recall and think of our early search and our continuing search for a peace of mind that has understanding. Yes, understanding — understanding and knowledge of ourselves and understanding and compassion for our fellow man and member.

Most of us who have been sober a while are no stranger to turmoil in our lives — sometimes created by situations outside ourselves and more often than not by conditions within ourselves which need to be worked on, and we would dare say are conditions which we have shoved under the basket rather than bring them out and going to work on them.

Meetings are perhaps the foremost tool by which we can work on our deficiencies for somewhere along the line it is likely we will get the answer to our individual question, often by chance and at other times by asking another member. But to get answers we need be available, and where else than at our meetings where we share our experience, strength and hope.

It isn't an easy road, the road of sobriety. It isn't all honey and roses, nor should it be. Everything worthwhile in life merits working hard for it, and to the alcoholic this means continually working at sobriety.

There have been some who, after hospitalization and introduction into AA, have stopped drinking, but have elected not to attend meetings or participate in AA affairs. They are sober, yes, but do they have sobriety in the sense that we know it?

There are no dues or fees in AA, but to our way of thinking there is a duty, an obligation and a responsibility, and what more effective way is there to fulfill it than regular attendance at meetings.

Let's make ourselves available to each other, by George!



If you sow a little kindness you will reap a crop of friends.

MINUTES OF CENTRAL BULLETIN COMMITTEE MEETING SEPTEMBER 5, 1972

Moderator Dick F. opened the meeting with the Serenity Prayer, in which he was joined by the 28 group representatives in attendance. Lou W., Vice Moderator read the Purposes of Central Committee and the Twelve Traditions of AA, following which minutes of the August 1 meeting were read and approved. Treasurer, Jean C., reported treasury balance of \$359.56.

COMMITTEE REPORTS:

Action Committee: Bob W., Chairman. No report.

Arcawide Meeting: Joe T., Chairman, reported that next meeting would be on Friday, September 8 in Jordan Hall of Charity Hospital and the speaker: Howard O., Rocky River Thursday Group.

Central Bulletin: George M., Editor, stated that new subscriptions continue to be received in good volume but that renewals are not keeping pace: hence there is an offsetting effect on total subscription rolls. Urged that all group secretaries and group representatives continue the concerted effort for new member-subscriptions.

Hospital Committee:

Rosary Hall: Everything quiet.

Bay View: Julius W., Chairman. No report.

Brecksville: Harry G., Chairman, reported new admission policy at Brecksville Alcoholic Ward permitted patients to be admitted at any time and at any hour, seven days per week, as long as there is a bed available in the 30-bed ward. Patient must show proof of veteran's status and be willing to stay the required twenty-one days.

Institution Committee: Helen D., reported meetings for women now being held at Senior Hall at Women's Workhouse. Women may stay 30 days on a voluntary basis. Old Trustee Hall is being converted to Exodus Hall and men who have served 50 percent of their sentence can be transferred to Exodus Hall about 30 days before their sentence expires.

J.C.: Dick P., Chairman, stated that 183 speakers to non-AA meetings and groups had been supplied by the Cleveland AA District Office in the first eight months of 1972.

Old business embraced report by Harry G., that Fellowship Room at Brecksville VA Hospital is being changed from volunteers on group basis to individual volunteers. Would like volunteers who will devote five hours a month, 5:30 p.m. until 10:30 p.m., including Saturdays and Sundays. Anyone wishing to help should contact Phil B., at 845-6185.

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

— Joedy M., Secretary

IN MEMORIAM

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

VICTOR J. HAMILTON, a member of the Alliance Group and active in many other groups, passed away on August 21. In his nearly 13 years of continuous sobriety in AA, Vic had served as group secretary and his other activities and contributions are so great that space limitations preclude their being listed. Evidence of the esteem in which he is held can best be attested to by the hundreds of visitors who paid their respects at the funeral home, and his family has asked that their love and appreciation for the thoughtfulness be expressed in Central Bulletin.

EDWARD J. HAYES, a member of the Grateful Group and 20 year plus member of the fellowship passed away in August. His contributions were many and his activity unstinted in his efforts to help those in search of it.

THOMAS F. VASSAUX, who was one of the earliest members of AA in Cleveland, passed away in early September. He made many, many contributions in his early activities in the pioneering struggles of the fellowship, and while there had been a relaxing of active participation in more recent times, his memory is revered.

PRAYER OF THE MONTH

Almighty God, unworthy though we are, we do give You most humble and hearty thanks for Your goodness and loving kindness to us, as well as to all men; we are grateful for You having lifted us from the pit of our alcoholism and for all the blessings which have been bestowed upon us; and pray that You will help us to show that our hearts are thankful by the lives we live. Amen.

CONSCIENCE

Try as you will, you cannot run away from your conscience. Members of AA remember how they used to try to drown it with drink and more drink, until they finally came to their senses and, applying the principles of AA, found their answer.

Newspapers frequently carry stories about nagging consciences. A man who in a fit of anger splashed toward the gas flame of the benzine his wife was cleaning a garment with, causing an explosion which killed her and seriously burned him. He recovered to receive a great deal of sympathy from friends and relatives who thought it was an accident. After 27 years of having his conscience burn his soul, he turned himself over to the police and poured out his confession.

A housewife anonymously sent her grocer a \$100 bill to pay for groceries she had "lifted" from his store over the year. A man sent the government \$5.00 because for a long time he had been filling his fountain pen at the writing desk in the post office and the petty theft was bothering his conscience.

Every human being is born with a conscience. He will know, without being told, that there is a distinction between right and wrong. There will be invisible, yet inescapable monitor constantly reminding him that he ought to do what he feels is right, and refrain from doing what he feels to be wrong.

When he violates his conscience, it will become aroused. "We shall all stand before the judgment seat of God" is written not only in the Bible; it is written in the soul of every newborn baby. The philosopher Kant stated that nothing proved to him the greatness of God more convincingly than the starry heavens above and the moral laws within.

If the voice of conscience is ignored, it can become very weak or almost still. Here is a child's definition of conscience. It's amusing and excellent. "A conscience," said the child, "is a little three-cornered thing inside of me. When I do wrong, it turns round and hurts me very much. But if I keep on doing wrong, it will turn so much that the corners become worn off and it doesn't hurt me any more."

So the oft repeated advice: "Let your conscience be your guide" is not sound. Much depends on what has happened to the corners of your conscience. A conscience can be terribly misshapen. Like the prisnor who had to be kept in close confinement because he had no scruples whatever about murdering any human he could lay his hands on. Yet, at mealtime he shared his piece of bread with a little sparrow because he felt sorry for it.

There are individuals who commit robbery, adultery, or murder without the slightest disturbance to their peace of mind. Perhaps you've learned that the second lie is a little easier than the first one and more readily forgotten. The tenth lie may cause no discomfort what ever.

Conscience grows tired of raising a fuss. It makes a poor guide.

So, we come back to the principles we find in AA. We became honest and come to believe that only by turning our lives and wills over to the care of a Power greater than ourselves can we live, and by practicing our Daily Plan of living the program we find peace.

How are your three corners?

DATES TO REMEMBER

- October 1—North East Ohio General Service Committee Meeting, 3:00 p.m., American Legion Hall, Brecksville, Ohio.
- 3—Central Committee Meeting, 8 : 30 p.m., Room 362 Hanna Building.
- 10—3rd Anniversary Midtown Group, 8:30 p.m., Trinity Cathedral Parish Hall, East 22nd and Prospect Ave.; Speaker: Henry W.. Euclid Wade.
- 18—7th Anniversary of TC-1005 Group, 8:30 p.m., Progressive Hall, 5615 Stumph Road; Speaker: Moses Y., Alliance, Ohio.
- 21-24th Anniversary of Redwood Group, 8:30 p.m., Euclid Lutheran Church, East 260th and Forestview, Euclid, Ohio; Speaker: Emmett M., Southwest Sunday.
- 28—Laurel Group's Annual Halloween Dance, 8:00 p.m., Brooklyn High School, 9200 Bidulph Road, Brooklyn, Ohio.
- 28—2nd Annual Halloween Dance of Tri-County Arid Club and Sister Ignatia Group, 8:30 p.m., St. Paul's Catholic Church of Euclid Hall, East 200th and Chardon, Euclid, Ohio

BLACK OPAL

"... I love you for the part of me that you bring out; ... for putting your hand into my heaped-up heart and passing over all the foolish, weak things that you can't help dimly seeing there, and for drawing out into the light all the beautiful belongings that no one else had looked quite far enough to find ..."

(“Love” — Roy Croft)

White opals are beautiful semi-precious stones. Even a brief glance reveals their obvious loveliness. Some people are like that. The briefest encounter reveals their fine character, loyalty and integrity. Their beauty of spirit is very apparent — they have always been that way.

But the black opal — it's my favorite because it reminds me of we alcoholics who have found sobriety by accepting the principles of Alcoholics Anonymous as a way of life. The first time you see a black-opal at a certain angle it seems dull and lifeless. But when the light hits it, just beneath the surface bright reds, blues and greens gleam through — it seems like a living thing. Just like we alcoholics when the light of hope shines through our darkness, we can see in each other "all the beautiful belongings that no one else had looked quite far enough to find."

— M. C. in Silent Rostrum, Houston, Tex.

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

AI-ANON GROUP MEETINGS

For information about time and place of AI-Anon meetings, please call AI-Anon Family Group Office (Room 204, Frederick Building, 2063 East 4th Street, Cleveland, Ohio 44115) et 621-1382.

UP POPS THE DEVIL

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

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

At an AA meeting several weeks ago, we met a man who had been dry for three years, without trouble. "Nothing," he said, "could persuade me to take another drink." When next we heard of him, two weeks later, he had been drunk for two days. He had gone to an annual dinner meeting of a business organization he belongs to, an occasion usually marked with a little mild drinking.

Here was an old association of going with the crowd, joining in the fun, being one of the gang. It is highly likely that on this occasion in which our man fell back into the old groove, there really was no strongly-felt desire for drink. The man may have had a warning signal in his mind that he was doing wrong or perhaps he did not. There may have been nothing more than a yielding to a feeling of elation, but in either case the man had not prepared himself in advance for the temptations of the evening.

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

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

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

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

Vol. III, No. 5, February, 1945

— Fred S.

AA THE TRANSFORMER

I often liken myself to a DC appliance in an AC world. Have you ever plugged a DC toaster in an AC plug? The result is a total disaster. But when one uses a transformer to convert the current, the result is toast to your taste. And so it is with you. I have the program of AA to convert all my negative feeling, all self-will into a positive life of love, faith, trust, and hope. Without that first drink and with this program I can produce toast to your taste. Without this program and with that first drink I am a total disaster — burned out —

— Reprint from Lifeline

NO TRUMPETS NEEDED

Many solid results in life are achieved quietly, without announcement or fanfare.

It is not necessary to beat a bass drum to announce a change in thinking.

Nor is a brass band an essential prop to proclaim an alteration in spiritual life or a decision to change our character.

These raucous ways, and they sometimes are used, would make a hippodrome spectacle of existence. They would cheapen it for most of us. Their very employment proclaims the insincerity of the change they are employed to proclaim.

Great changes come gradually. And for that reason they are the more noticeable.

None of us goes around button-holing all our friends and acquaintances, saying:

"Look at me. I'm sober. Don't you think I'm a great guy to have quit drinking?"

We just quit drinking with the help of God and the multitude of people who for years were painfully aware of our illness gradually realize that no longer are we a victim.

It dawns on them that we have changed our personalities, our mode of life and our relationship with everyone. They are surprised and happy about the regularity of our existence, the way in which we meet our obligations promptly and face-up to the routine problems of living instead of hiding from them behind a bottle.

In nine cases out of ten they wonder what happened. Curiosity may impel them to ask. It is the personal decision of the member of Alcoholics Anonymous whether he will tell of membership in the group, just say he quit drinking, doesn't like it any more or what.

The course taken is unimportant. What is important is that membership be not proclaimed blatantly from the rooftops.

But whatever the decision, the fact cannot be hid that by continued sobriety we become the best possible announcement of the great change that has taken place in our lives. Sobriety, by contrast with our previous fumbling existence, is the most startling proclamation possible.

Continued sobriety is, in itself, a form of Twelfth Step work. This should be remembered by members who cannot visit hospitals, sponsor new members or actively take part in this phase of the program.

There is no need for remorse or recrimination because circumstances or abilities make this impossible. It is wise to recall from time to time that section of Acts 1:8 which says:

" . . . ye shall be witnesses unto me. * . . unto the uttermost part of the earth."

Ye also serve who remain sober. By finding a new way of life you proclaim to all others that such a way exists and such a way can be found. No trumpets are needed.

Vol. VIII, No. 8, May, 1950

— Spencer I.

THIRTY CANDLES

(Continued from page one)

In the pages of this issue we are sharing editorials written by some of our early authors, which we feel are worth sharing; for, as we have said on numerous occasions in the past, there is a timelessness to so many of the articles that have appeared in the Central Bulletin they should be shared from time to time with our new readers.

And speaking of readers, it has been your loyalty and support over the years that has made our effort so rewarding. We are thrilled when we get a new subscriber and in the same manner we are thrilled when we get a renewal from a reader who has been a subscriber continuously since our first edition in October 1941.

To all of you we are grateful!

■ ■ ■ ■

We can arrive at our own conclusion with just a little thought.

CLEVELAND AREA

Guest Speakers

OCTOBER, 1972

ALLEDALE (Thursday) 5-Marie B., Mentor Plains; 12-Claire W., Edgelake; 19—Leo A., Fri. Discussion; 26-Marge DeA., St. James.

BAY FRESIDE (Saturday) New Group at 7:30 p.m., Bay Presbyterian Church, Lake and Columbia Roads. 1-Warren C., Sr., Edgelake; 14-Surprise; 21—Surprise; 28—Esther R., St. James.

BAY VIEW (Saturday) ?-Tom F., Bay View; 14—Mary B., Bay View; 21—Bill C., North Olmsted; 28—Chuck B. (7th Anniv.), West Side Morning.

BEDFORD MORNING (Wednesday) 4-Armond D., Cleveland VA Hospital; 11-Marion T., Golden Gate; 18-Harry J., Bay West Discussion; 25-Tony V., League Park.

BORTON (Monday) 2-Bob W., St. James; 9—Ed. H., Northeast; 16-John N., Nela Park; 23-Norm Z.; 30—Ted P., Wed. Discussion.

BRECKSVILLE (Wednesday) 4—Dick F., Southwest Sun.; 11-Gabby O., Bedford Wed.; 18—Norm H., Brookpark; 25-Leo D., Akron, Ohio.

BROOKLYN (Thursday) 5-Joe J. (1st Anniv.), Brooklyn; 12—Lary R., Trinity; 19—Bill M., Brookside; 26—Joe K. (22nd Anniv.), Brooklyn.

EATON (Tuesday) 1-Stanley P., Eaton; 10—Joe H., Humble; 17—John W., Allendale; 24-George H., Gordon Square; 31-George W., Allendale.

EDGE LAKE (Tuesday) 3-Pat B., Bedford; 10—Joe G., Edgelake; 17—Ray C., Edgelake; 24-Joanne H., River Bay Women; 31—Chuck B., Orchard Grove.

GARFIELD TUESDAY (Tuesday) 3-Frank H., Strongsville; 10—Don M., Garfield Wed.; 17—Walter M., Bedford Wed.; 24-Bob L., Southwest Sun.; 31-Surprise.

GORDON SQUARE (Friday) 6—Uvil M., Helpful; 13—Pete J., Valley View; 20-Tom C., Helpful; 27—Ambrose T., Angle.

