

HAPPY NEW YEAR

CENTRAL BULLETIN

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LONELY EAGLES

Not infrequently a recurring thought has been — What has happened to the literally thousands of men and women to have crossed the threshold of Alcoholics **Anonymous'** open door, attained sobriety and still practice abstinence, yet rarely are seen at meetings?

From time to time an accusing finger is pointed, charging apathy and complacency, or a judgment is rendered of ingratitude — none of which are within our province to assess since none of us really have the capacity to look into a person's heart or mind to determine the motivation or lack of it.

Rather, it could well be, we need to look into ourselves to determine what our contribution has been to stimulate that person to seek renewal within the group.

It has been our observation and experience that too often and too long we have placed these middle-timers, long-timers and old-timers on a pedestal to assume the mantle of sovereignty like the great bald eagle — monarch over all he surveys. And generally these people have been elevated to the pedestal much to their dislike.

But even the sovereignty of the eagle is incomplete without the eaglets in the nest, otherwise his dominion is threatened by the extinction brought on by loneliness, for none, not even the great eagle, is thoroughly self-reliant.

Sometimes our thoughts lead us to the near-conclusion that those of us in the nest are prone to draw the strength, hope and experiences of the eagle on the pedestal and not share our own strengths, hopes and experiences so **necessary** to his day-to-day renewal.

True, some eagles tend to **pontificate** in their sovereignty but **isn't** it better that we consider this a cover up for their feeling of loneliness or perhaps inadequacy and need for a renewing strength which is in **our** power to fulfill? Much better that we give than reject!

It is not uncommon for us to become cloaked in the mantle of strength of our contemporaries in our new found happiness, thus perhaps excluding those who were here so that the happy way might be shown us.

It is **distressing** indeed, when we hear or learn that an eagle has fallen from his lofty, lonely pedestal, likely because he has replayed his tape which records the words: "Don't think; Drink!" and it is always in wonderment if a timely word, gesture or telephone call of friendliness might have precluded the fall.

So much is heard these days of togetherness, and it is our thought this is not confined merely to the marketplace — but to the isolated places which individuals often build for themselves and for each other.

Ours is a message to be carried to the still suffering alcoholic, and no less a message of life in which we reach out to all of our fellows that there may be a coming together in fellowship and shared happiness.

Eaglets need to be fed and shown how to fly, but the mighty eagle needs nurturing as well!

EVERY LITTLE BIT HELPS

Just the other day, I was thinking . . . (which, in itself is a major accomplishment for me) . . . and I suddenly realized that for quite some time now, I have not been suffering so badly from the old case of "big-shotism" I had when I was drinking. Make no mistake, it is **not all gone**, but even I can notice some improvement. The way I discovered it was rather strange too, for it was through another drunk, who is still drinking, that I became aware that there has been a change in me, and that I'm not the "pain-in-the-you-know-what" **big-shot** I used to be in my drinking days. As I said, there is still some of it left, but there **is** also a noticeable improvement, and that, after all, is what AA and sobriety are all about: Improvement.

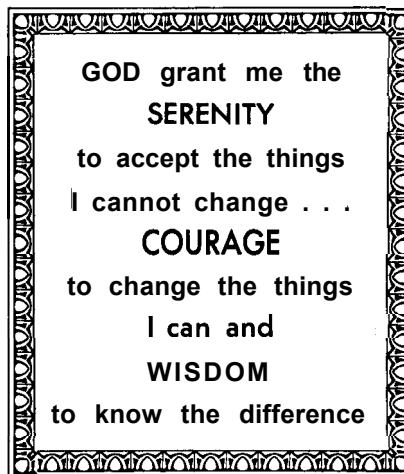
No one has set down in black and white for me just how **much** or how **rapidly** I'm supposed to improve, and that's good, because I know, for a fact, that a character like **me** isn't going to improve completely, no matter how much time I have, but I can sure give it a whirl while I'm here, and do the best I can, and nobody asks for anything more, as far as I can tell.

Somebody a lot smarter than I has put it into the right words, (which I of course, can't quote), but I did get the general idea: As long as we're dissatisfied with ourselves, there's room for improvement . . . or something to that effect. In other words when I get to believing again there isn't a thing in the world the matter with me, I'm coming down again with a case of "big-shotitis," which might easily lead to drinking again. **That**, I don't need!

Someone else has mentioned the fact that when I take my inventory, **I should** count my assets **as** well as my debits or faults. Now that I'm sober for a while, I find that it pays to look for a little improvement here and there. In my **case** there's not always enough to notice, but this business of getting over the "big-shotitis" has finally become noticeable, and I'm going to mark it down on the asset side if it kills me, because the Lord knows I need every little bit of an improvement I can come up with, and then some. The way things stand right now, I'm sure I'd come up mighty short in a final tally, so I know there's a lot of work to be done yet.

To get back to the other drunk who helped me think about all **this**, I must admit I am getting almost a whole new education in itself, just from this one man, who doesn't even know about it. He knows I'm in the Program, and that's that, and I'm not saying another word about it either. I know it's a little sneaky, but I've had it work before. The less I say to these guys, the more they notice. Just the other day he mentioned that he had tried AA some years back, but of course, since he knew he wasn't really an alcoholic, it was of no value to him. But, he did mention that "some of those guys in AA are really serious . . .!" Whereupon I chuckled to myself, and that's a whole **nother** story, isn't it?

(Continued on page four)





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Harry D., Founder and Editor 1892-1968



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No. 4

MILL ENDS AND REMNANTS

"What?" "So what?" "What then?" are three questions and five words posed at a fairly recent group gathering (not AA) and since their having been passed along, have begged your writer no end.

There seems to be quite a story, or stories, in them as they summarize into an outline all of our stories as we relate them in our AA talks — What we were like; What we did about it; and What we are doing now!

Similarly the questions summarize our egotistical, blind and irresponsible attitudes while drinking and developing all of the attributes (?) of the alcoholic.

The foregoing questions and the season of the year have caused your columnist to look back some twenty odd years when by resolution — but without resolve or decision, he gave lip service to the ideal that the then upcoming opportunity would not be loused up by alcohol.

However, as we know now, resolution without decision, like promises without performances, are unavailing, and not worth the breath in which they are uttered or the paper on which they may be inscribed.

The question "What?" at that time went unanswered as it lacked acceptance of the problem, although the recognition of the problem prevailed, else how could resolution have been thought about?

After the first drink the glib question — "So what?" and "who cares, I am hurting no one but myself"; thus continuing blindly on the course of oblivion and the land of limbo in which the practicing alcoholic dwells.

And "What then?" what else except trouble, trouble and lost opportunities never again offered? Disaster? Chaos? Unwarranted hurts to others? Rejection? Yes, and many more, with a word for everyone.

Notwithstanding — there came the time for positive response to the "What?" Our admission of powerlessness and our admission to AA. And "So what?" acceptance of a Power greater than ourselves that could and did restore us to sanity. And "What then?" — the Twelve Steps of AA and a way of life and happiness in sobriety that becomes more precious with each 24 hours as they accumulate.