GRATEFUL (Sunday) 1-Mary F., St. Clair Thurs.; 8—Helen H., Tri-County; 15—Martha & Al D. (1st Anniv.), Grateful; 22-Bill L. (3rd Anniv.), Grateful; 29—Bessie K., Sister Ignatia.

LAUREL (Tuesday) 3-Chuck W., Helpful; 10—Neal C., Maple Heights; 17—Tex H., TC-1005; 24-Chuck B., Orchard Grove; 31—Jim C., Laurel.

LORAIN AVE. TUESDAY (Tuesday) 3-Norm S., Lorain Ave. Tues.; 10—Tom C., West Shore; 17—Father B. B., Parmatow Men; 24-Jerry S., Lorain Ave. Tues.; 31—Dick F., Southwest Sun.

METRO GENERAL (Friday) 6—Lou W., Temple; 13—Helen D., Warrensville Women; 20-Jack C., Clark; 27—Dick P., Newburgh.

MIDTOWN (Tuesday) 3—Keith McC., Young People West; 10—3rd Anniversary of Group; Speaker: Henry W., Euclid Wade; 17—Chuck G., North Canton; 24—Marshall P., Collinwood; 31-D. W. (Bill) S., Lorain Ave. Mon.

NASA WEDNESDAY NIGHT (Wednesday) 4—Open Discussion; 11—Ed G., Newburgh; 18-Joe V., Valley View; 25-Bill K., Broadway-55th.

NORTH OLMSTED (Wednesday) 4—Jim D., Independence; 11-Bob G., Lee-Seville; 18—Lee C., North Olmsted; 25-Jack S., Parmatow Men.

PARMATOWN MEN (Friday) 6—Dick D. (11th Anniv.), Parmatow-Brookpark; 13-Jack C., Puritas; 20—Wayne R., Angle; 27—Art A., Brookpark.

PARMA HEIGHTS (Wednesday) 4-Bill C., Clark; 11—Jean M., Lakewood; 18-Jack B. (7th Anniv.), Parma Heights; 25—Ed R., Clark.

REDWOOD (Saturday) 7—John K., Wed. Men's Discussion; 14—Rosemarie C., Ridgewood Women; 21—24th Anniversary of Group; Speaker: Emmett M., Southwest Sun.; 28-Walter K., Sr., YOUR.

ROCKY RIVER (Thursday) 5-Charley K., West Shore; 12-Terry L., 12 Step Women Discussion; 19—Ran C., Lakewood Men; 26—John M., Angle.

SISTER IGNATIA (Friday) 6—Marge K., Akron; 13—Tom B., Euclid Wed.; 20 Mary Lou M., Akron; 27—Pat C., Lee-Seville.

SOUTHWEST SUNDAY (Sunday) 1-Dick D., Strongsville; 8-John F., Parmatow Men; 15-Russ H., Charity; 22-Harry J., Bay View; 29-Bill L., Cleveland Teamsters.

STRONGSVILLE (Tuesday) 3-Helen M., Steelworkers; 10—Bill G., Southwest Sun.; 17—Bill L., Cleveland Teamsters; 24-Watson G., Jr., Young People; 31—Dee B., (?).

TC-1005 (Wednesday) 1-William W., TC-1005; 11—Dave Z., Lorain Ave. Tues.; 18-7th Anniversary of Group; Speaker: Moses Y., Alliance, Ohio; 25—Emil V., Midpark.

TRILCOUNTY (Saturday) 7—Jerry K., Garfield Tues.; 14-Jack & Dorothy C., Allendale; 21-John M., Midtown; 28-No meeting. Group's 2nd annual Halloween Party.

TRINITY (Saturday) 7—Carl S., Midpark; 14—Cliff B., Brooklyn; 21-Pete M., Sandusky Young People; 28—Tom N., Oak Harbor.

UAW-1005 MORNING (Wednesday) 4—George S. (1st Anniv.), UAW-1005; 11-Jim D., Independence; 18—Bobby J., Ford-1250; 25-Cliff B., Early Early.

VALLEY VIEW (Saturday) 7—Don S., Angle; 14—Bill L., Cleveland Teamsters; 21—Doc K., Broadway-55th; 28-Ray G., Charity.

WARREKSVILLE WOMEN (Wednesday) 4-Bobby J., Ford-1250; 11-Delores B., West Side Women; 18-Jim S., Friendship; 25-Tom W., Garden Valley.

WEST SIDE MIDNIGHT (Saturday) 7—Ron A., Lorain Ave. Tues.; 14-John K., Midpark; 21—Evelyn G., Midpark; 28-Cas P., Midpark.

WEST SIDE MORNING (Thursday) 5—Tom B., Novelty, Ohio; 12-Dick L., Painesville; 19—Tony K., Smith-Wilson; 26-Joe V., League Park.

WEST SIDE WOMEN (Monday) 2-Gabby O., Bedford Wed.; 9—Bob M., CPI; 16-Henry W., Euclid-Wade; 23-John McM., Angle; 30-Art F., Hague.

Y.O.U.R. (Sunday) 1—Landon M., Lander Circle; 8—Joe N., YOUR; 15-Will be announced; 22—Les and Lil S., Lakewood Men-Ala-non; 29-Will be announced.

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

OCTOBER 14, 1972

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) 8:00
 36690 Detroit Rd., Avon
 BEDFORD HEIGHTS—
 St. Mary's Church Hall (rear)
 Broadway & Union 7:30
 BROOKSIDE—Bethany United Church of
 Christ, 5388 West 41st 8:30
 C.A.H.—22650 1/2 Lake Shore Blvd. 11:00 a.m.
 CASTALIA, O.—Church of Christ,
 205 Main St. 8:30
 COLLINWOOD—14812 St. Clair (rear) 7:30
 DETROIT SUNDAY—8304 Detroit Ave. 7:30
 GARDEN VALLEY—7100 Kinsman Ave. 4:30
 GENEVA—Y.C.C. Bldg., E. Main,
 Rte. 20 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—20 1/2 So. Park St. 8:00
 MARSHALL—Marshall Ford Agency (side
 door) 6200 Mayfield Rd. 8:00
 MENTOR SUNDAY—St. Bede's 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
 NITE & DAY—
 13857 Euclid Ave. 11:00 a.m.
 PURITAS SUNDAY—Church of Ascension,
 14040 Puritas Rd. 8:30
 6700 DETROIT DISCUSSION—
 6700 Detroit Ave. 7:00
 SOUTHWEST SUNDAY—Bd of Education
 Bldg., 390 Fair St., Berea 8:30
 SUPERIOR STAG—2028 1/2 E. 105 11:00 a.m.
 TRI-COUNTY—
 1378 E. 340th St., Eastlake 12:30
 U.A.W. #45—13816 St. Clair 7:30
 WAKEMAN TWILIGHT—St. Mary's Hall,
 Rt. 20, Wakeman, O 7:30
 WESTSIDE BREAKFAST—Junior
 Achievement Bldg. (Rear)
 2070 W. 117th St. 12:30
 Y.O.U.R.—St. John Lutheran Church School
 Bldg., E. 176 & Nottingham
 so. of Lake Shore Blvd. 7:15

MONDAY

BORTON—Forest Hills Presbyterian Church,
 Lee & Monticello Bldg., E. 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
 FRIENDSHIP—SUBURBAN 7 Pearl Rd.
 (closed mtg.) 8:00
 FRIENDSHIP—Blvd. Presbyterian Church,
 24600 Lake Shore Blvd. 8:30
 GOLDEN GATE WOMEN—Highland Presb.
 Church Annex, 5632 Wilson Mills Rd. 8:30
 HUMBLE BEACHLAND—Presbyterian Church,
 1610 Centerbury at Lake Shore Blvd. 8:30
 JEFFERSON—Jefferson Savings & Loan,
 12 W. Jefferson, Jefferson 8:30
 LAKEWOOD MEN—St. Peter's Episcopal
 Church, West Clifton & Detroit 9:00
 LEE MONDAY—First Presbyterian Church,
 Nela, Euclid Ave. 8:30
 LEROY BRAKEMAN—Leroy Granke Hall,
 Brakeman Rd. off Rt. 86, Leroy 8:30
 LORAIN MONDAY ST.—Imatius Hall,
 10205 Lorain Ave. at West Blvd. 8:30
 MONDAY MORNING 12 STEP—United
 Church of Christ, 2150 Warren Rd.,
 Lakewood 10:30 a.m.
 NORWALK MONDAY—Universal Church,
 west Main St., Rt. at 250
 Intersection, Norwalk 8:30
 ORCHARD GROVE—St. Paul Luth. Church,
 Detroit & Arthur Ave. 8:30
 PEARL—2125 Broadview Rd. 8:30

RAMONA—St. Michael's Church, 10000
 Union Ave. 8:30
 RIVER BAY (Closed Women, Rocky River)
 Presbyterian Church, 21714 Detroit Rd. 8:30
 SHAKER—Christ Episcopal Church,
 3445 Warrenville near Kinsman 9:00
 SOLON CROSSROADS—Solon Historical
 Bldg., Rt. 91 & Bainbridge Rd. 8:30
 SOUTHEAST-7828 Broadway 8:30
 STREETSBORO—St. Thomas Lutheran
 Church, Rt. 43 south of Rt. 14 8:30
 TEMPLE—St. Adelbert Church,
 2347 E. 83rd 8:30
 VERMILION—Congregational Church,
 State St. Route 60 8:30
 WEST 25th STREET—Eight United Church
 of Christ, 2409 Willowdale Ave.,
 of 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
 WINDSOR—United Methodist Ch.,
 Rt. 322 & Rt. 534 8:30

TUESDAY

ASHLAND—Methodist Church, corner
 Cottage & Sundusky Sts. 8:00
 BAINBRIDGE GRATEFUL—Valley Presby.
 Church, Rt. 306 & Chagrin Rd. 8:30
 CLARK—1917 Clark Ave. 8:30
 CLOCKWATCHERS (Closed)—Christ
 Episc. Church, Hudson 8:00
 COLLETT MEN—Shaffer Church,
 12002 Miles Ave. 8:30
 DAY AT A TIME AM—
 13857 Euclid Ave. 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, op Payne 8:30
 EUCLID MORNING—Lake Shore
 Christian Church, E. 280 St. & Lake
 Shore Blvd. 10:30 a.m.
 FAIRMOUNT—St. Paul's Episcopal Church,
 Fairmount & Coventry 9:00
 FAIRVIEW PARK—Fairview Grace Church,
 W. 224 St. & Lorain Rd. 8:30
 FALLS—Community Church, 7853 Columbia
 Rd., Olmsted Falls 9:00
 FORD 1250—17250 Hummel Rd.,
 Brookpark 11:00 a.m.
 GARFIELD HEIGHTS—Garfield Municipal
 Pioneer, 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 Bidduth Rd., Brooklyn 8:45
 LORAIN AVENUE TUESDAY—St. John Bosco
 Church, 6460 Pear Rd., Parma Hts. 9:00
 LORAIN CENTRAL—Trinity Church,
 Elyria Ave. & 25th, Lorain 8:30
 MANSFIELD—Race Episcopal Church,
 41 Bowman St. 8:30
 MAYLYND—Hillcrest Evan. United Brethren
 Church, 1400 Lander Rd., Mayfield Hts 8:30
 MIDTOWN—Trinity Cath. Parish Hall
 (rear), E. 72nd & Prospect 8:30
 NIGHT & DAY—
 22050 1/2 Lake Shore Blvd. 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, 1941 Detroit Rd., Rocky River 8:30
 SANDUSKY AFTERNOON—Municipal Bldg
 Melg St. 1:00
 SEVEN HILLS—(Closed) Discussion—
 Seven Hills Meth. Ch., Elmhurst Ave.,
 off Pleasant Valley 8:30
 SHOREGATE MEN'S STAG—Wickliffe
 City Fire Station, (up), 28730 Ridge
 Rd., Wickliffe 9:00
 SMITH WILSON—St. Joseph's School Bldg.,
 (front, right), 9321 Orleans Ave. 8:30
 STRONGSVILLE—Community Library,
 13213 Pear Rd. 8:30
 SUPERIOR—North Presbyterian Church,
 E. 40 St. & Superior 8:30

WEDNESDAY

ASHTABULA COUNTY WOMEN—Harris
 Mem. Presb. Church, W. 58 & Adams,
 2nd & 4th Wed. 8:00
 BAXTER—St. Stanislaus Recreation Hall,
 E. 65 St. & Baxter 8:30
 BEDFORD WEDNESDAY MORNING—
 Bedford Center Church, Blaine &
 Warrensville Center Rd. 10:30 a.m.
 BEDFORD—Bedford Christian Church,
 Blaine & Warrensville Center Rd. 8:30
 BE NICE DISC. (Closed)—Emmanuel
 Pres. Church, 376 E. 156 St. 8:00
 BRAINARD CIRCLE WOMEN—Trinity
 Cong. United Inter. Brainard, Shaker &
 Gates Mills Rds. 8:30
 BRECKSVILLE WED.—V.A. Hospital,
 10000 Brecksville Rd. 8:00
 BRUNSWICK—Cuyahoga Savinas Bldg.,
 Laurel Square (entrance next to
 Marshall Drug) 8:30
 COLLINWOOD—14th St. (rear) 8:00
 DORNIEN—First Presb. Jerian Church,
 16200 Miles Ave. 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 8:30
 GARFIELD HEIGHTS—Pilgrim E. & R.
 Church, 4592 E. 131 St. 8:30
 HAGUE—Bethany Presbyterian Church,
 W. 65 St. & Clinton 8:30
 LAKE COUNTY WOMEN—First Presbyterian
 Church, 4785 Shankland Rd., Willoughby 1:00
 LEE ROAD WEDNESDAY—St. Ann's Church
 (basement), Coventry & Cedar 9:00
 LORAIN COUNTY WOMEN—Vincent
 Methodist Church, Detroit Rd.,
 Rt. 254 east of Rt. 57 8:30
 LORAIN OHIO INTER-RACIAL—Mt. Zion
 Baptist Church, 30th & Wood Ave. 8:00
 MAYFIELD—St. James Joseph Church,
 Pioneer Trail, Mantua 8:30
 NORTH OLMSTED—Episcopal Church of the
 Advent, 3760 Dover Cr. Rd., Westlake 8:30
 PARMA HEIGHTS—All Saints Episcopal
 Church, 8911 Ridgewood Dr. 8:30
 ST. JAMES—St. James Church,
 E. 84 & Cedar 8:00
 SANDUSKY GROUP #1—Providence
 Hospital Cafeteria 7:30
 SHEFFIELD LAKE—St. Thomas School
 (new hall south, east bldg.) 8:30
 HARRIS Rd., Sheffield Lake 8:30
 STEEL WORKERS—Swiss Hall,
 271 Walton Ave. 11:00 a.m.
 TR. 1008 AW 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
 ASHLAND THURSDAY—St. Matthew's
 Church, 1515 Millin Ave. 8:00
 ASHTABULA HARBOR—Bethany Lutheran
 Church, Pen. Ave. (between
 9th & 10th) 8:30
 BAY WEST DISCUSSION—Church of the
 Redeemer, 23500 Center Ridge
 Rd., Westlake 8:30

THURSDAY

ALLEDALE—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 Millin Ave. 8:00
 ASHTABULA HARBOR—Bethany Lutheran
 Church, Pen. Ave. (between
 9th & 10th) 8:30
 BAY WEST DISCUSSION—Church of the
 Redeemer, 23500 Center Ridge
 Rd., Westlake 8:30
 BEREA THURSDAY—Fine Arts Club,
 323 Bagley Rd. (east of Eastland Rd.) 9:00
 BROADWAY 55th—Our Lady of Lourdes
 School Hall 8:30
 BROOKLYN—St. James Lutheran Church Hall,
 477 Broadview Rd. at Oak Park Dr. 8:30
 CHRYSLER TWINSBURGH—Chrysler Union
 Hall, 8650 Chamberlin Rd., Twinsburg 8:30
 COVENTRY—Fairmount Presbyterian Church,
 Scarborough & Fairmount 9:00
 DAY AT A TIME—
 13857 Euclid Ave. 11:00 a.m.
 EASTLAKE—Reformation Lutheran Church,
 34300 Lake Shore Blvd. 9:00
 EAST SHORE WOMEN DISCUSSION—Euclid
 Richmond Library, 26155 Euclid Ave.
 (base, rear) 8:00
 EDGELAKE WOMEN DISC. (Closed)
 Trinity Luth. Church, 16400 Detroit
 Ave., Lakewood 8:30
 ELYRIA THURSDAY—St. Agnes School
 Basement, Lake Ave. & Dewey 8:30
 GARDEN VALLEY—7100 Kinsman Ave. 8:00
 INDEPENDENCE—Presbyterian Church,
 6624 Public Square, Independence 8:30
 J & L GROUP—Trinity Ev. Church,
 3525 W. 25th St. 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)—
 20 1/2 South Park St. 8:00
 MAPLE LEAF—Congregational Church
 Fellowship Hall, west of park, Burton 8:30
 MIDPARK—Middleburgh Hts. Comm.
 Church, Big Creek Pkwy & Bagley 8:30
 NIGHT & DAY—
 22050 1/2 Lake Shore Blvd. 11:00 a.m.
 NORTH RANDALL—North Randall Village
 Hall, 21937 Miles Ave. 8:30
 OBERLIN—Grace Lutheran Church,
 West Lorain St., Oberlin 8:30
 PAINESVILLE—St. Mary's Church Basement,
 242 N. State St. 8:30
 ROCKY RIVER—Rockport Methodist Church,
 3301 Wooster Rd., Rocky River 8:30
 ST. CLAIR THURSDAY—
 22050 1/2 Lake Shore Blvd. 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
 BEREA FRIDAY—Berea Congregational
 Church, Seminary & Church Sts. 8:30
 BROADWAY-HARVARD-8516 Broadway 8:30
 CEDAR-SALVATION Army,
 5005 Euclid Ave. 8:00
 CHAGRIN FALLS—Federated Church,
 76 Ball St. 9:00
 CHardon Chardon United Methodist
 Church, 515 North St. 8:30
 CHARITY-S. Vincent Charity Hospital Amp.,
 8th 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)
 CONNEAUT-Southeast Elem. School,
 Mill St. 8:00
 DAY AT A TIME—
 13857 Euclid Ave. 10:45
 EAST CLEVELAND DISCUSSION--
 13857 Euclid Ave. (Night & Day) 10:45
 EAST SIDE FRIDAY (Closed) Lyndhurst
 Cong. Presby. Church, 5312 Mayfield 9:00
 ELYRIA FRIDAY ST.—Andrew's Church,
 300 S. Third St., Rt. 20 8:30
 EUCLID FRIDAY—Church of Epiphany,
 Lakeshore & E. 210 St. 9:00
 FRIDAY AFTERNOON WOMEN—Plymouth
 Church, Corner & Drexel 1:00
 GORDON SQUARE—West Blvd. Christian
 Church, Madison Ave. & W 101 St. 8:30
 HEIGHTS CLOSED DISCUSSION—Heights
 Lutheran Church (rear),
 17300 Van Aken at Avalon 8:30
 MANSFIELD FRIDAY—A.A. Clubroom,
 20 1/2 South Park St. 8:30

SATURDAY

MAPLE HEIGHTS—Maple Heights City Hall,
 Corner Lee Rd. & Maple Hts. Blvd. 8:30
 NIGHT & DAY—
 22050 1/2 Lake Shore Blvd. 10:45
 NORTHEAST—Hope Evangelical Lutheran
 Church, 2222 Taylor Rd. at Northvale 8:30
 PAINESVILLE FRIDAY—St. John's Baptist
 Church, 361 W. Jackson 8:30
 PARMATOWN MEN'S—Parma Community
 Hospital-Assembly Room,
 7007 Powers Drive 8:30
 POST OFFICE GROUP—Main Post Office,
 Room 470, A 8:00
 RIDGEWOOD WOMEN ST.—Charles Ch.,
 Ridge W. & St. Charles Ave., Parma 8:00
 SISTER IGNATIA—St. Paul Church,
 E. 200th & Chardon Rd. 9:00
 SOLIDARITY—2382 Unwin Rd.,
 Quincy & E. 55 St. 8:30
 SPANISH-AMERICAN—Our Lady of
 Guadalupe Ch., 30th & Clinton
 Lorain, "hi" 8:30
 STELLA MARIS—1320 Washington St. 8:15
 INDEPENDENCE—Bethesda Luth Ch.,
 28607 Wolf Rd., Bay Village 8:00
 TRI-COUNTY—
 1378 E. 340th St. 10:30 a.m. &
 776 3/2 Cedar Ave. Guard Post #2,
 Bldg 302, 2nd Floor 7:00
 UNIVERSITY CIRCLE CLOSED—Church of
 covenant, 11205 Euclid Ave. Noon
 VENICE-Betty Rindler School,
 Galloway Rd., Sandusky 8:30
 WELLINGTON FRIDAY NITE—
 St. Patrick's Church,
 N. Main St., Wellington 8:30
 WEST CLIFTON—Lakewood Congregational
 Church, 1375 Clifton 9:00

ACTION—8516 Broadway 8:30
 ASHTABULA—St. Peter's Episcopal Church,
 Main St. at So. Park 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
 DAY AT A TIME—
 13857 Euclid Ave. Midnight
 FOREST CITY—2125 Broadview Rd. 8:30
 L.S.—17600 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, Middlebridge & Townline Rds. 8:15
 MANSFIELD—20 1/2 South Park St. 8:00
 MANTALBOT—First Presb. Church,
 16200 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—
 22050 1/2 Lake Shore Blvd. 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—Euclid Lutheran Church,
 E. 290 St. & Forestview, E. 340th 8:30
 RICHLAND COUNTY INTER-RACIAL
 Gayle Life Aud., Manfield Gen. Hosp. 8:30
 SOBRIETY—St. Mark's Church,
 15300 Puritas 8:30
 STEEL CITY—YMCA, E. 28th St.,
 Lorain, Ohio 8:30
 TR. COUNTY ARD—1378 E. 340th St. 9:00
 TRINITY—Trinity Evangelical Church,
 3525 W. 25 St. 8:30
 VALLEYVIEW—Pilgrim Church,
 2592 W. 14 St. at Starkweather 8:30
 WEST RICHTFIELD—United Church of Christ,
 Rt. 303, West Richfield 8:30



BUILDING MEANING

I want to direct this message to the men and women who are starting out on the adventure road to sobriety. When you attend your first AA meeting you will hear some members, and perhaps the speaker talk about **staying** sober one day at a time, and of course that is **true**. Our tomorrows depend largely on how we live today. This should not be hard for any alcoholic to understand. If you get drunk today you will suffer tomorrow and if you stay sober today, alcohol will not punish **YOU** tomorrow. But are you ready today to stop punishing Yourself.

For some years you lived in fear and doubt, now You should start believing in something and bring doubt and belief into some kind of productive balance.

If you follow the suggestions that are made here, and apply the Twelve suggestive Steps to your daily living, you will get a better understanding of God and His mercy. It is now up to you to follow instructions and build a new and better life.

The lesson that you have learned is not as important as the lessons you should be learning. The quality of your sobriety will depend on how long you will keep the capacity to learn. Some members keep learning as long as they live, and if you look around the room at any AA meeting you can easily pick them out.

Perhaps right now you are sure that you will always be a good active member and you are reasonably sure that you will never take another drink. But when you get in good grace with your boss, your friends, and your family, or when adversity strikes, will you have the same attitude or will other interests replace your AA activities?

The AA way of life is progress, and the meaning is in progress. The real important task is never finished. The member who thinks he does not need any more lessons because he has all the answers, can only mean that he is thinking in terms of fairly shallow goals by allowing his thoughts to center far too much on his own condition and problems.

My honest and sincere wish for the new man and woman is success, but not the success as the world measures it, for it is too easy. My wish is success in something more valuable and harder to achieve. My wish is that you put meaning into your life. Not the kind you stumble across, like an answer to a riddle.

The meaning I am talking about is something you build into your life, and you should start working on it NOW and work HARD. You can build it out of your past, out of your affection and loyalties, out of your failures and disappointments, out of the things you believe in, out of the values for which you are willing to sacrifice something. AA has the pattern and all the tools that you will need to put it together. But you are responsible for the meaning that you build into your life.

— Edward B., Akron, Ohio Inter-Group News

As long as you're gaining ground, never be satisfied with your lot.

SUCCESS STORY

At every meeting we go to we hear about the miracles that happen to people who, get into AA, and get sober. We hear about the wonderful things that have happened to them, and we take a short look at our own little period of sobriety and find ourselves asking, "Well, where are all the wonderful things that **haven't happened to me?** Why did I get left out? Is there something wrong with my sobriety, or **am** I doing something wrong?"

We hear this fellow tell about his success story in the AA program, and how everything got so much better for him that it was just impossible to believe, and that it just didn't seem like it could get any better.

These success stories sound fine, and they are true, to be sure, but they just didn't seem to be happening to us. We still had the same old problems, and job problems. . . the same old car troubles, bill troubles, too many taxes and not enough dough. There was illness to contend with and neighbors that gave us trouble, not to mention all the other little bothersome trivia, that **some** how (we thought), should have cleared up and gone away when we got sober.

Somehow we were missing the boat. We sure were. We sure are, if we're sober today, and still **thinking** that nothing really wonderful has happened, or is happening to us, now that we're trying to live right. The principal boat we're missing is that we are sober! We are forgetting that this sobriety is a Heaven-sent gift . . . an outright gift to us from He who perhaps was the only one who had not given up on us, and decided that we ought to have another go at it.

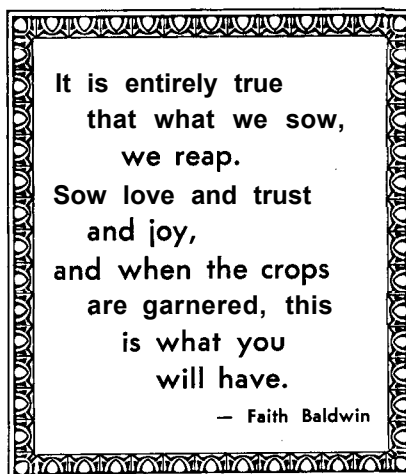
Isn't it a wonderful thing to have troubles and problems (just as everyone else does), and be able to do something about them, instead of running away from them by getting drunk, and hiding our heads in a battle of booze? Isn't it wonderful to awaken in the morning with a clear head and clear eyes and be able to smile at others instead of snapping at them because we feel terrible due to a hang-over?

The rest of this article will be devoted to an example of something wonderful. Years back when I was drinking heavily and was completely unable to stop or control it, I went one day, in desperation, to talk to an aunt and uncle of mine. I do not remember what the reason for the visit was, but I do remember that while there I broke down and cried, and I am sure that the tears were probably more for me, out of plain old self-pity than anything else. I remember that I regretted later that they had seen me in the condition I was in at the time.

This uncle was my Mother's brother, and I know now that they must have realized in some way that I was ill with alcoholism and unable to help myself.

The uncle, and my Mother are both gone now, but the aunt, now in her eighties, is still hale and hearty, and lives a full active life.

(Continued on page four)





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Harry D., pounder and Editor 1892-1 968



Vol. 31 November, 1972 No. 2

MILL ENDS AND REMNANTS

In keeping with the month of November, having for years been observed as Traditions Month, elsewhere in this issue we have reproduced The Twelve Traditions of Alcoholics Anonymous.

It is our considered judgment that greater understanding need be promulgated as concerns The Twelve Traditions, far contained in them is the strength and lifeline of our fellowship.

All of us have been well indoctrinated with respect to the First Legacy of AA and our recovery within The Twelve Steps and our application of them. And under no conditions can their importance be deemphasized, if we are to grow in our new way of life.

Yet, as our recovery progresses, it is vital that our knowledge and understanding of the Second Legacy — The Twelve Traditions, be as broad and considered as only study and application can make possible.

It has been our experience that newcomers, after they have attained a measure of solidified sobriety, thirst for activity, as well as for a knowledge of the workings of AA and its various levels of service and activity.

In activity and service the newcomer creates new horizons of strength and experience beyond all comprehension of the early hope of being able merely to gain freedom from alcohol.

Newcomer, middletimer or oldtimer needs to be knowledgeable of The Twelve Traditions, so in any given situation of service at every level he may make decisions or take action, recalling that his action or decision should meet the test of three areas of consideration — Is it good for AA as a whole? Is it good for the group or service level concerned? And is it good for the continued sobriety of the member or members?

Again reflecting upon experience, we have seen the foregoing test provide the guidelines by which decisions and actions of proper scope have ensued — not just a few, but many times.

Is it no wonder then that we are strong advocates for all members becoming completely knowledgeable and indoctrinated as concerns all of The Three Legacies of Alcoholics Anonymous, with due emphasis being given to the Second — The Twelve Traditions.

Many groups set up meeting programs to provide for full discussion of the Traditions, and particularly during the month of November, which traditionally has also been observed as Gratitude Month.

Let's open our eyes to new horizons, to new potentials of fruitful sobriety and then perform, by George!

WARRENSVILLE WOMEN

On December 20 the Warrensville Women's Group plans to hold its Annual Christmas Party and as in the past monetary and other donations (cigaretts etc.) will help make this observance a memorable one for those who attend. Gifts and donations should be forwarded through the Cleveland AA District Office.



The truth doesn't hurt until it ought to.

MINUTES OF CENTRAL COMMITTEE MEETING OCTOBER 2, 1972

Moderator Dick F. opened the meeting with the Serenity Prayer in which he was joined by the 26 group representatives present. Lou W., Vice Moderator read the Purposes of Central Committee and the Twelve Traditions of AA, following which minutes of the September 5 meeting were read and approved. Treasurer Jean C., reported treasury balance of \$429.88. COMMITTEE REPORTS:

Action Committee: Bob W., Chairman, no report.

Area-wide Meeting: Joe T., Chairman, reported that next meeting would be held on Friday, December 1, in Jordan Hall of Chairty Hospital and that the speaker would be Howard O., Rocky River Thursday Group.

Central Bulletin: George M., Editor. In the absence of the editor, Dick P. commented on 1972 being the Thirtieth Anniversary Year of the Central Bulletin and following discussion, it was consensus of the meeting that the best way in which the membership could express its gratitude should be in getting new subscribers.

Hospital Committee:

Rosary Hall: It was reported that women's ward had been operating at capacity and that there was a waiting list.

Bay View: Julius W., Chairman, reported that visitation continues excellent.

Brecksville: Harry G., reported that meetings hereafter will be held in the dining room on the second floor of Building No. 2 instead of the former location on the fourth floor.

Institution Committee: Helen D., Chairman. No report.

P.I.C.: Dick P., Chairman, reported that the Cleveland District Office had supplied 197 speakers for non-AA meetings and groups during the first nine months of the year.

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

— Joedy M., Secretary

THE PURPOSES OF CENTRAL COMMITTEE

Because better understanding is the key to Friendship; Because the public act of any group or individual involves our entire Fellowship;

Because we must continually take inventory of ourselves as individuals and as groups;

The AA Central Committee has these purposes:

To bring together representatives of all groups for discussions of policy and practice; to create high standards; to guard against exploitation or commercialization; to insure our humility as groups and individuals.