Happy sobriety to all each 24 hours in 1973, by George!

NEVER STRANGERS

To see each other, ■ to really be aware — ■ it happens sometimes . but the times are rare ■ and somehow some to us ■ as a surprise ■ that makes us pause ■ and open our eyes . We act together ■ but so unconsciously, ■ we hardly notice ■ and we barely see ■ each other's eyes and face ■ and seldom start ■ to try to probe each other's ■ mind and heart. ■ But now and then ■ — who knows why and where — ■ something stops us . and we suddenly stare, ■ discovering that which is . so sure and real ■ and honest in another ■ that we feel ■ close to them, and warm . and deeply stirred ■ and never can be strangers . afterward.

-Helen Harington

MINUTES OF CENTRAL COMMITTEE MEETING DECEMBER 5, 1972

Vice Moderator Lou W., in the absence of Dick F., Moderator, opened the meeting with the Serenity Prayer. There were 43 group representatives present, each of whom answered the roll call by introducing themselves. After reading of the Purposes of Central Committee and the Twelve Traditions of AA, the minutes of the November 7 meeting were read and accepted. Treasurer's report disclosed a balance of \$344.43 in the working fund. COMMITTEE REPORTS:

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

Area-wide Meeting: Joe T., Chairman, stated that the meeting in December was a very good one and expressed his appreciation to everyone who had helped with this project during the past year.

Central Bulletin: George M., Editor, would like for the membership to write and prepare articles and material for the Bulletin. It isn't necessary to be accomplished authors, just tell it as you see it and speak it, the editors will take care of whatever "dressing" up may be required. Subscriptions seem to keep apace with upsurge of recent months, but renewals, for some reason, continue to lag. In answer to question concerning group listings, please be advised that the list is being edited for reissue soon.

Hospital Committee:

Rosary Hall: There was discussion of problems created by families and friends sending flowers and plants to women patients. Sponsors should advise against this practice, suggesting cigarettes or candy be sent instead. Sponsors should also discuss with the patient and his or her family and friends that they are not to call Rosary Hall making inquiries as to patients.

Bay View: Bernie B., reported visitation still very good, and expressed appreciation to everyone for this important endeavor.

Brecksville: Harry G. Chairman, no report.

Institution Committee: Helen D., Chairman, asked everyone to try to attend the Warrensville Women's Christmas Party on December 20, and also that donations and gifts would be welcome for this meeting.

P.I.C.: Dick P., Chairman, reported that 225 speakers to non-AA groups and meetings had been supplied by the Cleveland AA District Office from January 1 through November 1972.

Old business comprised further discussion of matter of three new groups and matter was tabled pending decision as to proper action. New business embraced annual election of officers and Lou W., was elected Moderator for 1973; Bob W., Vice Moderator; Jean C., reelected Treasurer. Secretary for the ensuing year will be appointed by the Moderator. Before closing the meeting with the Lord's Prayer, Central Committee praised and commended Dick F., for the splendid job he had done as Moderator in 1972.

Joedy M., Secretary

THANK YOU

It is always good to hear from our friends, but especially so during the Holiday Season; so, to all of you our warmest thanks for your greetings and good wishes. Everyone of them is heartily reciprocated with the hope that 1973 will bring all good things to you in abundance.

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 strengthen me, that while I stand
 Firm on the Rock, and strong in thee,
 I may stretch out a loving hand
 To wrestlers with the troubled sea.
 -Frances Ridley Havergal

"THE PRAYING HANDS"

The "Praying Hands" were created as a result of compassion, love, unselfish sacrifice, and true and loyal friendship.

In the last half of the fifteenth century, two struggling young art students — Albrecht Durer and Frank Kingstein — worked as laborers to earn money to continue their studies. Because their labors did not allow time enough to advance in their studies, they agreed to draw lots to determine which one of them would continue to work and support them both — the winner would remain at his studies.

Durer won, and agreed that when his studies were complete, he would return and finance the studies of his friend.

Durer developed his talent and genius, and as an established success returned to keep his agreement with Kingstein. He soon discovered the enormous sacrifice his friend had made for him. The hard labor had twisted and bent Franz's fingers so that he could no longer manage the delicate brush strokes required for a master painter — but Kingstein felt no bitterness. He was overjoyed at the success of his friend.

One day, Durer found him kneeling in prayer his gnarled hands entwined in spiritual supplication — for Albrecht's continued success. Albrecht sketched his friend's hands and later completed the masterpiece known as the "Praying Hands."

Galleries and collections all over the world now feature Durer's works, but this one masterpiece outshines them all. It tells the story of love, labor, sacrifice and gratitude. It is a constant reminder to all that they may find courage and comfort.

A legend has grown around the "Praying Hands" that anyone who owns a replica will enjoy peace and tranquility — it will surely inspire thoughts of God.

— from Silver Dollar, Fargo, N.D.

LENGTHEN YOUR LIFE WITH LAUGHTER

Today's doctors have confirmed what Aristotle knew all along — that a hearty laugh is the best of all medicines. "It is a bodily exercise precious to health," said the sage old Greek. The secret of laughter as exercise lies in the diaphragm. When you emit an explosive guffaw, your diaphragm descends deep into your body and your lungs expand, drastically increasing the amount of oxygen being taken into your lungs and, thence, into the blood. Meanwhile the diaphragm, as it expands sideways, is giving your heart, rhythmic massage. That noble organ responds by beating faster and harder. Circulation is speeded up. Liver, stomach, pancreas, spleen and gall bladder are all stimulated — your entire system gets an invigorating lift.

So when you feel like it, laugh long and loud. It's great exercise for the body, as well as the spirit.

— by Paul Brock

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 :

EDWARD CRAMER, a founding member of L.S.I. Group (formerly Jack and Heintz Group), passed away on December 10. His continuous sobriety embraced more than 16 years dating from July 1956.

DATES TO REMEMBER

- January
 1-HAPPY NEW YEAR!
 2-Central Committee Meeting, 8 : 30 p.m., Room 362 Hanna Building.
 12-1 8 th Anniversary, Rosary Hall Al-Anon Family Group, 8: 30 p.m., Jordan Hall, Charity Hospital, East 22nd Street and Central Avenue.
 18—General Service Meeting of West Side Groups, 8:00 p.m., Lakewood Public Library, 15 4 2 5 Detroit Avenue.
 23—10th Anniversary, Laurel Group, 8 : 30 p.m., Brooklyn High School Cafeteria, 9200 Biddulph Road, Brooklyn, Ohio. Speaker to be announced.
- February 2-3-4—First Annual Atwood Mid-Winter Conference, Atwood Lake Lodge, Dellroy, Ohio. See your secretary for details.
 3—13th Annual Dance sponsored by Al-Anon Intergroup Council, 8:00 p.m., Masonic Auditorium, 3615 Euclid Avenue, Cleveland. Dancing, buffet and prizes.