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

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

To serve as a clearing house for ideas.

The Object of The Central Committee is SERVICE.

WEST SIDE MORNING THANKSGIVING

West Side Morning Group's annual Thanksgiving Day meeting, which has become a homecoming observance for Cleveland AA, will have Henry W., of the Euclid-Wade Group as its speaker on November 23 at 11:00 a.m.

For many years Harry W. (the marble man) spoke at this annual meeting both while living in the Cleveland area and after moving to Mayfield, Kentucky. His appearance this year is precluded by illness.

As in the past there will be flowers for the ladies, prizes, good food and of foremost importance, traditional AA fellowship. Free attendant parking will be available at Bollinger and at Martens Funeral Homes at West 98th and Denison Avenue.

PRAYER OF THE MONTH

Almighty God, whose mercies are new unto us every morning, we pray our gratitudes for your gifts of sobriety, time for the amendment of life and for the peace of restored sanity. Give us, we pray, the knowledge and power of Your will that we may heartily acknowledge Your goodness to us. Amen.

THE TWELVE TRADITIONS

1. Our common welfare should come first; personal recovery depends upon AA unity.
2. For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirements for AA membership is a desire to stop drinking.
4. Each group should be autonomous except in matters affecting other groups or AA as a whole.
5. Each group has but one primary purpose — to carry its message to the alcoholic who still suffers. An AA group ought never endorse, finance, or lend the AA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every AA group ought to be fully self-supporting, declining outside contributions.
8. Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. AA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Alcoholics Anonymous has no opinion on outside issues: hence the AA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.
12. Anonymity is the spiritual foundation of our traditions, ever reminding us to place principles before personalities.

NEW WOMEN'S GROUP

On Wednesdays at 8: 30 p.m. the new closed Women's Discussion Group meets in the old x-ray rooms at Deaconess Hospital, 4229 Pearl Road, Cleveland, Ohio. This new group can well use the support of all distaff members.

IN MEMORIAM

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

EDWARD W. STEVENS, a member for nearly 29 years, passed away on October 8. He was a member of the Broadway-55th Group and was a founder of the Superior Stag Group. His presence and example will be sorely missed.

CLEM T. LARRISSY, who would have had 33 years of sobriety come January 1, 1973, passed away on October 15, at age 86. His contributions to the fellowship were numerous and his sponsorship effective. He was given the monicker of "Take It or Leave It" Larrissy by reason of the admonition he gave to new members. While active in many groups, he had been a member of the old Lake Shore Group and in more recent years of the Edgelake Group. He will be missed and his straightforward counsel long remembered.

DATES TO REMEMBER

November 7-Central Committee Meeting, 8: 30 p.m., Room 362, Hanna Building.

12—18th Anniversary of Early Group, 8:00 p.m., St. Malachi's School Hall, 2459 Washington Street. Speaker: Henry W., Euclid-Wade Group.

20-33rd Anniversary of Borton Group, 8:30 p.m., Forest Hills Presbyterian Church, Lee and Monticello Boulevards. Speaker: Bob L., Southwest Sunday Group.

23-THANKSGIVING DAY

23-Annual Thanksgiving Day Meeting, West Side Morning Group, 11:00 a.m., West-side Hungarian Church, West 28th St. and Denison Ave. Speaker: Henry W., Euclid-Wade Group.

December 2-25th Anniversary of Trinity Group, 8:30 p.m., Trinity Evangelical Church, 3525 West 25th St. Speaker: Bob L., Southwest Sunday Group.

"NO"

Decisiveness is ten percent knowing where one is going and SO percent learning to say NO. The art of saying "No" very sweetly but very firmly, is the mark of an individual who is confident of his direction and determined to let no minor consideration divert him or her from his course.

One of the greatest decisions in an alcoholic's life is to be able to say "No" to the first drink and he must train himself to do so with inner pleasure, no matter what the outside pressure may be.

At first we are prone to search frantically for acceptable alibis by which we can justify our action to our friends and acquaintances. This is nonsense. If a line of action is vital to one's serenity and health, then we should steer away from apology. If a friend asks why, tell him you are doing it because you want to. No argument can defeat such a statement. In following such a course of action, you will be amazed to discover that decisiveness earns the admiration of acquaintances since most of them wish that they could exercise the same kind of courage.

To me the first "No" was a terrible experience, but the results in my emotional stability were far greater than if I had taken the drink. Now I take great pride in being able to say No!

We all must remember great mountaineers begin their learning by climbing little hills. In growing up, we must all learn how to walk before we can run. In saying no to the first drink, we must keep repeating no, to find the pleasure and serenity in so doing.

— Leo R. in Silver Dollar, Fargo, N.D.

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 Turnev. 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

AI-ANON GROUP MEETINGS

For information about time and place of AI-Anon meetings, please call AI-Anon Family Group Office (Room 204, Frederick Building, 2063 East 4th Street, Cleveland, Ohio 44115) at 621-1382.

SKID ROW — THEN AND NOW

The year 1860 saw Lincoln elected, the Pony Express begun, and the birth of skid row. Lincoln lived less than five years and the Pony Express lasted less than two; but skid row has been around a 112 years.

The first skid road was an inclined patch, greased for sliding logs, at the then outskirts of the new town of Seattle. As the town grew, the logging moved to new limits. As with many near-downtown districts, skid road attracted the saloons, the brothels, and dives common to a boom community. Soon when a woman sank low enough to work on skid road, or a man consistently drank so that he practically lived there the prodigal was said to have "hit skid road."

History caught **up** with the times. The railroads oushed east to **west**; **culture** and immigration, too, were from east to west. But the expression "hitting skid road" and its word-of-mouth change of "road" to "row" moved the boomers and barflies to San Francisco, Dodge City, St. Louis, Chicago, and other cities. During these past 112 years any town's district that meant degradation, lost hope, human weakness, and the catering to these weaknesses became that town's skid row.

SELF-PITY

Lord, all night I lay awake consorting with self-pity. Its idiot voice would not let me sleep. It entertained me with its chant of woes. It pursued me into the pillow when I tried to bury my head. When I **turned** to the right it was there, insidiously smiling; when I turned to the left it perched on my bed.

I thrust it aside but it would not leave me; it would not let me go. And though I finally slept, when I awoke this morning, it trailed me into the kitchen triumphant.

It was not satisfied that it had robbed me of rest; it wanted to sit beside me at breakfast to **tag** me about all day. It **p&su**es, it clutches at me still.

God, I am asking you to purge me of this awful companion now. I offer it up to you to do with what you will. Take self-city away. Banish it. Heal me of its scars. Please **put** self-pity, and a vital glowing sense of the many marvels and blessings of my life in its place.

-From the book I'VE GOT TO TALK TO SOMEBODY, GOD;
Copyright 1968, 1969 by Marjorie Holmes Migher, Published
by Doubleday & Company, Inc.

SMILES

A man collapsed on the street and a crowd immediately gathered around and started offering suggestions.

"Give him **some** air," a man called out.

"Give the **poor** man a drink of whiskey," said a little old lady.

"Give him artificial respiration," someone else said.

"Don't panic. Get him to a hospital," exclaimed an excited onlooker.

"Give him a drink of whiskey," said the little old lady.

The babble continued for several minutes until the victim suddenly sat up and hollered, "Will you all shut up and listen to **the little old lady!**"

"My **my!**" Grandpa complained. "What's **wrong** with the younger generation?"

"The main thing, I think," soothed Grandma, "is that too many of us don't belong to it any more."

"My wife's **cooking** melts in your mouth," the young husband said.

"She never thaws it long enough."

Forbidden fruit **can** get you in a **bad** jam.

Swallowing angry words is easier than having to eat them.

Many arguments **have** two sides and no end.

A good sermon should **not** only comfort the afflicted, but afflict the comfortable.

FALSE PACES

Some people go through life with fixed, almost frozen faces. They are like the masks worn by actors thousands of years ago in tragedies by Sophocles, the great Greek dramatist.

This is not the kind of face God planned for us. With the corners of the mouth drawn down in unchanging fretfulness and **mélancholy**, it is a caricature of what the face of a child of God should be.

It may be true that there is more sorrow in life than joy, more tears than laughter, more tragedy than **comedy**. It is true that there are more wakes in any given **city** than weddings, more hospitals than theaters, more accidents that separate people than family reunions that bring them together.

Still, that in no way means that life is all sadness and unhappiness. It all depends on how a person looks at life, what he believes is his purpose in life.

A sour-minded, hating, cynical person will see trouble in everything that happens to him. He is being unjustly treated if he gets sick; he is being laughed at and made fun of if he is teased; he is being cheated if he is poor. Everybody, everything in life is against him. No wonder he is perpetually morose and long-faced.

But there are good things in life, wonderful things. They are on all sides, within easy reach of nearly everyone. The possession of a family; the love of trusted friends; the beauty of nature in the sun, the stars, the oceans, the mountains, the flowers of the fields; the ever-watchful providence of God; the nearness of heaven!

There is music in laughter, especially the laughter of loved ones, if only one would pause and listen; there is a blessing in a smile if only one would **stop** and look; there is **value** in pain if only **one** could see it in the touch of the hand of God making the sufferer like himself in His own passion and death. Joy can be found in all these things.

And anyone who wants this view can have, it. Today is the day to start. The sky is more often blue and **sun-**drenched than it is black and heavily clouded. Your life, if you want it that way, can be more often happy than sad, gay and glad than gloomy and afraid. Learn that from God. That's the way He is. That's the way He wants you to be.

—by E. F. Miller in Digest

SUCCESS STORY

(Continued from page one)

If I had any idea that nothing wonderful ever happened to **me**, I have only to look across the room as I write this article. This dear old lady is sitting in my living room watching me type this, and has **come** to Cleveland for the week-end to see my wife and me. She has four wonderful children of her own, yet she has come a hundred miles to see me.

So marvelous things do happen once one gets sober! They **may** not have dollars connected with them, but who cares?! I would rather be sober and have one Aunt Eva, than all the money in the world. And that's a fact! Ain't it good to be sober?!

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.

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

CLEVELAND AREA

Guest Speakers

NOVEMBER, 1972

BAY FIRESIDE (Saturday) 4—Tom McG., Edgelake; 11—Bob L., Southwest Sun.; 18—Kay S., Akron, Ohio; 25—Tex H., TC.1005.

BEDFORD MORNING (Wednesday) 1—John W., North Randall; 8—Mike K., Independence; 15—Max M., Humble; 22—Chuck B., Orchard Grove; 29—Tom K., Barberton.

BEREA THURSDAY (Thursday) 2—Orvel H., North Eaton; 9—Wally M., Bedford Wed.; 16—Helen M., Steelworkers; 23—Bob C., Brookpark.

BORTON (Monday) 6—Pat P., Bedford; 13—Crawford W., New York City; 20—33rd Anniversary of Group; Speaker: Bob L., Southwest Sun.; 27—Walter M., Brooklyn.

BRECKSVILLE (Wednesday) 1—Paul O., Bedford Wed.; 8—John D., Brecksville Wed.; 15—John C., Pearl; 22—Dick D., Parmatown Men; 29—Kevin B., Lakewood Armory.

BROOKLYN (Thursday) 2—Cora McD., Hague; 9—Frank M., Metro General; 16—Mike S., Parmatown Men; 23—Bob J., Trinity; 30—Loretta J., Angle.

CHARITY (Friday) 3—Andy C., Humble; 10—Tom U., League Park; 17—Marty Y., Euclid Wed.; 24—Jack McG., Northeast.

DOAN MEN (Wednesday) 1—Bill H., Nela Park; 8—Paul K., Nela Park; 15—Walt S., (?); 22—Ed H., Northeast; 29—Tom P., League Park.

EDGE LAKE (Tuesday) 1—Chuck B., Orchard Grove; 14—Mary M., West Side Women; 21—Howard O., Rocky River; 28—Jim R., Lakewood Armory.

FAIRVIEW PARK (Tuesday) 7—Ralph M., Lakewood Men; 14—Tom F., Bay View; 21—Fred S., Bay View; 28—Don P., Bay View Discussion.

GARFIELD HEIGHTS (Tuesday) 7—No meeting; 14—Cle S., Garden Valley; 21—Charles H., Pearl; 28—Helen G., Clark.

GORDON SQUARE (Friday) 3—Dick S., Valley View; 10—Herb B., Valley View; 17—Greg P., (?); 24—Terry S., Memphis.

GRATEPUL (Sunday) 5—Moses Y., Hartsville; 12—Pat M., Painesville Fri.; 19—Earl J., Angle; 26—Stanley O., St. Clair Thurs.

LORAIN AVE. TUESDAY (Tuesday) 7—John K., Friendly Suburban; 14—John A., Friendly Suburban; 21—Bill C., Friendly Suburban; 28—Emil V., Midpark.

METRO GENERAL (Friday) 3—Chet R., Baxter; 10—Sophie L., Pearl; 17—Calvin C., Angle; 24—Bob G., Lee-Seville.

NASA WEDNESDAY (Wednesday) 1—Discussion; 8—Jim D., Independence; 15—Joe B., Lorain Interracial; 22—Pete E., Westlake Discussion; 29—Mary E., Westlake Discussion.

NORTH OLMSTED (Wednesday) 1—Pat M., Avon Lake; 8—Fred S., Bay View; 15—Clark K., Bay West Discussion; 22—To be announced; 29—Joe K., Lakewood Men.

PARMA HEIGHTS (Wednesday) 1—Tom C., Superior; 8—Emogene P., Laurel; 15—Harry J., Bay View; 22—Neal C., Maple Heights; 29—Armand D., VA Hospital.

PARMATOWN MEN (Friday) 3—Paul L., Lorain Ave. Tues.; 10—Jack S., Parmatown; 17—Norman K., Parma Sat.; 24—Tex H., TC.1005.

ROCKY RIVER (Thursday) 2—Virginia H., River Tues.; 9—George M., Edgelake; 16—Bob S., Edgelake; 23—Discussion; 30—Pete E., Westlake.

SISTER IGNATIA (Friday) 3—Tex H., Memphis; 10—Landon M., Lander Circle; 17—To be announced; 24—Bill M., Sister Ignatia.

STEEL WORKERS (Wednesday) 1—Tom B., Novelty, Ohio; 8—Galihy O., Bedford Wed.; 15—Suzanne A., Fairhill Hospital; 22—Minnie C., Grateful; 29—Pat M., Grateful.

STRONGSVILLE (Tuesday) 7—Art F., Hague; 14—Billy C. Clark; 21—Tom L., on tape; 28—Betty C., Clark.

TRINITY (Saturday) 4—Chris H., Forest City; 11—Tom D., Rosary Hall; 18—Al S., Brooklyn; 25—Maggie G., West Side Women.

U.A.W. 1005 (Wednesday) 1—Helen J., Laurel; 8—Al S., Laurel; 15—Tom P., League Park; also turkey raffle; 22—Cass P., Midpark; 29—Emmogene P., Laurel.

WARRENSVILLE WOMEN (Wednesday) 1—Bill A., Southwest Sun; 8—Tom D., Young People; 15—Ro E., Brainard; 22—Oscar O'N., Garden Valley; 29—Gaby O., Bedford Wed.

WEST SIDE MORNING (Thursday) 2—Joe B., Clark; 9—Fred D., Mansfield, Ohio; 16—Jim C., North Canton, Ohio; 23—Thanksgiving Day Meeting, Henry W., Euclid Wade; 30—Tony V., League Park.

WEST SIDE WOMEN (Monday) 6—Tom Mc., Edgelake; 13—Dick F., Berea; 20—Marg G., Thurs. Nite Discussion; 27—Mary M., West Side Women.