I WISH YOU WELL

Who ever you are, and whatever your nature, I wish you well. One hears in Al-Anon that you may not like everyone you meet in the program but eventually you will learn to love them all. I wondered how that could be possible for such a long time. I think I have finally understood to a degree what it means, and to recognize it as a very special kind of love.

It began with learning to look at myself, my emotions, my attitudes and my mistakes, instead of at yours. Wasn't that quite enough anyhow? Why should I tell you how to think, how to act, how to live when my own life needed so much attention. It progressed to realizing that the traits in you that so upset me did so because they struck a chord of recognition in myself. And it finally arrived at a point of empathy which made it possible for me to accept in you that which I had protested so violently just a short while before. Now I could see the confusion and the hurt in you even before my own.

I know my happiness depends upon the earnestness with which I struggle to free myself from suspicion and resentment. Occasional disappointment cannot destroy me utterly, but constant distrust most surely will. If I worry about what you are doing, or about your attitude towards me, if I permit myself small or large doubts, how can I hope to find, or give happiness?

For a sane and happy life I earnestly and joyously wish you well, and assume that you wish the same for me. That is, now, how I understand love.

-From Search, Ky. Al-Anon Journal

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 A 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.

CARELESS TALK

It is blind in that it does not see far enough ahead to know where it is going. It is unthinking in that it does not seem to be concerned with its consequences. It is inconsiderate in that it does not always stop short of hurting someone. It is deaf in that it does not heed the voice of conscience. It is dumb in that it does not speak honestly. It is selfish in that its only aim is self-indulgence or self-promotion. It is immature in that it is uncontrolled. It is damaging in that it is misunderstood. And it is self-defeating in that it stunts ones own spiritual growth.

-Anonymous

SMILES

Lots of people work themselves into a lather over a bit of soft soap.

He wanted to buy a farm. After inspecting one place, he told the real estate agent he didn't like it. Pressed for reasons, he explained: "The house overlooks every acre of land. There's not a place on it where a fellow could get out of sight of his wife!"

Reggie : "Can you let me have \$50 for a month, old boy?"

Joe: "What on earth can a month-old boy do with \$50?"

If you are not an adult when you go into see a movie these days, you are when you come out.

"I'm looking for a position, sir," said the applicant. "What kind of position would you prefer?" asked the boss. "Son-in-law," was the eager answer.

One advantage to advancing years is that you know a lot more about being young than teen-agers know about being old.

WHAT IS AN AA?

An AA is the fellowship of hot coffee around a table . . . laughter . . . a handshake that says more than a thousand words.

An AA is a striving humility . . . and a daily effort to know who and what we really are, and what we can become.

An AA is a getting up at midnight when the telephone rings . . . a hurried trip to the side of one in need . . . a silent prayer for the help of the Higher Power in this mission that may mean life itself.

An AA is a businessman . . . a professor . . . a man whose name is known to millions . . . and a farm hand who never left Posey County, Indiana.

An AA is a robed figure on the bench in a Skid Row Court . . . a fresh frock making beds at 11 o'clock in the morning . . . a shirtsleeves reading the paper and understanding what he reads.

An AA is the memory of a man named Bill . . . a doctor named Bob . . . and a fierce admitted pride in being a part of what was given to them and through them to the world.

An AA is a wife smiling . . . children looking with happy, loving eyes . . . a tail-wagging puppy on the floor . . . intimate, soft-spoken words . . . a key turned to lock out the night . . . and a bed-time prayer.

An AA is a group around a fireside on a Thursday night . . . thoughtful discussion of a common problem . . . an open expression of thankfulness to a Higher Power at evening's end.

An AA is a universal welcome into a strange city . . . an introduction to friendship wherever the two magic letters are found . . . an invisible paid-up membership badge.

An AA is a willingness to pray . . . an open mind . . . an eagerness to share a Godly gift with one who seeks it.

An AA is happiness in modest circumstances . . . confidence in the presence of enemies . . . tolerance in the face of bigotry.

An AA is the dry dime tucked away in a special pocket . . . a little card of serenity folded into a wallet . . . a memorized verse . . . a pause for giving thanks.

An AA is a hospital ward . . . a prison gate . . . a jail cell . . . to enter as strength and hope and peace . . . and to leave these inside, yet come out with more than was taken in.

An AA is selfishness suddenly turned inside out . . . willfulness surrendered, to return as the Will of God . . . hopelessness hammered back into the shape of hope.

Yes . . . an AA is living life — each rich full minute of it — as it happens . . . one sober breath at a time.

—Brice H., Richmond, Ind., via Chit-Chat

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THE YEAR 'ROUND GIFT

EVERY LITTLE BIT HELPS

(Continued from page one)

This fellow is really a study. He's the guy who never looks clean . . . (I suppose because he isn't . . .) he can't wait for lunch-time so he and his buddy can get out for a couple doubles. He drives the typical "alcoholic junker," and it sure sounds like it had pneumonia or the flue or something. He can't possibly make it to work on time, a lot of the time, and always on the day after payday.

Best of all, he has a genuwine, dyed-in-the-wool case of "big-shotitis." It's a terrible case. If there are two or three fellows in a conversation, you can bet who's dominating it, and who is always right! I can just hear this bird in his favorite bar. But, of course, he says he's not an alcoholic, he just drinks heavy, like a man!

I'm really glad I ran into this clown, because he sure shows me a beautiful picture of what I must have been a few years back, and he makes me so dad-blame grateful for AA and being sober that I just can't hardly believe it. I haven't improved much, but I can see a difference, and every little bit helps.

CLEVELAND AREA

Guest Speakers

JANUARY, 1973

BAY VIEW (Saturday) 6—Tom B., Bainbridge; 13—Nick K., Lorain, Ohio; 20—~~Doc F.~~, Mentor, Ohio; 27—Jim O., Fairview Park.

BEDFORD MORNING (Wednesday) 3—Art W., Bedford Wed. Nite; 10—Cal W., Laurel; 17—Charlie P., Windsor; 24—Tony K., Smith-Wilson; 31—Roy (26th Anniv.) and Lance N., West Side Morning and LSI.

BEREA THURSDAY (Thursday) 4—Don W.; 11—Terry S.; 18—Al P.; 25—Mick McC.

BORTON (Monday) 2—Hugh K.; 8—Tom M.; 15—Fred T.; 22—Ruth G.; 29—Bob O.

BRECKSVILLE (Wednesday) 3—Bob H., Brecksville Wed.; 10—Kerry K., Garfield Tue.; 17—George L., UAW Local 420; 24—Frank T., Southwest Sun.; 31—Jim W., Esquire.

CHARITY (Friday) 5—Lou W., Temple; 12—Bob M., 6700 Discussion; 19—John B., North Olmsted; 26—Jerry M., Eastlake.

DOAN MEN (Wednesday) 3—Fred K., Windsor; 10—Fran K., Allendale; 17—Harley B., Lakewood Men; 24—Marty W., Newburgh; 31—Tommy R., Collinwood.

EATON (Tuesday) 2—Virginia L., West Side Women; S—Russell R., Marshall Sun.; 16—Tom McP., Riverside Thu.; 23—Dale C., Madison-Perry; 30—Steve T., North Randall.