Y.O.U.R. (Sunday) 5—Vic M., Wickliffe; 12—Bill & Jennifer M., Sister Ignatia; 19—Jerry K., Garfield Tues.; 26—To be announced.

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

CLEVELAND AREA A A GROUP MEETINGS

SUNDAY

AVON CENTRAL—Central Bank (rear down) 8:00
 36690 Detroit Rd., Avon
 BEDFORD HEIGHTS—St. Mary's Church Hall (rear) 7:30
 Broadway & Union
 BROOKSIDE—Bethany United Church of Christ, 2383 West 41st 8:30
 C.A.H.—2285 1/2 Lake Shore Blvd. 11:00 a.m.
 CASTALIA, O. Church of Christ, 205 Main St. 8:30
 COLLINWOOD—14812 St. Clair (rear) 7:30
 DETROIT SUNDAY—Detroit Ave. 7:30
 GARDEN VALLEY—7100 Kinsman Ave. 4:30
 GENOVA—C.C. Bldg., E. Main, Rte. 20 8:00
 GOLDEN LINK—Stattler-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 W. R. D. Lakewood 9:00
 MANSFIELD—20 1/2 So. Park St. 8:00
 MARSHA—Marshall Ford Agency (side door) 6200 Mayfield Rd. 8:00
 MENTOR SUNDAY—Bede's Church, 9114 Lake Shore Blvd. 8:00
 MISTLETOE—St. John's Cathedral Lower Sacristy, off Superior & E. 9th 7:00
 NDLA PARK—General Electric Co., Cafeteria off Noble Road 7:30
 NEWBURGH—St. Catherine Church, 8443 E. 93 St. 8:30
 NEWBURY—St. Helen's Church, Rt. 87, Newbury 8:15
 NITE & DAY—13857 Euclid Ave. 11:00 a.m.
 PURITAS SUNDAY—Church of Ascension, 14040 Puritas Rd. 8:30
 6700 DETROIT DISCUSSION—6700 Detroit 7:00
 SOUTHVIEW SUNDAY—Bd of Education Bldg., 390 Fair St., Berea 8:30
 SUPERIOR STAG—2028 1/2 E. 106 11:00 a.m.
 TRI-COUNTY—1378 E. 340th St., Eastlake 12:30
 U.A.W.—145 19816 St. Clair Hall 7:30
 WAKEMAN—TWILIGHT—St. Mary's Hall, Rt. 24, Wakeman, O. 7:30
 WESTSIDE—BREAKFAST—Junior Achievement Bldg. (Rear) 2070 W. 117th St. 12:30
 Y.O.U.R.—St. John Lutheran Church School Bldg., E. 176 & Nottingham, 30. of Lake Shore Blvd. 7:15

MONDAY

BORTON—Forest Hills Presbyterian Church, Lee & Monticello Blvd., Cleve. Hts. 8:30
 BROOK PARK—Redeemer Lutheran Church, 6181 Smith Rd. 8:30
 EARLY EARLY—St. John's Cathedral (Lower Sacristy), E. 9th & Superior (Superior Entrance) 7:30
 ELYRIA MEN—St. Agnes School Basement, Lake & Dewey 8:30
 FRESH START—4907 Taylor Ave. 8:00
 FRIENDLY SUBURBAN—6037 Pearl Rd. (closed mtg.) 8:00
 FRIENDSHIP—Bldg. Presbyterian Church, 24600 Lake Shore Blvd. 8:30
 GOLDEN GATE WOMEN—Highland Presb. Church Annex, 5632 Wilson Mills Rd. 8:30
 HUMBLED—Beechland Presbyterian Church, 18100 Canterbury at Lake Shore Blvd. 8:30
 JEFFERSON—Jefferson Savings & Loan, 12 W. Jefferson, Jefferson 8:30
 LAKEWOOD MEN—St. Peter's Episcopal Church, West Chilton & Detroit 9:00
 LEE MONDAY—First Presbyterian Church, Nela & Euclid Ave. 8:30
 LEROY BRAKEMAN—Leroy Grange Hall, Brakeman Rd. off Rt. 86, Leroy 8:30
 LORAIN MONDAY—St. Ignatius Hall, 10205 Lorain Ave. at West Blvd. 8:30
 MONDAY MORNING 12 STEP—United Church of Christ, 2150 Warren Rd., Lakewood 10:30 a.m.
 NORWALK MONDAY—Universal Church, West Main St., Rt. 20 & 250 Intersection, Norwalk 8:30
 ORCHARD GROVE—St. Paul Luth. Church, Detroit & Arthur Ave. 8:30
 PEARL—2125 Broadway 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, 345 Warrenville near Kinsman 9:00
 SOLON CROSSROADS—Solon Historical Bldg., Rt. 91 & Bainbridge Rd. 8:30
 SOUTHEAST—7526 Broadway 8:30
 STREETSBO—St. Thomas Lutheran Church, Rt. 43 south of Rt. 14 8:30
 TEMPLE—E. St. Adelbert Church, 2347 E. 83 St. 8:15
 VERMILION—Congregational Church, State St., Route 60 8:30
 WEST 25th STREET—Eighth United Church of Christ, 2409 Willowdale Ave. 8:30
 WESTSIDE WOMEN—West Blvd. Christian Church, W 101 St. & Madison Ave. 8:30
 WILLOUGHBY—First Presbyterian Church, 4785 Shankland Rd. 8:30
 WINDSOR—United Methodist Ch., Rt. 322 & Rt. 534 8:30

TUESDAY

ASHLAND—Methodist Church, corner Cottage & Sundusky Sts. 8:00
 BAINBRIDGE GRATEFUL—Valley Presby. Church, Rt. 306 & Chagrin Rd. 8:30
 CLARK—1917 Clark Ave. 8:30
 CLOCKWATCHERS (Closed)—Christ Episc. Church, Hudson 8:00
 CORLETT MEN'S—Shaffer Church, 12002 Miles Ave. 8:30
 DAY AT A TIME AM—13857 Euclid Ave. 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 Christian Church, E. 280 St. & Lake Shore Blvd. 10:30 a.m.
 FAIRMOUNT—St. Paul's Episcopal Church, Fairmount & Coventry 9:00
 FAIRVIEW PARK—Fairview Grace Church, W. 224 St. & Lorain Rd. 8:30
 FALLS—Community Church, 7853 Columbia Rd., Olmsted Falls 9:00
 FORD 1250—17250 Hummel Rd., Brookpark 11:00 a.m.
 GARFIELD HEIGHTS—Garfield Municipal Bldg., 5555 Turney Rd., Garfield Hts. 8:30
 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—Brook-High School Cafeteria, 9200 Biddulph Rd., Brooklyn 8:45
 LORAIN AVENUE—TUESDAY'S, John Bosco Church, 8460 Pearl Rd., Parma Hts. 9:00
 LORAIN CENTRAL—Trinity Church, Elyria Ave. & 24th, Lorain 8:30
 MANSFIELD—Grace Episcopal Church, 41 Bowman St. 8:30
 MAYLYND—Hilcrest Eva., United Brethren Church, 1400 Lander Rd., Mayfield Hts 8:30
 MIDTOWN—Trinity Cath. Parish Hall (rear), E. 42nd & Prospect 8:30
 NIGEL & DAY—2205 1/2 Lake Shore Blvd. 8:30
 NO. RIDGEVILLE—Shepherd of Ridge Luth. Church, Rt. 20, East Rt. 76 8:30
 OPPORTUNITY CLOSED DISCUSSION—9769 Middle Ridge Rd., Madison 7:30
 RIVER SUNDAY—Rocky River Methodist Church, 1914 Detroit Rd., Rocky River 8:30
 SANDUSKY AFTERNOON—Municipal Bldg., Melg St. 1:00
 SEVEN HILLS—Closed Discussion—Seven Hills Meth. Ch., Elmhurst Ave., off Pleasant Valley 8:30
 SHOREGATE MEN'S TAG—Wickliffe City Fire Station, (up), 28730 Ridge Rd., Wickliffe 9:00
 SMITH WILSON—St. Joseph's School Bldg. (front, right), 9321 Orleans Ave. 8:30
 STRONGSVILLE—Community Library, 13213 Pearl Rd. 8:30
 SUPERIOR—North Presbyterian Church, E. 40 St. & Superior 8:30

TRW—Cedar Ave. Guard Post #2, Bldg 32, 2nd Floor 7:00
 12 STEP WOMEN'S DISCUSSION—Episcopal Church of the Advent, 3760 Dover Center Rd., Westlake 1:00
 WESTLAKE—St. George's Closed & Christian Church, 8800 Hilliard Rd. 10:00 a.m.
 WEST PARK—Puritas Lutheran Church, W. 138 St. & Puritas 8:30
 YOUNG PEOPLES—First Methodist Church, Euclid Ave. at E. 30th 8:30

WEDNESDAY

ASHTABULA COUNTY WOMEN—Harris Mem. Presb. Church, W. 58 & Adams, 2nd & 4th Wed. 8:00
 BAXTER—St. Stanislaus Recreation Hall, St. 8:30
 BRUNSWICK—Cuyahoga Savings Bldg., Laurel Square (entrance next to Marshall Drug) 8:30
 COLLINWOOD—14812 St. Clair (rear) 8:00
 DOAN MEN—First Presbyterian Church, 16200 Euclid Ave. 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 8:30
 GARFIELD HEIGHTS—Pilgrim E. & R. Church, 4562 E. 131 St. 8:30
 HAGUE—Bethany Presbyterian Church, W. 65 St. & Clinton 8:30
 LAKE COUNTY WOMEN—First Presbyterian Church, 4785 Shankland Rd., Willoughby 1:00
 LEE ROAD WEDNESDAY—St. Ann's Church (basement), Coventry & Cedar 9:00
 LORAIN COUNTY WOMEN—Vincent Methodist Church, Detroit Rd., Rt. 254 east of Rt. 57 8:30
 LORAIN OHIO INTER-RACIAL—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 Cr. Rd., Westlake 8:30
 PARMA HEIGHTS—All Saints Episcopal Church, 8911 Ridgewood Dr. 8:30
 ST. JAMES—St. James Church, E. 94 & Cedar 8:00
 SANDUSKY GROUP #1—Providence Hospital Cafeteria 7:30
 SHEFFIELD LAKE—St. Thomas School (new hall south, east bldg.) 8:30
 STEEL WORKERS—Swiss Hall, 271 Walton Ave. 11:00 a.m.
 T.C. 1005 UAW (Progressive Hall)—5615 Stumpp Rd. (between Brookpark & Snow) 8:30
 TWENTY-FOUR HOUR—Church of Ascension, 15216 Detroit Rd. 8:30
 WEDNESDAY MEN'S DISCUSSION—St. Paul's Shrine, 4120 Euclid Ave. 8:30
 WEST SHORE—West Shore Unitarian Church, 20401 Hilliard Rd., Rocky River 8:45
 WICKLIFFE—Presbyterian Church, E. 296 St. & Ridge (so. off Euclid) 8:30

THURSDAY

ALLENDALE—St. Paul's Episcopal Church, 15837 Euclid Ave. 8:30
 ANGLE—St. Mark'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 Euclid & 10th) 8:30
 BAY WEST DISCUSSION—Church of the Redeemer, 23500 Center Ridge Rd., Westlake 8:30

BEREA THURSDAY—Fine Arts Club, 323 Bagley Rd. (east of Eastland Rd.) 9:00
 BROADWAY 55th—Our Lady of Lourdes School Hall 8:30
 BROOKLYN—St. James Lutheran Church Hall, 4711 Broadway Rd. at Oak Park Dr. 8:30
 CHRYSLER TWINSBURGH—Chrysler Union Hall, 8650 Chamberlin Rd., Twinsburg 8:30
 COVENTRY—Fairmount Presbyterian Church, Scarborough & Fairmount 9:00
 DAY AT A TIME—13857 Euclid Ave. 11:00 a.m.
 EASTLAKE—Reformation Lutheran Church, Room 407A, 34300 Lake Shore Blvd. 9:00
 EAST SHORE WOMEN DISCUSSION—Euclid Richmond Library, 26155 Euclid Ave. (base, rear) 8:00
 EDGELAKE WOMEN DISC. (Closed) Trinity Luth Church, 16400 Detroit Ave., Lakewood 8:30
 ELYRIA THURSDAY—St. Agnes School Basement, Lake Ave. & Dewey 8:30
 GARDEN VALLEY—7100 Kinsman Ave. 8:00
 INDEPENDENCE—Presbyterian Church, 6624 Public Square, Independence 8:30
 J & L GROUP—Trinity Ev. Church, 3522 W. 25th 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)—20 1/2 South Park St. 8:00
 MAPLE LEAF—Congregational Church, Fellowship Hall, West of park, Burton 8:30
 MIDPARK—Middleburgh Hts. Comm. Church, Big Creek Pkwy & Bagley 8:30
 NIGHT & DAY—22050 1/2 Lake Shore Blvd. 11:00 a.m.
 NORTH RANDALL—North Randall Village Hall, 21937 Mill Ave. 8:30
 OBERLIN—Grace Lutheran Church, West Lorain St., Oberlin 8:30
 PAINESVILLE—St. Mary's Church Basement, 242 N. State St. 8:30
 ROCKY RIVER—Rockport Methodist Church, 3301 Wooster Rd., Rocky River 8:30
 ST. CLAY—THURSDAY 20650 1/2 Lake Shore Blvd. 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
 BERE A FRIDAY—Berea Congregational Church, Seminary & Church Sts. 8:30
 BROADWAY HARVARD—8516 Broadway 8:30
 CEDAR—Salvation Army, 5068 Euclid Ave. 8:00
 CHAGRIN FALLS—Federated Church, 76 Bell St. 9:00
 CHARD ON—Chardon United Methodist Church, 515 North St. 8:30
 CHARITY ST. Vincent Charity Hospital Amp., 6th Floor, 2222 Central Ave. 8:30
 (L.H. HO CO) MEN'S—Matt Talbot Inn, 9307 Superior Ave. 8:30
 CLOCKWATCHERS—Christ Episcopal Church, Hudson (Closed Meeting) 8:30
 CONNEAUT—Southeast Elem. School, Mill St. 8:00
 DAY AT A TIME—13857 Euclid Ave. 10:45
 EAST CLEVELAND DISCUSSION—13857 Euclid Ave. (Night & Day) 10:45
 EAST SIDE FRIDAY (Closed)—Lyndhurst Co., Presby. Church, 5312 Mayfield 9:00
 ELYRIA FRIDAY—St. Andrew's Church, 300 S. Third St., Rt. 20 8:30
 EUCLIP FRIDAY—Church of Epiphany, Lakeshore & E. 210 St. 9:00
 FRIDAY AFTERNOON WOMEN—Plymouth Church, Coventry & Drexmore 1:00
 GORDON SQUARE—West Blvd. Christian Church, Madison Ave. & W 101 St. 8:30
 HEIGHTS CLOSED DISCUSSION—Heights Christian Church (rear), 17300 Van Aken at Avalon 8:30
 MANSFIELD FRIDAY—A.A. Clubroom, 20 1/2 South Park St. 8:30

MAPLE HEIGHTS—Maple Heights City Hall, Corner Lee Rd. & Maple Hts. Blvd. 8:30
 NIGHT & DAY—22050 1/2 Lake Shore Blvd. 10:45
 NORTHEAST—Hope Evangelical Lutheran Church, 2222 Taylor Rd. at Northville 8:30
 PAINESVILLE FRIDAY—St. John's Baptist Church, 361 W. Jackson 8:30
 PARMATOWN MEN'S—Parma Community Hospital-Assembly Room, 7007 Powers Drive 8:30
 POST OFFICE GROUP—Main Post Office, Room 407A 8:00
 RIDGEWOOD WOMEN—St. Charles Ch., Ridge R. & St. Charles Ave., Parma 8:00
 SISTER IGNATIA—St. Paul Church, E. 200th & Chardon Rd. 9:00
 SOLIDARITY—2882 Unwin Rd., Quincy & E. 55 St. 8:30
 SPANISH-AMERICAN—Our Lady of Guadalupe Ch., 30th & Clinton, Lorain, Ohio 8:30
 STELLA MARIS—1320 Washington St. 8:15
 TGIF MEN—Bethesda Luth Ch., 28607 Wolf Rd., Bay Village 8:00
 TRICOUNTY—1878 E. 340th St. 10:30 a.m. & 8:00
 TRW-2 Cedar Ave. Guard Post #2, Bldg 32, 2nd Floor 7:00
 UNIVERSITY CIRCLE CLOSED—Church of Covenant, 11205 Euclid Ave. Noon
 VENICE—Betty Endergy 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 4516 Broadway 8:30
 ASHTABULA ST. Peter's Episcopal Church, (Main St. at So. Park) 8:30
 BAYVIEW—Bayview Hospital, 2520 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
 DAY AT A TIME—13857 Euclid Ave. Midnight
 FOREST CITY—2125 Broadview Rd. 8:30
 L.S.I.—17600 Broadway, Maple Heights (Cafeteria) 8:30
 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, Middlebridge & Townline Rds. 8:15
 MANSFIELD—20 1/2 South Park St. 8:00
 MATT TALBOT—First Presb. Church, 16200 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—22050 1/2 Lake Shore Blvd. Midnight
 PARKMAN—Congregational Church, Parkman 8:30
 PARMA SATURDAY—Third Federal Savings & Loan, 5550 Ridge Rd. (rear entrance) 8:45
 PLAINS—Mentor Plains Methodist Church, Rt. 306 & Lake Shore Blvd., Mentor 9:00
 REDWOOD—Euclid Lutheran Church, E. 260 St. & Forestview, Euclid 8:30
 RICHLAND COUNTY INTER-RACIAL—Gayle Fife Aud., Manfield Gen. Hosp. 8:30
 SOCIETY ST. Mark's Church, 15300 Puritas 8:30
 STEEL CITY—YMCA, E. 28th St., Lorain, Ohio 8:30
 TRI-COUNTY ARID—1378 E. 340th St. 9:00
 TRINITY—Trinity Evangelical Church, 25 St. 8:30
 VALLEYVIEW—Pilgrim church, 2522 W. 14 St. at Starkweather 8:30
 WEST RICHLAND—United Church of Christ, Rt. 303, West Richfield 8:30



CHRISTMAS

It is possible and probable that for many in our society who never had a basic religious training or belief, Christmas, may never have had its true significance. Without regard to that it is also probable that the increasing commercialization of the Christmas season, and the vicious uncertainty of the times in which we live, may have obscured in whole or in part that true significance of Christmas for most of us or even all of us.

Nearly two thousand years ago the Child of Bethlehem was born into a world that was old, tired and cynical. Across His birthplace had marched the armies of innumerable tyrants. Great empires had risen and fallen in the centuries immediately preceding His birth. In the cities of the Near East were learned men who knew the art of Persia, the Hebrew religion, the philosophy of Greece and the law and military science of Rome.

The highly sophisticated understanding of modern men in Jesus' time was wholly inadequate to the human needs of the time. They knew all sorts of doctrines and techniques for analysis. But they lacked the simple wisdom of a child, which is that life without love is meaningless.

The truth about love, which includes compassion, mercy and tolerance, is what Jesus really brought to the human race. Church buildings and other sanctuaries of the human spirit may be destroyed in wars and revolutions, and believers in love may be martyred and brainwashed, but the essential truth which the Christchild brought, endures forever.

In His birth there was brought to a world of wise men the key that unlocks the secret of human existence. This key of loving kindness in one person for another is just as timely and more vital in an age of atomic science as it was in the age of galley slaves.

While nations and communities change, fight, and threaten destruction, the human heart remains unchanged. The message of Christmas is always as fresh and bright as the dawn of a new day. Its essence is as precious as the gift of a new day of life. Surely the full inspiration of active brotherly love should impress us in this society, perhaps more than it impresses any other group of human beings on the face of the earth. Ours is a mission of love in action. That was the message of Christ, and on His birthday we who have walked through a dark valley that could not be conceived by most, and have found through His grace and the truth which He brought to the world, a fine spirit of brotherly love which has salvaged us into a new life far greater than some ever know, should find Christmas the true symbol of a love that surpasses all understanding.

If all people, especially the world's leaders, could abandon their love for power and learn the power of love as we have, most of the world's troubles would end.

-Reprinted from Vol. XX, No. 3, Dec. 1961

Merry Christmas

DO YOU REMEMBER.. . ?

We have all heard many times the familiar statement: "Show me a grateful AA, and I'll show you a sober AA." It's a very good adage to go by, and there are many grateful AAs everywhere. The subject of gratitude brings us to another matter. During this past summer we have lost a sizeable number of good AA people in the Cleveland area. Several of these members had a lot of sobriety, and were good and faithful members to the end. Each member was a colorful and productive personality, and the Fellowship has suffered a loss as each passed on. The fact that so many have passed in so short a time has hurt more than usual, and all of us can remember some or all of them with sadness. This meeting or that meeting will never be quite the same again without this one or that one.

God teaches us that each soul is individual in its own right, and that to Him each one is important. We in AA are immediately aware of this fact when one of "ours" goes on from this life. That "one" is immediately missed, and so it should be.

Those of us who remain, if we are honest in our sobriety, and desirous of improvement, should take stock of these AAs who have left us and be ever more aware of the fact that they, in their steadfast devotion to the Fellowship have left us something of incalculable value. They have left us AA, and were, themselves, living examples of "how it works . . ." . . . how to stay sober. We can never repay them, never be grateful enough.

The only way we can begin to show our gratitude at all is in attempting to live and work the Program as they did all those years. As we hear many times also, "you may be the only

Big Book someone will ever read, and it stands to reason that every one of these AAs who have so recently passed on was someone's Big Book, and probably many times over during the years he or she was in AA. For this reason alone, their service was beyond measure.

We who are left, whether they were our own personal Big Books or not should all realize that in some small way perhaps they were responsible for at least some small part of **our** sobriety.

Years ago, after I had tried and failed at the AA way of life, I remembered someone had said how tough it was to "climb those steps again after being drunk." Where I came from there was a large meeting in some second floor rooms. Hence the steps to climb; steps I never did climb, because when I did come back it was in the Cleveland area, and I went down some steps to a church basement. No matter, it was not an easy thing to do, yet even then, sick as I was, I remember thinking through the befuddled foggy "nothingness" I was in: "Oh God, I'm so glad they're still here!" I was home . . . home at last! Here was the answer to everything, and thank God for those steady honest AAs who held the Fellowship together, held the doors open for those of us who didn't make it the first time, as well as for all the newcomers, first-timers, the raggedy Joe

(Continued on page four)



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Harry D. Pounder and Editor 1892-1 968



Vol. 31

December, 1972

No. 3

MILL ENDS AND REMNANTS

Recently we read an editorial entitled "What is Success?", and we are devoting the corner this month to some of the gleanings from that editorial. We feel they should be shared.

"A somber responsibility is being placed on our generation. Many wise and thoughtful men today are saying we must succeed in the process of living; that time is running out; that we no longer have the option of trial and error."

The article states that one of the promising signs today is the fact that many no longer judge success solely in terms of money. It is accepted that money is important; it is potential power; but it dare not be the criterion of everything.

As in AA it has long been known that it is the interior and not the exterior qualities of a man that count. We judge not by a man's gold or his position. But many go through life believing that wealth and position can make them find success.

It has been said that a successful person has seven things that make him a success. This person has a sense of direction, understanding, courage, charity, esteem, self-confidence and self-acceptance.

It should be noted that all of these qualities are internalized. They have nothing whatsoever to do with what goes outside of YOU as an individual. We know and should remember that most things that happen to us are transformed by our own attitudes.

We may be lifted up, cast down, challenged, or thrown into despair by the same happenings, for our greatest difficulties stem from our own attitudes. We might compare man to a bicycle. It can only maintain its equilibrium so long as it is moving in some direction. Try to balance it while standing still and you will find it is impossible.

Being able to mentally walk in the other person's shoes enables you to interpret the situation. That's understanding, and courage is to act, for action is the only way in which a goal may be achieved. Dreams are vital but action makes them a reality.

One of the secrets of having a healthy, happy life is to be willing to help others. AA has taught us that in sharing what we have, what's left multiplies and grows. Charity does begin at home and it spreads in all directions.

The writer in question asks: "What is esteem?", and then goes on to say that basically, most of us have the wrong concept of what humility is, adding that it is the quality of putting a size nine foot in a size nine shoe. It isn't, he says, as most people think, trying to squeeze it into a size six. Holding a low opinion of ourselves, we are told, is not a virtue. Berating ourselves inwardly or openly is not the hallmark of a truly humble person. Real self-esteem comes from appreciation of what we are — a child of God with possibilities.

There is a truism, "Nothing succeeds like success, and self-confidence is not unlike it. Having once succeeded, the next success comes more easily. We need to remember our successes, not our failures. We ought not expect to fail; rather be optimistic and positive!

(Continued on page four)

MINUTES OF CENTRAL COMMITTEE MEETING NOVEMBER 7, 1972

Moderator Dick F., opened the meeting with the Serenity Prayer in which he was joined by the 26 group representatives in attendance. Lou W., Vice Moderator, read the Purposes of Central Committee and The Twelve Traditions of Alcoholics Anonymous, following which minutes of the October 2 meeting were read and approved. Treasurer's report disclosed there was a balance in the treasury of \$379.43.

COMMITTEE REPORTS:

Action Committee: Bob W., Chairman, reported that groups using open faced postcards had been contacted to discontinue.

Areawide Meeting: Joe T., Chairman, reported that Howard O., who had been scheduled to speak at the December meeting in Jordan Hall of Charity Hospital, has been transferred from Cleveland. Speaker will be: John L., Canton, Ohio.

Central Bulletin: George M., Editor. In the absence of the Editor, Moderator Dick F., relayed report that **groups continue to do good job in securing new subscribers**, but that renewals are slow thus offsetting gains. Also, members who move without notifying the Bulletin are creating a problem and unnecessary expense.

Hospital Committee:

Rosary Hall: Reported that anyone wishing to arrange admittance must do so prior to 8:00 p.m.

Bay View: Julius W., Chairman. Bernie B., reported everything going nicely.

Brecksville: Harry G., Chairman. No report.

Institutions Committee: Helen D., Chairman. No report.

P.I.C., Dick P., Chairman, reported that Cleveland AA District Office had supplied 215 speakers for non-AA meetings and groups during the first ten months of 1972.

There was no old business to come before the meeting and new business embraced discussion concerning three new groups, and it was consensus of meeting that committee be formed to look into the matter and report back. This has been arranged.

Announcement was made that at December 5 meeting of Central Committee there will be election of Vice Moderator who will be a member of West Side Group.

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

— Joedy M., Secretary

SORRY, BUT —

It is our policy not to accept listing for the monthly Speakers' List insert unless they are accompanied by the payment therefor. Otherwise it imposes undue checking on the part of the Central Bulletin staff and this we are not equipped to do. So, no tickes, no washee!

ON GIFT GIVING

Gift-giving is in keeping with the spirit and tradition of Christmas — if it is done with emphasis on giving and sharing, rather in being sure that we give each individual a gift of equal or greater value than the one we received from them. It is even more in the spirit of Christmas to give to those less fortunate with no expectation of receiving something in return.

Gift suggestions: A contribution to your District Office and to the World Service in New York to help carry the message to someone who still suffers.

SMILES

The couple was leaving the cocktail party. "Did anyone," asked the wife, "ever tell you how fascinating, how romantic, how handsome you are?"

Pleased, the man looked at his wife, "Why, no, dear, I don't think anyone ever did."

"Well," she snapped, "where did you ever get the idea?"

A CHRISTMAS PRAYER

Let us pray that the strength and courage abundant be given to all who work for a world of reason and understanding; that the good that lies in every man's heart may day by day be magnified; that men will come to see more clearly not that which divide's them, but that which unites them; that each hour may bring us closer to a final victory, not of nation over nation, but of man over his own evils and weaknesses; that the true spirit of this Christmas season — its joy, its beauty, its hope, and above all its abiding faith — may live among us; that the blessings of peace be ours — the peace to build and grow, to live in harmony and sympathy with others, and to plan for the future with confidence. Amen.

LOVE

Love is active and outgoing, it is giving of self with no expectation of return.
Love is the concern for the welfare of others, for growth and development.
Love at times is a feeling and an emotion one possesses. At other times it is simply doing what one must do in order to be comfortable with oneself.
Love reflects God. God is Love. Because man is created in the image of God, one must look beneath the surface of mankind and love mankind in spite of outward appearances.
Love strives for perfection. In order to love one another, one must love oneself. To love oneself, one must be able to understand, respect and accept oneself.
Love seeks to understand.
Love is Grace, Divine Favour, freely given, gratefully received.
Love is the language of the heart, encompassing empathy and communication.

—Fieda S., Deep Run, N.C.
in Search, Ky. Al-Anon Journal

ROOM FOR FLIGHT

Do you sometimes feel that your life is so crammed with necessary duties and obligations that the luxury of a quiet hour of letting your mind roam is almost impossible to find?
Someone once asked an old Japanese artist why he had painted a certain picture — a few birds in the branches of a tree, all crowded into a small space in the bottom of the lefthand corner of the canvas. "Why didn't you use the whole canvas?" the visitor asked.
The artist replied simply: "Because the birds need space in which to fly."
Minds need room for flight, too.

ON CONCEIT

The sophomore said, "When I came here to school I guess I was really conceited; but that got knocked out of me before long, and now I'm one of the nicest fellows in the whole school."

IN MEMORIAM

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

REGIS (MICKEY) DEERE, thirty year plus member of the fellowship, passed away in mid-October. He was active in the Angle Group.

KENNY KING, long time member of the Doan Men's Group, passed away in early November. His 12th Step work touched many lives, both in and outside of AA.

DATES TO REMEMBER

- December 1-Areawide Meeting, 8 : 30 p.m., Jordan Hall, Charity Hospital, East 22nd St. and Central Avenue. Speaker: John L., Canton, Ohio.
- 2-25th Anniversary of Trinity Group, 8: 30 p.m., Trinity Evangelical Church, 3525 West 25th St., Speaker: Bob L., Southwest Sunday Group.
- 3—9th Anniversary, Southwest Sunday Group, 8:30 p.m. Speaker: Jack B., New York City. Check for meeting place.
- 5-Central Committee Meeting, 8 : 30 p.m., Room 362 Hanna Building.
- 6—12th Anniversary of North Olmsted Group and at same time returning to its former meeting place at Episcopal Church of The Advent, 3760 Dover Center Road. Speaker: Al L., Barberton, Ohio, past Delegate to General Service Conference.
- 25-MERRY CHRISTMAS!
- January 1-HAPPY NEW YEAR!

HOLIDAY WARNING

Each year, in the December issue of the Bulletin, we have tried to warn our readers of the pitfalls in store for them which promise dire consequences. While office and shop parties are not the vogue they used to be, there will be some and you'll be invited. Your neighbors and others will also invite you. There'll be an air of brotherly love and easy tolerance toward festive drinking. They'll coax, command, demand, cajole, threaten and sometimes ridicule your sometimes whispered "no" when a drink is offered. "Only one — come on, only one," they'll chorus as they take you in tow.