EDGELAKE (Tuesday) 2—Bill L., Edgelake; S—John G., Pittsburgh, Pa.; 16—Al B., Wickliffe; 23—Mary G., Edgelake; 30—Bernice C., Edgelake Women.

GARFIELD HEIGHTS (Tuesday) 2—Lee O., Lee Wed.; S—Jack C., West Side Young People; 16—Bill W., Angle; 23—Jim M., Independence; 30—Jack B., Shaker.

GRATEFUL (Sunday) 7—Tom S., Northeast; 14—Gene D., Wed. Night Discussion; 21—Harvey S., Northeast; 28—Leo A., East Side Discussion.

LAUREL (Tuesday) 2—Jim M., Lorain Mon.; S—Pete H., Shaker; 16—Frank E., Stella Maris; 23—10th Anniversary of Group; Speaker to be announced; 30—Ray B., Lorain Mon.

LORAIN AVENUE (Tuesday) 2—Fred H., Parma Heights; S—Rosemary C., Ridgewood Women; 16—Evelyn S., Midpark; 23—Bill S., Lorain Ave. Mon.; 30—Joe M., Angle.

NASA (Wednesday) 3—Jan D., (?); 10—Dick F., Southwest Sun.; 17—Will H., Southwest Sun.; 24—Charles F., Euclid Wed.; 31—Dick P., Parma Sat.

NITE & DAY (Saturday Midnite) 6—Ivan B., Wickliffe; 13—Pat M., Painesville; 20—Jack D., Charity; 27—Ralph S., Newburgh.

NORTH OLMSTED (Wednesday) 3—Don C., Sister Ignatia; 10—Tom McG., Edgelake; 17—Sophia L., Pearl; 24—Rosemary M., West Side Women; 30—Ann C., Niles, Ohio.

PARMATOWN MEN (Friday) 5—Dick N., CPI; 12—Ludd Z., Parmatown; 19—Herb F., Clark; 26—William H., Southwest Sun.

ROCKY RIVER (Thursday) 4—Chuck B., Orchard Grove; 11—Mary G., Edgelake; 1b—Marge K., West Side Women; 25—Milfred H., Rocky River.

SOUTHWEST SUNDAY (Sunday) 7—Lee H., Southwest Sun.; 14—John P., Bedford; 21—Pat P., Bedford; 28—Bessie K., Sister Ignatia.

STEELWORKERS (Wednesday) 3—Bob K., Independence; 10—Ken S., Brookpark; 17—John F., Brookpark; 24—Bill R., Akron Nite Riders; 31—Surprise.

STRONGSVILLE (Tuesday) 2—Walter D., Trinity; 9—Art N., Pearl; 16—Bill T., Parma Heights; 23—Nick K., Lorain, Ohio; 30—Harry G., Brecksville Wed.

WARRENSVILLE WOMEN (Wednesday) 3—Bill D. (1st lead), Ramona; 10—Ed H., Northeast; 17—Imogene P., Laurel; 24—Sam G., One Day At A Time; 31—Charles P., Garden Valley.

WEST SIDE MIDNITE (Saturday) B—Walter R., Avon Central; 13—Jim R., Brookpark; 20—John S., Borton; 27—Frank A., Olmsted Falls.

WEST SIDE MORNING (Thursday) 4—Father S., Lakewood Men; 11—George H., Brooklyn; 18—Herman A., Garden Valley; 25—Tom C., (32nd Anniv.), West 25th Street.

WICKLIFFE (Wednesday) 3—Jerry K., Garfield Tue.; 10—Jim S., Maple Heights; 17—Dick O'D., Wickliffe; 24—Joann O., Brainard Circle Women; 31—Dick P., Newburgh.

Y.O.U.R. (Sunday) 7—Jay W., Sister Ignatia; 14—Will be announced; 21—Larry L., Kirtland; 28—Paul L., Eaton.

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

JANUARY 13, 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.

CLEVELAND AREA AA GROUP MEETINGS

SUNDAY

RAMONAST. 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
 SOUTHEAST-7528 Broadway 8:30
 STREETSBORO—St. Thomas Lutheran Church, Rt. 43 south of Rt. 14 8:30
 TEMP. 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 & 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—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, 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-St. John Bosco Church, 6460 Pearl Rd., Parma Hts. 9:00
 LORAIN CENTRAL—Trinity Church, Elyria Ave. & 25th, Lorain 8:30
 MANSFIELD—Grace Episcopal Church, 41 Bowman St. 8:30
 MAYLYND—Hillcrest Evan. United Brethren Church, 1400 Lander Rd., Mayfield Hts 8:30
 MIDTOWN—Trinity Cath., Parish Hall (rear), E. 22d & Prospect 8:30
 NIGHT & DAY—2205 1/2 Lake Shore Blvd. 8:30
 N.O. RIDGEVILLE—Shepherd of Ridge Luth. Church, Rt. 20, East Rt. 76 8:30
 OPORTUNITY—CLOSED DISCUSSION—6749 Midland 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 Met. Ch., Elmhurst Ave., op Pleasant Valley, Cedar 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, 10213 Pearl Rd. 8:30
 SUPERIOR—North Presbyterian Church, E. 40 St. & Superior 8:30

MONDAY

BORTON—Forest Hills Presbyterian Church, Lee & Monticello Blvd., Cleve. Hts. 8:30
 BROOKPARK—Redeemer Lutheran Church, 6151 Smith Rd. 8:30
 EARLY EARLY—St. John's Cathedral (Lower Sacristy), E. 9th & Superior (Superior Entrance) 7:30
 ELYRIA MEN—St. Agnes School Basement, Lake & Dewey 8:30
 FRESH START—4807 Cedar Ave. 8:00
 FRIENDLY SUBURBAN—Pearl Rd. (closed mtg.) 8:00
 FRIENDSHIP—Bivd. Presbyterian Church, 24600 Lake Shore Blvd. 8:30
 GOLDEN AGE WOMEN—Highland Fresh 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
 LEA 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, Ave. at West Blvd. 8:30
 MARYA 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