It doesn't take strength or will power to resist this effort on the part of friends and acquaintances. A spirit of conviviality is in the air. But don't feel embarrassed or uncomfortable. Just be firm. You even can be convivial, particularly if you remember your pact with God that you made when you turned your life over to His care when you accepted Step III in the program after having admitted being powerless over alcohol in Step I.

Be firm. Be proud of your protection. Be joyful that you have this shield. Having it you'll be strong. Being strong you'll be able to hold your head high. Then you'll be deservedly happy. You'll retain your self-respect. And you'll still have fun. And you might even by our example so impress others in the part that they will come to you for help with their own problems.

**BE A BULLETIN BOOSTER
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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.	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

AL-ANON GROUP MEETINGS

For information about time and place of Al-Anon meetings, please call Al-Anon Family Group Office (Room 204, Frederick Building, 2063 East 4th Street, Cleveland, Ohio 44115) at 621.1382.

THINKING OUT LOUD

A new man or woman, attending their first AA meeting naturally wonders who will be there, and how they will be received. Try to remember that no member at AA meetings will condemn you because of your reputation, your social standing, your religious belief, the color of your skin, or your political party. By the same token, no member will be impressed with our reputation, your bank account, or your profession. Their primary purpose is to carry the message to other alcoholics. They have sobriety and their interest in you is to help you get what they have. They respect the dignity of every man or woman no matter how low he or she may have gone before reaching their bottom.

Proper intentions and honest effort should be your utmost concern. Just going through the motions or trying to cut corners will only bring you failure and likely a return to the bottle. No one can commune with God and consort with the devil. No matter how big your troubles might seem to be to you now, remember it could have been worse. Instead of being at your first AA meeting alive, you could have died while drunk, in an accident or from exposure. All of us came to AA because we were in trouble. When you follow the AA program to the best of your ability you will stay sober and you **will** have a choice to build a new life out of the wreckage of the **past**.

Alcohol is no respecter of individuals. AA is composed of men and women from all walks of life, all nationalities, creeds, color, degrees of education, intelligence ratings, earning capacities, professions, trades, temperaments, and all other classifications. So if you think you are different and don't need the help of others, you better change your mind. Many men and women died because they thought they were different. The only people who ever return to drink after being in AA are those who cannot or will not develop and maintain a manner of living that demands honesty.

By going to AA meetings you will be available to receive as well as give help to others. No matter how long you stay with AA and you eventually stop going to meetings, you will return, chances are, to the bottle.

AA promises you sobriety if you follow the simple program. This is not a cure, because there is no cure for alcoholism. AA is a way of life whereby you keep the disease of alcoholism dormant by staying away from the first drink, one day at a time.

If you believe that your system of thinking and living plus the use of alcohol is the most unbearable thing in your life, then you made the right decision in coming to AA and you are to be **congratulated**. Our suggestion to you is to give AA a reasonable opportunity to help. Stick with AA and AA will stick with you — but please remember that AA is to be used and not abused. AA needs you and all other men and women who want to stop drinking. We must give away what we have in order to keep it.

— Edward B. in Akron, O. Intergroup News

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THE YEAR 'ROUND GIFT

SERVICE WITHOUT BOUNDARIES

The final 1972 quarterly meeting of the General Service Conference of Northeastern Ohio was held in Brecks-ville on Sunday, November 12. About 60 GSRs (General Service Representatives), Committee Members and guests were present for an enlightening and revealing sharing session. Some of the concepts of service were discussed and objectives of the Conference were reviewed.

In general, the newcomers were informed and the others were reminded that General Service is the means by which Alcoholics Anonymous maintains its unity. Through General Service, Northeastern Ohio shares its experience, strength and hope with all other areas of the United States and Canada. General Service is the answer to the problem that Bill W. and Dr. Bob envisioned that AA would ultimately have to cope with: Who would take charge of AA's affair when our two co-founders were no longer with us? The approaching death of Dr. Bob in 1950 made us realize that this was an urgent matter, and this caused us to create the General Service Conference so that members of AA could all accept this responsibility. We were extremely fortunate to have Bill with us for another twenty years while we grew and matured with the benefits of his wise counseling.

At the November 12 meeting those who did not already know were informed of the results of the election held in October to, choose successors for the trusted servants whose terms will expire December 31, 1972. John B., North Olmsted, will succeed Shirley S., North Madison, as Delegate; Esther R., Cleveland, will serve another two years as Chairman and Alternate Delegate; **Leona V.**, Canton, will take over duties of Secretary when the term of Maggie I., Cleveland, is ended; and Dale W., Canton, will succeed Bob B., Akron, as Treasurer. A very well deserved vote of commendation and appreciation was unanimously passed for those who served so diligently and so well during the panel years of 1971 and 1972.

Does your group have a General Service Representative? Every group is entitled to be represented by a GSR and to have him or her vote on behalf of the group. Guests and observers are welcome, too. Find out if your group has a GSR and if he is doing his job. If your group does not have a GSR, urge your secretary to appoint one or have one elected. General Service is top-level Twelfth Step work, and what is important to AA as a whole is important to each and every one of us. The next meeting will be held in February 1973 and group secretaries will receive notices in ample time.

DO YOU REMEMBER . . . ?

(Continued from page one)

off the streets as well as the fat cat from some suite of executive offices.

We all met there together. Rich and poor, ridiculous and forlorn, adamant and **aggressive**, timid and scared. There were no prying questions about background or anything . . . only . . . did we really want to stay sober? Did we believe in God? Were we really alcoholics? If so, then this was the place! Come on in! And we came in, and got sober.

Yes, but for those who kept the doors open, those who kept AA alive we might have had nowhere to go, and we shall always owe them. But for the Grace of God . . . and many men like those who left us this summer.

MILL ENDS AND REMNANTS

(Continued from page two)

A last key to success is self-acceptance. This means our coming to terms with what we are right now with all our faults, weaknesses, shortcomings, and errors — but also with our assets, strengths, abilities and potentials. It is **incumbant** that we recognize that negative qualities belong to us, but they are not us. "Self-acceptance means you are important — you are a somebody. You are created in the image of God and no matter how hard you try, you will never exhaust the possibilities He provided you."

We can be working at it, by George!

CLEVELAND AREA *Guest Speakers*

DECEMBER 1972

ALLEDALE (Thursday) 7—Eddie H., Borton ; 14—Harriet M., Lee Mon.; 21—B. Jack C., Allendale; 28—Ben H., Lee Mon.

BAY FIRESIDE (Saturday) 2—John S., Lakewood Men; 9—Bob L., Southwest Sun.; 16—Dave W., Lakewood Men; 23—Charles & Mary K., West Shore; 30—Don P., TGIF.

BAY VIEW (Saturday) 2—Jim F., Bay West Discussion; 9—Ray C., Edgelake; 16—Bob A., Edgelake; 23—Joe G., Edgelake; 30—Bill B., Edgelake.

BEDFORD MORNING (Wednesday) 6—Carl H., Newbury; 13—Bud K., Bedford Wed.; 20—Chuck H., Solon; 27—Jerry M., Forest City.

BEREA THURSDAY (Thursday) 7—Rolly H., Fairview Park; 14—Lowell C., (1st lead), Berea Fri.; 21—Dick F., Southwest Sun.; 28—Don E., Strongsville.

BRECKSVILLE (Wednesday) 6—Lee H., Independence; 13—Jim K., Garfield Heights Tues.; 20—Jim W., Southwest Sun.; 27—Norm K., Parma Sat.

CHARITY (Friday) 1—Areawide Meeting, Jordan Hall; 8—Al Y., Redwood; 15—Tony M., Wickliffe; 22—Dick Z., Newburgh; 29—Tom D., Rosary Hall.

EATON (Tuesday) 5—Jim C., Angle; 12—Steve R., Sister Ignatia; 19—7th Annual Xmas Party. Speaker: Mil-le T.; 26—Rick L., Young People.

EDGELAKE (Tuesday) 5—Bill C., North Olmsted; 12—Calvin C., Angle; 19—Esther R., St. James; 26—Fred J., Bay View.

DOAN MEN (Wednesday) 6—John S., Early Early; 13—Bill P., Superior; 20—Lew N., YOUR; 27—Joe N., Sister Ignatia.

GARFIELD HEIGHTS (Tuesday) 5—Genevieve S., Garfield Heights Tues.; 12—Will be announced; 19—Will be announced; 26—Will be announced.

GORDON SQUARE (Friday) 1—Bobby J., UAW-1250; 8—Ed S., Angle; 15—Jerry W., Angle; 22—Frank O'N. (27th Anniv.), Gordon Square; 29—Carolyn B., Memphis.

GRATEFUL (Sunday) 3—George H., Young People; 10—Don C., Ramona; 17—Calvin C., Angle; 24—Tom C., Young People; 31—Lou W., Temple.

LORAIN AVENUE (Tuesday) 5—John M., Angle; 12—Ambrose T., Angle; 19—No meeting; 26—Pat S., Lorain Mon.

MADISON AVENUE (Saturday) New group. 2—Les S., Lakewood Men; 9—Jack C., West Side Young People; 16—Virginia L., West Side Women; 23—George M., Lakewood Armory; 30—Discussion.

NORTH OLMSTED (Wednesday) New address: Episcopal Church of Advent, 3760 Dover Center Road, West-lake. 6—12th Anniversary of Group; Speaker: Al L., Barberton; 13—Frank P., CPI; 20—Bill F., Brookpark; 27—Bill B., Fairview Park.

PARMA HEIGHTS (Wednesday) 6—Cas P., Midpark; 13—No Meeting; 20—Chuck B., Orchard Grove; 27—Mike S., Midpark.

PARMATOWN MEN (Friday) 1—Frank C., 24 Hour; 8—George G., Forest City; 15—Barney N., Parmatown; 22—Frank M., Shaker; 29—Bob P., Parmatown.

RIVER TUESDAY (Tuesday) 5—Steve B., River Tues.; 12—Marie R., Lakewood Crossroads; 19—Bob S., River Tues.; 26—Dick M., River Tues.

SOUTHWEST SUNDAY (Sunday) 3—9th Group Anniversary Meeting, Speaker: Jack B., New York City; 10—Charlie K., West Shore; 17—Les S., Lakewood Men; 24—Emmett M., Southwest Sun.; 31—Dick P., Parma Sat.

STEEL WORKERS (Wednesday) 6—Ruth (Olmtsed Falls AlAnon) & Don W., (Eaton Open Door); 13—Alice S., Dayton, Ohio; 20—Jack S. (1st lead), Berea Thurs.; 27—Tom P. (1st lead), Olmsted Falls.

STRONGSVILLE (Tuesday) 5—Dan McN., Lorain Central; 12—Ann C., Niles, Ohio; 19—Grace N., Strongsville; 26—Ken W., West Shore.

UAW-1005 MORNING (Wednesday) 6—Tex H., Memphis; 13—Ed C., TC-1005; 20—Bill W., Garden Valley; also ham raffle; 27—Joan M., Garden Valley.

TRINITY (Saturday) 2—25th Anniversary of Group, Speaker: Bob L., Southwest Sun.; 9—Red S., Wakeman, Ohio; 16—Doge, Wakeman, Ohio; 23—Gene M., Brook-park; 30—John M., Brooklyn.

VALLEY VIEW (Saturday) 2—Kenny H., Pearl; 9—Ed C., Newburgh; 16—Joe B., Clark; 23—Bill L., Valley View; 30—Jerry G., Angle.

WARRENSVILLE WOMEN (Wednesday) 6—Dorothy A., Language of the heart; 13—Gratitude "Year End Rap Session," Chairman: Watson G., Young People; 20—Annual Xmas Party, 7 : 45 p.m. (this meeting only) all members welcome; Speaker: Dick P., Parma Sat.; 27—Bessie K., Sister Ignatia.

WEST SIDE MIDNIGHT (Saturday) 2—Joe B., Lorain Interracial; 9—Joe O'C., Fairview Park; 16—Jim M., Angle; 23—Jerry J., Brecksville, VA; 30—To be announced.

WEST SIDE WOMEN (Monday) 4—Mary A., Edgelake Women; 11—Maureen C. & Joan M., West Side Women; 18—Myden D., West Side Women; 25—No meeting.

Y.O.U.R. (Sunday) 3—Bob B., Wickliffe; 10—Joe O'D., Eastlake; 17—Doris E., Willoughby; 24—Ruth C., Ser-enity Women; 31—No meeting.

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

CLEVELAND AREA A A GROUP MEETINGS

SUNDAY

AVON CENTRAL—Central Bank (rear down) 8:30
 5690 Detroit Rd., Avon
 BEDFORD HEIGHTS
 St. Mary's Church Hall (rear)
 Broadway & Union 7:30
 BROOKSIDE—Bethany United Church of
 Christ, 3388 West 41st 8:30
 C.A.H.—2205 1/2 Lake Shore Blvd. 11:00 a.m.
 CASTALIA, O.—Church of Christ, 8:30
 205 Main St.
 COLLINWOOD—14812 St. Clair (rear) 7:30
 DETROIT SUNDAY—8304 Detroit Ave. 7:30
 GARDEN VALLEY—7100 Kinsman Ave. 4:30
 GENEVA—Y.C.C. Bldg., E. Main,
 Rte. 20 8:00
 GOLDEN LINK—Statler-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—20 1/2 So. Park St. 8:00
 MANSFIELD—Marshall Ford Agency (side
 door) 6200 Mayfield Rd. 8:00
 MENTOR SUNDAY—St. Bede's Church, 8:00
 9114 Lake Shore Blvd.
 MISTLETOE—St. John's Cathedral Lower
 Sacristy, Entrance off
 Superior & E. 9th 7:00
 NEW PAINESVILLE—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
 NITE & DAY
 13857 Euclid Ave. 11:00 a.m.
 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 TAG—2028 1/2 E. 106 11:00 a.m.
 TRI-COUNTY—
 1378 E. 340th St., Eastlake 12:30
 U.A.W. #45—13816 St. Clair 7:30
 WAKEMAN TWILIGHT—St. Mary's Hall,
 Rt. 20, Wakeman 7:30
 WESTSIDE BREAKFAST—Junior
 Achievement Bldg. (Rear)
 2070 W. 117th St. 12:30
 Y.O.U.R.—St. John Lutheran Church School
 Bldg., E. 176 & Nottingham,
 so. of Lake Shore Blvd. 7:15

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—Bible Presbyterian Church,
 24600 Lake Shore Blvd. 8:30
 GOLDEN GATE WOMEN—Highland Presb.
 Church Annex, 5632 Wilson Mills Rd. 8:30
 HUMBLE—Beachland Presbyterian Church,
 18100 Canterbury at Lake Shore Blvd. 8:30
 JEFFERSON—Jefferson Savings & Loan,
 12 W. Jefferson 8:30
 LAKEWOOD MEN—St. Peter's Episcopal
 Church, West Cliff & Detroit 9:00
 LEE MONDAY—First Presbyterian Church,
 Nela & Euclid Ave. 8:30
 LEROY BRAKEMAN—Leroy Grange Hall,
 Brakeman Rd. off Rt. 96, Leroy 8:30
 LORAIN MONDAY—St. Ignatius Hall,
 10205 Lorain Ave. at West Blvd. 8:30
 MONDAY MORNING 12 STEP—United
 Church of Christ, 2150 Warren Rd.,
 Lakewood 10:30 a.m.
 NORWALK MONDAY—University Church,
 West Main St., Rt. 20 & 250
 Intersection, Norwalk 8:30
 ORCHARD GROVE—St. Paul Luth. Church,
 Detroit & Arthur Ave. 8:30
 PEARL—2125 Broadview Rd. 8:30