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
 WEST LAKE—Bible School—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 Wed. 8:30
 BAXTER—St. Stanislaus Recreation Hall, 9th & 10th Sts. 8:30
 BEDFORD WEDNESDAY MORNING—Bedford Christian Church, Blaine & Warrensville Center Rd. 10:30 a.m.
 BEDFORD—Bedford Christian Church, Blaine & Warrensville Center Rd. 8:30
 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 Drug) 8:30
 COLLINWOOD—14812 St. Clair (rear) 8:00
 DOAN MEN—First Presbyterian Church, 16200 Euclid Ave. 8:30
 EDEN MOORING—Emmanuel Episcopal Church, 8614 Euclid Ave. 11:00 a.m.
 EUCLID WED. (Closed)—Master's Evan. United Church, 771 E. 260th St. 8:30
 FAIRPORT HARBOR—525 Eagle St., Fairport Harbor 8:30
 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 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 7:30
 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 & Snow) 8:30
 TWENTY-FOUR HOUR—Church of Ascension, 13216 Detroit Rd. 8:30
 WEDNESDAY MEN'S DISCUSSION—St. Paul 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, 13857 Euclid Ave. 8:30
 ANSELMI—St. Malachi's Church, 2459 Washington Ave. 8:30
 ASHLAND THURSDAY—St. Matthew's Church, 1515 Mifflin 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:W
 BROADWAY 55th—Our Lady of Lourdes School Hall 8:30
 BROOKLYN—St. James Lutheran Church Hall, 471 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 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. Amos 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
 MID PARK—Middleburgh Hts. Comm. Church, Big Creek Pkwy & Bagley 8:30
 NIGHT & DAY 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 8:30
 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, 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 Am* 8th Floor, 2222 Central Ave. 8:30
 CLE HO GO MEN'S—Matt Talbot Inn, 497 Supp. Ave. 8:30
 CLOCKWATCHERS—Christ Episcopal Church, Hudson (Closed Meeting) 8:30
 CONNEAUT—Southeast Elem. School, Mill St. 8:00
 DAY AT A TIME 10:45
 13857 Euclid Ave. 10:45
 EAST CLEVELAND DISCUSSION—13857 Euclid Ave. (Night & Da.) 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: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) 8:30
 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, 8307 Powers 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. 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
 STELLA MARIS—1320 Washington St. 8:15
 TGIF MEN—Bethesda Luth. Ch., 2807 Wolf Rd., Bay Village 8:00
 TRI-COUNTY 8:00
 1378 E. 340th St. 10:30 am & 8:00
 TRW—6402 Cedar Ave. Guard Post #2, Bldg 32, 2nd Floor 7:00
 UNIVERSITY CIRCLE CLOSED—Church of covenant at 11205 Euclid Ave. Noon
 VENICE—Betty Rindette 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, 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 11:00 a.m.
 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, Middlebridge & Towline R d s. 8:15
 MANSFIELD—Plain, Methodist Church, Matt Talbot—First Presb Church, 16200 Euclid Ave. 8:30
 MEMPHIS—Lakewood Congregational Church, 1375 W. Clifton 9:00
 NEW LONDON—First Methodist Church, 497 Supp. St., New London 8:00
 NIGHT & DAY 10:45
 2205 1/2 Lake Shore Blvd. Midnight
 PARKMAN—Congregational Church, Parkman 8:30
 PARMA SATURDAY—Third Federal Savings & Loan, 5950 Ridge Rd. (rear entrance) 8:45
 PLAIN—Mentor Plain, Methodist Church, Rt. 306 & Lake Shore Blvd., Mentor 9:00
 REDWOOD—Euclid Lutheran Church, E. 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
 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. 25 St. 8:30
 VALLEYVIEW—Pilgrim Church, 2592 W. St. Starkweather 8:30
 WEST RICHLAND—United Church of Christ, Rt. 303, West Richfield 8:30



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VOL XXXI-No. 5

KEEP THE TORCH AFLAME

My beloved grandson: Nearly two years before your birth I was reborn for there came the time of decision the admission of powerlessness over alcohol and the admission that my life had become unmanageable.

With this decision came acceptance — acceptance that God as each of us understand Him could restore me to sanity, hence the rebirth and coming to know a way of life that becomes more **redemptive** as each day spends itself.

While the dividends since becoming sober in AA have mounted, almost beyond counting, none is more appreciated than the fact you have always associated your grandfather with sobriety and his endeavors for a better and peaceful existence. These benefits have also accrued through your brothers and cousin who are your juniors.

The fellowship of Alcoholics Anonymous had been an instrument of recovery for countless thousands for some 21 years before grandpa asked for help, and importantly the countless thousands of grateful AAs had recognized the need for continuity and service in carrying the message for those who still suffered, so AA was a living, going thing at my entrance, and continues so today.

Service entities, more commonly called district or intergroup offices, were the bridge between the alcoholic seeking help and the AA members which initiated that help.

Here in the Cleveland area, the Cleveland AA District Office opened its doors in early 1945 and have kept them open without interruption since; and over the years, while helping the individual alcoholic is its primary concern, other service responsibilities have arisen in which the area AA groups, the public-at-large, individuals and members have been beneficiaries of this work of love.

Like any activity of service and responsibility expense is an item to be reckoned with — telephones, postage, light, heat, rent, to name but a few. Wisely and healthfully, our founding members determined that our fellowship should be entirely self-supporting lest money and prestige be our undoing.

So it is that each year at this time the Cleveland AA District Office conducts its funding campaign to provide the wherewithal by which the office is maintained and its doors kept open thus enabling help being given to those to seek and desire and need sobriety.

The 1973 funding campaign will open on January 29 and close on February 28. During that period groups and individual members will be contacted for their pledges to assure the needed total of \$38,000 being realized so that the all-important continuity of service effort may be fact.

There is always joy in helping someone unknown to us, and it is our pledges and gifts of money to the campaign that bring this to fruition — joy to the giver and joy to the beneficiary of the help provided; so you see joy goes full circle embracing all within its perimeter.

Several years ago (you were of pre-school age), after

(Continued on page four)

A LITTLE BIT GOES A LONG WAY

The longer I am sober the more amazed I am at the things that keep appearing for which I am very grateful. It becomes evident after some time sober that benefits just seem to sort of pile up, and if one isn't on the ball, he'll miss some of the **most** important things. Someone recently quoted Will Rogers as having said that "while we may be on the right track, we'll get run over if we just sit **there**." It is true. As a result, I find it necessary, even though I might rather just "sit," to keep moving. I try to pick out the things that AA and sobriety give me, and to look them over objectively now and then.

Back in my drinking days I was positive that everything that took place in my life **was** earth-shaking and extremely important. After all, I was a very important person! How could there possibly be anything humdrum or unimportant about my life or anything in it? The only thing in my life at that time could possibly have been construed as important **was** the fact that I **was** always in some sort of trouble or difficulty because of my drinking. Otherwise my life was a pretty sordid, unimpressive mess.

It is absolutely delightful, now that I am sober, to look at my life and find that it is full to the brim with **little** things. As a matter of fact, there sometimes seems to be so many little things that there really are not always enough hours in the day, enough days in the week to cram them all in. The beauty of it all is when one realizes that all these little things are important, and that if they are good things, then we are

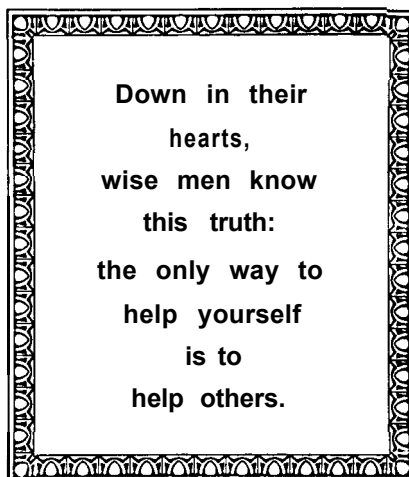
"on the right track!"

One evening not long ago, in the warmth and comfort of my home, I found myself taking stock of all the little things it afforded me. I observed all the little things my wife and I had accumulated, or made ourselves, or worked on in the two years plus we've been married. I found much to my amazement that our little home is full of little things. It is a comfortable, homey home, and it is all these little things in it, that we have found together, made together, worked on together, that make it so. The world is full of houses with people in them. Many of them, perhaps most of them are far more pretentious than ours. They are furnished more lavishly, and display much more material wealth than our little home, but houses are not always homes, and ours is.

Almost everything in our little home reflects either my wife or I or both of us. It is a home which shows our love for each other, and the little things in it add up to something that money cannot buy . . . love.

Suddenly, therefore, while I was reflecting on all this, I knew that as a result of all these little things in my life, I had something which many people never find in a lifetime, a real home, with real love in it. There is nothing little about love, or a happy home. The other things might all be little, but they added up to **some-**

(Continued on page four)





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Ham D., Pounder and Editor 1892-1968



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February, 1973

No. 5

MILL ENDS AND REMNANTS

Yesterday, standing on the back porch preparatory to going to the garage for the car, we observed the dogwood tree had what appeared to be buds and while it was a fairly comfortable day, it was still mid-January.

At first we were inclined to dismiss the matter with the thought that it couldn't be so, that what we thought were buds were what remained of the -seed pods left as winter set in. But we didn't dismiss the subject, we reached over and examined the buds, and sure enough, it was so, for the green of the new growth was there.

The wonders of nature and the marvels of the universe are worthy of profound contemplation of a loving Creator that provides for all living things in or out of season.

Our coming to AA is **anologetic** to the dogwood tree we speak of, for our period or dormancy for however long it may have been was not unlike the period of winter through which the dogwood sat dormant.

With our decision and our desire for sobriety the **chlorophyl** of the good in all of us began flowing through us, surfacing new growth and new strength, so that in due season, as the dogwood does in mid-April, we became happily sober and displayed the beautiful blossoms of a fruitful sobriety.

As active members of AA, unlike the dogwood and other plant life, we need experience no dormant periods, except when we sleep, for our growing season is continuous and each is for 24-hour duration.

Each of us shed our leaves of yesterday and only garner the blossoms of today, notwithstanding that our root growth has become more sturdy in the process of developing worthy experiences day-by-day.

True, some of our days are not as productive as others, but in plant life the foliage is not always **as** green or the blossoms as plentiful season in and season out. Nevertheless, the dogwood, for example, nurtures itself and tries harder with its next **opportunity**.

In other words, we ought never discount ourselves, else we be trapped and enlaced in a net of futility, apathy, self-recrimination and other adverse mental states; thus stifling the beauty inherent to happy, sober growth.

Here's to a fruitful, happy, sober life, by eGorge!

CORLETT MEN ANNOUNCEMENT

Announcement has been received that the Corlett Men's Group has discontinued meeting on Tuesday nights at the Shaffer Methodist Church on Miles Avenue, Cleveland, due to membership attrition which caused drop in attendance to such a degree it became impractical for group to function.

MINUTES OF CENTRAL COMMITTEE MEETING JANUARY 2, 1973

Moderator Lou W., opening the meeting with the Serenity Prayer, was joined by the 26 group representatives in attendance. Following reading of the Purposes of Central Committee and the Twelve Traditions of AA by Vice Moderator Bob W., minutes of the December 5, 1972 meeting were read and approved. Treasurer's report disclosed a balance of \$344.43 in the working fund.

COMMITTEE REPORTS :

Action Committee: Joe T., Chairman, reported things on the quiet side.

Areawide Meeting: Jim W., Chairman, reported that next meeting would be held on Friday, March 16 in Jordan Hall of Charity Hospital. Speaker will be announced.

Central Bulletin: George M., Editor. New subscriptions and address changes should be mailed promptly to the Central Bulletin, P.O. Box 6712, Cleveland, Ohio 44101, to enable prompt and early reporting in the records.

Hospital Committee:

Rosary Hall: Ray M., Chairman, again emphasized that patients must be **accompanied** by **sponsors** and co-sponsors at time of admission. Admissions must reach Rosary Hall by 8:00 p.m., or if sponsors telephone prior to that time, later admittance may be arranged.

Serenity Hall : Bernie B., Chairman, reported that visitation continues at high level.

Institutions Committee: Helen D., Chairman, expressed appreciation for wide support of the Christmas party of the Warrensville Women's Group.

P.I.C.: Dick P., Chairman, reported that during year 1972 a total of 238 speakers had been supplied for non-AA groups and meetings by the Cleveland AA District Office.

There was no old business to come before the meeting and new business comprised a discussion of failure of group secretaries to read or place on bulletin boards communications from the District Office and other items of interest to the group memberships. It was suggested this be followed with the individual group secretary for correction.

Meeting was adjourned with the Lord's Prayer.

Jean C., Secretary

INTER-GROUP DINNER

At the meeting of Advisory Group to Operating Committee of Cleveland AA District Office on January 19, it was announced that the 22nd annual intergroup dinner would be held Saturday, May 22 at Hotel Statler Hilton. Group representatives in attendance picked up tickets for their tables of ten and the demand foretells another complete sellout. Friday Afternoon Women's Group were recipients of the free table in the drawing.

SUPPORT YOUR DISTRICT OFFICE

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

Our Father in heaven, holy be your Name, your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins as we forgive those who sin against us. Do not bring us to the test but deliver us from evil. For the kingdom, the power and the glory are yours now and forever. Amen.

RESOLVE — 1973

Let us renew our faith in God and in our fellowship in 1973 — not for the purpose of ourselves but for service to others. God will judge us by our thoughts and actions in our hearts even those that are not seen or heard by man. If we go to church and profess our belief in God we had best believe it or we are in a "heap of trouble" with Him.

Don't let petty jealousies, etc., turn our beautiful lives and friendships into things of uncomfortable feeling. This would be in sin indeed. It is not proper to say, "I have served my time, let someone else do it now." Suppose God said this to us — would we not find a corner to hide and cry? It is most easy to take things for granted because God has been so gracious to us. We don't pause and ponder where our blessings come from. God probably expects us to earn his gifts just as we must earn our paychecks.

Let us all endeavor to shape our actions by the precept of virtue and to walk uprightly before God and man and not worry how much it might cost us materially to be kind to one another.

— Light

ON CHANGING ADDRESS

A statistic that recently came to our attention revealed that within a 12-month period, during 1969 and 1970, 18.4 percent of the population of the United States, changed their addresses.

From where we sit this same statistic approximates changes of addresses by our subscribers, a continuing expensive bugaboo by reason of our not being told in advance of such changes. It really is important that you tell us before the fact.

SERENITY FELLOWSHIP

Under sponsorship of the Bay View Group a program of daily fellowship by volunteers has been instituted in Serenity Hall of Bay View Hospital in Bay Village, Ohio.