RAMONA—St. Michael's Church, 10000
 Union Ave. 8:30
 RIVER BAY (Closed Women) Rocky River
 Presbyterian Church, 21714 Detroit Rd. 8:30
 SHAKER-Christ Episcopal Church,
 3445 Warrenville near Kinsman 9:00
 SOLON CROSSROADS—Solon Historical
 Bldg., Rt. 91 & Bainbridge Rd. 8:30
 SOUTHEAST—756 Broadview 8:30
 STREETSBORO—St. Thomas Lutheran
 Church, Rt. 43 south of Rt. 14 8:30
 TEMPLE—St. Adelbert Church,
 2347 E. 83 St. 8:15
 VERMILION—Congregational Church,
 state st. 8:30
 WEST 25th STREET—Eighth United Church
 of Christ, 2409 Willowdale Ave.
 off w. 25 St. 8:30
 WESTSIDE WOMEN—West Blvd. Christian
 Church, W 101 St. & Madison Ave. 8:30
 WILCOUGHBY—First Presbyterian Church,
 4743 Shankland Rd. 8:30
 WINDSOR—United Methodist Ch. 8:30
 Rt. 322 & Rt. 534

TUESDAY

ASHLAND—Methodist Church, corner
 Cottage & Sundry Sts. 8:00
 BAINBRIDGE GRATEFUL—Valley Presby
 Church, Rt. 306 & Chagrin Rd. 8:30
 CLARK—1917 Clark Ave 8:30
 CLOCKWATCHERS (Closed)—Christ
 Episc. Church, Hudson 8:00
 CORLETT MEN'S—Shafter Church,
 12002 Miles Ave. 8:30
 DAY AT A TIME AM—
 13857 Euclid Ave. 8:30
 EATON—Grace United Church of Christ,
 14911 Westrop off E. 152 St. 8:00
 EDGE LAKE—Trinity Lutheran Church,
 16400 Detroit Ave., Lakewood 8:30
 ESQUIRE—St. James Episcopal Church,
 1681 E. 55 & Whittier, off Payne 8:30
 EUCLID MORNING—Lake Shore
 Christian Church, E. 280 St. & Lake
 Shore Blvd. 10:30 a.m.
 FAIRMOUNT—St. Paul's Episcopal Church,
 Fairmount & Coventry 9:00
 FAIRVIEW PARK—Fairview Grace Church,
 W. 224 St. & Lorain Rd. 8:30
 FALLS—Community Church, 7853 Columbia
 Rd., Olmsted Falls 9:00
 FORD 1250—17250 Hummel Rd.,
 Brookpark 11:00 a.m.
 GARFIELD HEIGHTS—Garfield Municipal
 Bldg., 5555 Turney Rd., Garfield Hts. 8:30
 HELPFUL—First United Church of
 Christ, 2150 Warren Rd., Lakewood 8:00
 KIRTLAND—Old South Church, 8:30
 LAKE COUNTY—Methodist Church Fellowship
 Hall, Rt. 20 & E. Southwood, Mentor, 8:30
 LAUREL—Brooklyn High School Cafeteria
 9200 Bidulph Rd., Brooklyn 8:45
 LORAIN AVENUE TUESDAY—S. John Bosco
 Church, 6460 Pearl Rd., Parma Hts. .. 9:00
 LORAIN CENTRAL—Trinity Church,
 Elyria Ave. & 25th, Lorain 8:30
 MANSFIELD—Grace Episcopal Church,
 Rt. 306, East 8:30
 MAYLUND—St. Ignace's Evau. United Brethren
 Church, 1400 Lander Rd., Mayfield Hts 8:30
 MIDTOWN—Trinity Cath Parish Hall
 (rear), E. 22nd & Prospect 8:30
 NIGHT & DAY—
 2205 1/2 Lake Shore Blvd. 8:30
 NO RIDGEVILLE—Shepherd of Ridge
 Luth. Church, Rt. 20, East 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.,
 Mill St. 1:00
 SEVEN HILLS—Closed Discussion
 Seven Hills Meth Ch., Elmhurst Ave.
 off Pleasant Valley 8:30
 SHOREGATE MEN'S STAG—Wickliffe
 City Fire Station, (up), 28730 Ridge
 Rd., Wickliffe 9:00
 SMITH WILSON—St. Joseph's School Bldg.
 (front right), 9321 Orlean Ave. 8:30
 STRONGSVILLE—Community Library,
 13213 Pearl Rd. 8:30
 SUPERIOR—North Presbyterian Church,
 E. 40 St. & Superior 8:30

TRW—6402 Cedar Ave. Guard Post #2,
 Bldg 32, 2nd Floor 7:00
 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
 YOUNG PEOPLES—First Methodist Church,
 Euclid Ave. at E. 30th 8:30

WEDNESDAY

ASHTABULA COUNTY WOMEN—Harris
 Mem. Presb. Church, W. 58 & Adams,
 2nd & 4th Wds. 8:00
 BAXTER—St. Stanislaus Recreation Hall,
 E. 65 St. & Baxter 8:30
 BEDFORD WEDNESDAY MORNING—
 Fairfield 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 Rds. 8:30
 BRECKVILLE WED.—V.A. Hospital,
 10000 Breckville St. 8:00
 BRUNSWICK—Cuyahoga Savings Bldg.,
 Laurel Square (entrance next to
 Marshall Drug) 8:30
 COLLINWOOD—14812 St. Clair (rear) 8:00
 DOAN MEN—First Presbyterian Church,
 16200 Euclid Ave. 8:30
 EASTSIDE MORNING—Emanuel Episcopal
 Church, 8614 Euclid Ave. 11:00 a.m.
 EUCLID WED. (Closed)—Master's Evau.
 United Church, 771 E. 26th St. 8:30
 FAIRPORT HARBOR—525 Eagle St.,
 Fairport Harbor 8:30
 GARFIELD HEIGHTS—Pilgrim E. & R.
 Church, 4592 E. 131 St. 8:30
 HAGUE—Bethany Presbyterian Church,
 W. 65 St. & Clinton 8:30
 LAKE COUNTY WOMEN—First Presbyterian
 Church, 4785 Shankland Rd., Willoughby 1:00
 LEE ROAD WEDNESDAY—St. Ann's Church
 (basement), Coventry & Cedar 9:00
 LORAIN COUNTY WOMEN—Vincent
 Methodist Church, Detroit Rd.,
 Rt. 254 east of Rt. 57 8:30
 LORAIN OHIO INTERRACIAL—Mt. Zion
 Church, 4785 Shankland Rd., Willoughby 1:00
 MANTUA CENTER—St. Joseph Church,
 Pioneer Trail, Mantua 8:30
 NORTH OLMSTED—Episcopal Church of the
 Advent, 3760 Dover Ctr. Rd., Westlake 8:30
 PARMA HEIGHTS—St. Satis Episcopal
 Church, 8911 Greenwood Dr. 8:30
 ST. JAMES—St. James Church,
 E. 84 & Cedar 8:00
 SANDUSKY GROUP #1—Providence
 Hospital Cafeteria 7:30
 SHEFFIELD LAKE—St. Thomas School
 (new hall south, east bldg.) 8:30
 STEEL WORKERS—Swiss Hall,
 271 Walton Ave. 11:00 a.m.
 T.C. 1005 UAW (Progressive Hall)—
 5615 Stumph Rd. (between
 Brookpark & Snook) 8:30
 TWO STEP HOUR—Church of Ascension,
 12316 Detroit Rd. 8:30
 WEDNESDAY MEN'S DISCUSSION—St.
 Paul's Shrine, 4120 Euclid Ave. 8:30
 WEST SHORE—West Shore Unitarian Church,
 20401 Hilliard Rd., Rocky River 8:45
 WICKLIFFE—Presbyterian Church,
 E. 296 St. & Ridge (so. off Euclid) .. 8:30

THURSDAY

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 Millin Ave. 8:00
 ASHTABULA HARBOR—Bethany Lutheran
 Church, Penn. Ave. (between
 9th & 10th) 8:30
 BAY WEST DISCUSSION—Church of the
 Redeemer, 23500 center Ridge
 Rd. Westlake 8:30

BEREA THURSDAY—Fine Arts Club,
 323 Bagley Rd. (east of Eastland Rd.) 9:W
 BROADWAY 55th—Our Lady of Lourdes
 School, Hike 8:30
 BROOKLYN—St. James Lutheran Church Hall,
 4771 Broadview Rd., at Oak Park Dr. 8:30
 CHRYSLER TWINSBURGH—Chrysler Union
 Hall, 8650 Chamberlin Rd., Twinsburgh 8:30
 COVENTRY—Fairmount Presbyterian Church,
 Scarborough & Fairmount 9:00
 DRY TIME
 13857 Euclid Ave. 11:00 a.m.
 EASTLAKE—Reformation Lutheran Church,
 34300 Lake Shore Blvd. 9:00
 EAST SHORE WOMEN DISCUSSION—Euclid
 Richmond Library, 26155 Euclid Ave.
 (base) 8:00
 EDGE LAKE WOMEN DISC. (Closed) 8:00
 Trinity Luth Church, 16400 Detroit
 Ave., Lakewood 8:30
 ELYRIA THURSDAY—St. Agnes School
 Basement, Lake Ave. & Dewey 8:30
 GARDEN VALLEY—7100 Kinsman Ave. 8:00
 INDEPENDENCE—Presbyterian Church,
 6244 Public Square, Independence 8:30
 J & L GROUP—Trinity Ev. Church,
 3525 W. 25th St. 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)—
 20 1/2 South Park St. 8:00
 MAPLE LEAF—Congregational Church,
 Fellowship Hall, West of park, Burton 8:30
 MIDPARK—Middleburgh Hts. Comm.
 Church, Big Creek Pkwy & Bagley 8:30
 NIGHT & DAY
 2205 1/2 Lake Shore Blvd. 11:00 a.m.
 NORTH RANDALL—North Randall Village
 Hall, 21937 Miles Ave. 8:30
 OBERLIN—Grace Lutheran Church,
 West Lorain St., Oberlin 8:30
 PAINESVILLE—St. Mary's Church Basement,
 242 N. State St. 8:30
 ROCKY RIVER—Rockport Methodist Church,
 3301 Wooster Rd., Rocky River 8:30
 ST. CLAIR THURSDAY—
 2205 1/2 Lake Shore Blvd. 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
 BEREA FRIDAY—Berea Congregational
 Church, Seminary & Church Sts. 8:30
 BROADWAY-HARVARD—8516 Broadway 8:30
 CEDAR—Salvation Army,
 5035 Euclid Ave. 8:00
 CHAGRIN FALLS—Federated Church,
 76 Bell St. 9:00
 CHARDON—Chardon United Methodist
 Church, 515 North St. 8:30
 CHARITY—St. Vincent Charity Hospital Amp.,
 6th Floor, 2222 Central Ave. 8:30
 CLEVOON COVENTRY—Matt Talbot Inn,
 9307 Superior Ave. 8:30
 CLOCKWATCHERS—Christ Episcopal
 Church, Hudson (Closed Meeting) 8:30
 CONNEAUT—Southeast Elem. School,
 Mill St. 8:00
 DAY AT A TIME
 13857 Euclid Ave. 10:45
 EAST CLEVELAND DISCUSSION—
 13857 Euclid Ave. (Night & Day) 10:45
 EAST SIDE FRIDAY (Closed)—Lyndhurst
 Comm. Presby. Church, 5312 Mayfield 9:00
 ELYRIA FRIDAY—St. Andrew's Church,
 300 S. Third St., Rt. 20 8:30
 EUCLID FRIDAY—Church of Epiphany,
 Lakeshore & E. 210 St. 9:00
 FRIDAY AFTERNOON WOMEN—Plymouth
 Church, Coventry & Drexmore 1:00
 GORDON SQUARE—West Blvd. Christian
 Church, Madison Ave. & W 101 St. 8:30
 HEIGHTS CLOSED DISCUSSION—Heights
 Christian Church (rear),
 17300 Van Aken at Avalon 8:30
 MANSFIELD FRIDAY—A.A. Clubroom,
 20 1/2 South Park St. 8:30

MAPLE HEIGHTS—Maple Heights City Hall,
 Corner Lee Rd. & Maple Hts. Blvd. ... 8:30
 NIGHT & DAY—
 2205 1/2 Lake Shore Blvd. 10:45
 NORTHEAST—Hope Evangelical Lutheran
 Church, 2222 Taylor Rd. at Northvale 8:30
 PAINESVILLE FRIDAY—St. John's Baptist
 Church, 361 W. Jackson 8:30
 PARMATOWN MEN'S—Parma Community
 Hospital-Assembly Room,
 700 Powell Drive 8:30
 POST OFFICE GROUP—Main Post Office,
 Room 4079-A 8:00
 RIDGEWOOD WOMEN—St. Charles Ch.,
 Ridge R. & St. Charles Ave., Parma. 8:00
 SISTER IGNATIA—St. Paul Church,
 E. 20th & Chardon Rd. 9:00
 SOLIDARITY—2332 Unwin Rd.,
 Quincy & E. 55 St. 8:30
 SPANISH-AMERICAN—Our Lady of
 Guadalupe Ch., 30th & Clinton,
 Lorain, Ohio 8:30
 STELLA MARIS—1320 Washington St. 8:15
 Covenant, 11205 Euclid Ave. Noon
 28607 Wolf Rd., Bay Village 8:00
 TRI-COUNTY—
 1378 E. 340th St. 10:30 a.m. & 8:00
 TRW—6402 Cedar Ave. Guard Post #2,
 Bldg 32, 2nd Floor 7:00
 UNIVERSITY CIRCLE CLOSED—Church of
 Covenant, 11205 Euclid Ave. Noon
 VENICE—Betty Rinderle School,
 Galloway Rd., Sandusky 8:30
 WELLINGTON FRIDAY NITE—
 St. Patrick's Catholic Church,
 N. Main St., Wellington 8:30
 WEST CLIFTON—Lakewood Congregational
 Church, 1375 Clifton 9:00

SATURDAY

ACTION-8316 Broadway 8:30
 ASHTABULA—St. Peter's Episcopal Church,
 Main St. at So. Park 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
 DAY AT A TIME—
 13857 Euclid Ave. Midnight
 FOREST CITY—2125 Broadview Rd. 8:30
 L.S.I.—17600 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, Middleidge & Townline Rds. 8:15
 MANSFIELD—20 1/2 South Park St. 8:00
 MATT TALBOT—First Presb. Church,
 16200 Euclid Ave. 8:30
 MEMPHIS—Lakewood Congregational Church,
 1375 W. W. Clifton 9:00
 NEW LONDON—First Methodist Church,
 Main St., New London 8:00
 NIGHT & DAY
 2205 1/2 Lake Shore Blvd. Midnight
 PARKMAN—Congregational Church,
 Parkman 8:30
 PARMA SATURDAY—Third Federal Savings
 & Loan, 3950 Ridge Rd. (rear entrance) 8:45
 PAINESVILLE—Mentor Plains Methodist Church,
 Rt. 306 & L. k. Shore Blvd Mentor 9:00
 REDWOOD—Euclid Lutheran Church,
 E. 260 St. & Forestview, Euclid 8:30
 RICHLAND COUNTY INTERRACIAL—
 Gayle Pife Aud., Manfield Gen. Hosp. 8:30
 SOBRIETY—St. Mark's Church,
 10000 Parkman 8:30
 STEEL CITY—YMCA, E. 25th St.,
 Lorain, Ohio 8:30
 TRI-COUNTY ARID—1378 E 340th St. 9:00
 TRINITY—Trinity Evangelical Church,
 3525 W. 25 St. 8:30
 VALLEYVIEW—Pilgrim Church,
 15115 1st St., Starkweather 8:30
 WEST RICHLAND—United Church of Christ,
 Rt. 303, west Richfield 8:30