Volunteers are needed for two to four hour stints in two shifts — between 10:00 a.m.-4:00 p.m. and 4:00-10:00 p.m. seven days a week. Volunteers are asked to call Richard G. at 871-6625, extension 26. Volunteers for the week day shifts, especially, are needed.

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:

WILLIAM A. BRANDEN passed away on November 28, 1972 at the age 68 after many years of sobriety.

DATES TO REMEMBER

- February 2-3-4—First Annual Atwood Mid-Winter Conference, Atwood Lake Lodge, Dellroy, Ohio. See your secretary for details.
- 3—13th Annual Dance sponsored by Al-Anon Intergroup Council, 8:00 p.m., Masonic Auditorium, 3615 Euclid Avenue, Cleveland.
- d-central Committee Meeting, 8 : 30 p.m., Room 362 Hanna Building.
- 10—10th Anniversary of Bay View Group, 8:30 p.m., Bay Presbyterian Church, Corner Lake and Columbia Roads, Bay Village, Ohio. Speaker: Ann C., Niles, Ohio.
- 12-29th Anniversary of Pearl Group, 8:30 p.m., 2125 Broadvlew Road, Cleveland, Speaker: Tom B., Avon.
- 20-1 lth Anniversary, Lorain Avenue Tuesday Al-Anon Group, 9:00 p.m., St. Bosco Church, 6460 Pearl Road, Parma Heights, Ohio. Speakers: Margaret B. (Al-Anon), Lorain Avenue Tuesday and Dick P. (AA), Newburgh.
- 21—General Service Meeting of West Side Groups, 8 : 00 p.m., Lakewood Public Library, 15425 Detroit Avenue, Lakewood.

SMOKING AND ALCOHOLISM

Editor's Note: Following article taken from the Doctor's Book on **Medicology**. The year-1905. "The Home Encyclopedia of Health."

It is all the person. They should bring their mightiest will powers to bear upon the habit. They should never forget the inconvenience and harmful results of the indulgences. Bear them in mind. Magnify them if possible. "Shape up" every fiber to combat the situation. Resolve to be a free man. Persevere in the resolve. Weaken at no point of "conflict." Nor at any time. Two or three weeks of absentionation will brace the will power. It will feel encouraged "By triumph." And will grow stronger and stronger. And finally will rejoice in the entire mastery of the habit.

By Dr. J. P. Wood, Editor

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

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.-170B 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.

"THERE AIN'T NO FREE LUNCH"

My friend, a sale executive, faced with the challenge of motivating salesmen, gives them a realistic lesson by telling this story.

An ancient king called in the wise men of his kingdom and asked them to compile for him all the wisdom of the ages.

After months of diligent research, they returned with the finding bound in twelve volumes.

The king commended them for their work but insisted that it was much too long. The intellectuals went to work, this time condensing the material.

Many weeks later the wise men returned with only one volume. Again they were commended by their ruler but told to make the information even briefer.

Condensing all the wisdom of the ages into less than one volume posed a knotty problem. Wearily the scholars returned to their responsibility.

Finally, the wise men brought in their findings, the results of years of research.

They handed the king a small slip of paper. Yes, they had distilled all the wisdom of the ages into one sentence. This was that sentence "There ain't no free lunch!"

The grammar may be wrong, but the concept is right — profoundly right! In the business of living, man never gets something for nothing.

You don't have to be a scholar to know this. You just have to be honest.

Perhaps the worst falsehood being perpetuated upon the people of modern America is at this point. Many young people finish their college training and in spite of many hours spent in class, they still approach life feeling that society owes them a living. Are they in for a rude awakening?

Everywhere one turns, he finds people satisfied to let others pay their bills. They think that they were born with "squatter's rights." They spend all their days hitchhiking on life's highways. They never contribute a fair share to anything and then have the audacity to consider their tactics as a smart maneuver.

People like this are in for hard days. The very laws of nature are opposed to them. Most of all, the laws of economics stand against them.

The lesson may seem elementary, but it's the beginning of all wisdom. In fact, it's the wisdom of the ages "There ain't no free lunch!"

— By Richard Scott Brannon

SMILES

The man who installed automatic garage doors was asked by his neighbor, "Do they really work?"

"Yes, my wife doesn't even have to push the button," the man replied. "When they see her coming up the driveway, they fly open in sheer terror!"

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OBSERVATIONS

He who keeps his nose pointed in the direction he wants to go, need-not worry about his feet finding the right path.

« ■ » « ■ »

Executive ability is a talent for deciding something quickly and getting somebody else to do it just as fast. AA has a lot of "executives."

« ■ » « ■ »

No one is good or bad. Everyone is good and bad. It is a healthy practice to see the good and to mention it. This helps the other fellow's self-esteem and it does wonders for yourself.

« ■ » « ■ »

The great tragedy of life is not that men perish, but that they cease to love — Somerset Maugham.

« ■ » « ■ »

You will never "find" time for anything. If you want time you must make it.

« ■ » « ■ »

A scandal is a breeze stirred up by a couple of windbags.

« ■ » « ■ »

Many a man would reach a greater height if he had more depth.

KEEP THE TORCH AFLAME

(Continued from page one)

the evening meal and after you and I had had a little romp, it came time for me to leave for my group meeting, and your parting words still ring in my ears enroute to a meeting: "Goodbye, Grandpa, have a good meeting!" And they have, my boy, everyone of them!

And that they have been so these many years comes from the continuing devotion of all to maintaining a district office at which calls for help may be received and that needed help dispatched, whether it be to penthouse or under the bridge, ashore or at sea, or wherever.

None of we members of AA started out to be drunks, but all of us are grateful to have found the answer to our drinking problem and the ensuing recovery. Naturally, neither of us know what the future may hold for us, but should it be that you or some of your contemporaries find yourselves with a problem as a result of excessive or misuse of alcohol, it is my sincere trust that the hand of AA will grasp yours as they reach for help.

With this in mind, my pledge is going forward with those of hundreds of other members so that the doors of the District Office may remain open and the torch continued lighted.

A LITTLE BIT GOES A LONG WAY

(Continued from page one)

thing grand and glorious and very big.

One thing always leads to another, and I was suddenly never more aware of, or more grateful for my sobriety than at that moment. I sat there in my chair, looking into the fire in the fireplace, oblivious to the ever-present TV commercials, and thought, who needs booze, or bars or movies or even TV for that matter, when you're sober and there's a fire in the fireplace?

Thus, after all these years, I am slowly learning that I don't have to be big and important. I don't have to have the finest car or the latest fashions in clothes. I no longer need or desire to make an impression on others. All I need is sobriety, and God in His Heaven has seen fit to make this possible for me through AA. I am grateful for it, and, for all the little things in my life that go together to make it a happy one.



PROBLEMS

There is a far too prevalent inclination in our fellowship to be annoyed by the fellow who is weighed down by his problems in life. Patient listening is not an inherent human virtue. It must be cultivated. Some who feel that there is a **reasonable** limit to patience with such people, may be justified. But who will step forward and define the proper limits of patience? Those of us who have achieved some measure of serenity while facing our problems, have more **justification** perhaps than others.

Many people have a relative peace of mind because of an ability to ignore problems. Remember that all of us came here with one big all engulfing problem that had us whipped. We acquired that problem because of ducking the realities of life. Literally we jumped out of the frying pan into the fire. The fact that we got back at all is a miracle of spiritual healing by God as we understand Him.

The griddle of **life** is chock full of problems. It was meant to be so. If you are sailing through your sober life with equanimity, the probability exists that you are so doing because you are not facing up squarely to the full reality of life and the responsibility it entails.

All of us need a deep sense of responsibility. First we need to take charge of our own lives to the very best of our ability. To the extent that we do, we become less of a charge on others.

Having reached that point we must then move on to our responsibility toward others. We should have a constant awareness of the time when we were whipped and helpless, and but for willing, eager help from others, we might have perished.

That one in our midst, who in the early years of sobriety is constantly burdened with what to him is the smothering weight of insoluble difficulty, is the one who most needs our help.

Well can I recall the kindly patient ears of a few people that were imposed upon by me. Often **there** were some bits of wisdom, some of which remains alive and real to me right down to the present. But more often there was nothing more than a quiet, kindly listening while the unburdening of a tortured soul went on endlessly.

The person weighted with his burden in life, may have an exaggerated view of it, but at least he is aware of it. Given the thoughtful hearing and advice which is at least well intended by us, he may one day meet the full impact of life squarely and well. If he does, then he may be helping us tomorrow.

Surely he is closer to the fullness of life's significance, than is the one who achieves a mock serenity, which is really **complacency** that comes through brushing off the problems of life.

When you are in that little back room of conscience where self-inventories are taken, look at the truth about your own success in solving problems. It may breed in you a new tolerance and understanding for him who is weighed down.

"IT'S AN OPEN AND SHUT CASE"

An interesting subject came up the other day in a conversation. Seems a young woman in the area, who is not in the Program, but does drink socially, has met a man who is an AA. She confesses that she likes this young man, finds him attractive, and a good personality, but . . . every time she sees this fellow, she finds herself subjected to two **or** three hours of Alcoholics Anonymous. She does not think it necessary for him to talk only about one subject, alcoholism and AA, especially in as much as she is not an alcoholic, nor does it appear likely she will become one.

One can readily imagine how absolutely boring such a situation must be for someone outside AA, and it comes as no surprise to learn that although this fellow keeps calling her for dates, she has begun to turn him down, not wishing to be put through the same old ordeal again. This fellow probably thinks a great deal of the gal, and it is a fact that the gal is really a fine person, and very well liked by everyone. She is as attractive to him, as he is to her, and it is tragic that he cannot see what is happening. She undoubtedly hesitates to tell him the truth for fear it might jeopardize his sobriety since it is apparent to her that AA means so very much to him. Telling the truth might **also** antagonize him, and he might feel that she had no business doing so. To her his lengthy discourses are just so much uninteresting jabber, and tho he might feel that she has a problem with alcohol herself, he has no business telling her so or **even** intimating it.

Ever since Alcoholics Anonymous was born we have had our share of those who were going out to sober up the whole world. Some are actually so full of joy to have found a way to stay sober that they sincerely think that every one who drinks has problems with booze just as they dia. Others hear about Twelfth Step work and get the mistaken idea that in order for them to stay sober, they must get out there and find about a dozen "pigeons" right away, and sponsor them all at once. Everyone they come in contact with gets subjected to the **same** treatment the gal experienced, a long and windy discourse on AA, alcohol, and how to get sober and stay sober, etc., etc., ad infinitum. Ho hum!

To those of us who have been around for a while it is old news. Maybe we went through much the same stage ourselves when we first found sobriety. But we know that it is not something that one can continue for long, without repercussions. This young man will discover this ere long, either through another AA member, or even this article, or perhaps even the hard way after someone outside the Program tells him in no uncertain terms that they just don't want to hear about it!

A situation like the one mentioned at the start of this article is not unusual we're sure, and the parties involved are not known to us. The whole matter came to light, when an **interested** party, a friend of the young

(Continued on page three)

What you
repeatedly recall
you have not
forgiven.
What you
have forgiven
you do not
repeatedly recall.



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Harry D., Founder and Editor 1892-1968



Vol. 31 March, 1973 No. 6

MILL ENDS AND REMNANTS

Recently we read something that has inspired us to write this article and explore its meaning as a member of AA. It was: "God always gives His best to those who leave the choice with Him."

The Psalmist in Psalm 37 Verse 5 said it this way: "Commit thy way unto the Lord; Trust also in Him; and He shall bring it to pass."

What better example of faith in action than the recovering alcoholic in AA; for who among us cannot or does not recall our dormant, inactive faith in our lonely wretchedness. And who among us, lacking the confidence born of strong faith, did not struggle in the admission of our loss of power over alcohol.

However, having admitted and accepted our powerlessness, there were other bridges to be crossed — twelve to be exact, but all in sequence as suggested to us.

As we prepared ourselves and crossed the second and third of these for the first time we experience a beginning of faith restored and the feeling of hope that heretofore was a mere glimmering, wishful type of thing.

When we "turned our will and our life over to the care of God as we understood him," after "coming to believe that, a Power greater than ourselves could restore us to sanity," we made a commitment of faith and trust.

Is there one among us that does not agree that God always gives His best? Else where would we be this day? What would be the state of our minds and our spirit? What lonely byroads would be our way?

There is a much quoted axiom in AA: "Let go and let God!" Yet that is only part of what we need to do, for it connotes a sit and wait attitude. It is true that we leave our choice with Him, but by all that is holy, we cannot sit idly by and let Him do our work — guide us yes.

So, if we are to take charge of our lives, with the help of God but not use Him as a crutch, in order to attain a degree of autonomy we damn well better go to work at it in all of our affairs and in active appreciation of all that has been opened unto us.

Doing so, He shall bring it to pass, by George!

DISTRICT OFFICE FUNDING

While it is too early, as we go to press, to make any kind of report as to results of the 1973 Cleveland AA District Office campaign for operating funds, we have noted the flutter of activities on the part of workers at the various groups.

The importance of every-member participation in this funding campaign cannot be emphasized enough and we shall hope each member will see a worker and make a pledge or cash contribution of substance. Failing that, telephone the office people at 241-7387 and make a pledge or send your check or money order to them at 205 Frederick Building, 2063 East 4th Street, Cleveland, Ohio 44115.

Remember — "Keep The Torch Aflame!"

**MINUTES OF CENTRAL COMMITTEE
MEETING FEBRUARY 6, 1973**

Moderator Lou W., opened the meeting with the Serenity Prayer and 29 group representatives answered the roll call. Vice Moderator Bob W., read the Purposes of Central Committee and the Twelve Traditions of AA. Minutes of the January 2 meeting were read and approved. Treasurer's report disclosed a balance of \$278.98.

COMMITTEE REPORTS:

Action Committee: Joe T., Chairman, reported that, as they should be, things are quiet.

Areawide Meeting: Jim W., Chairman, reported that next meeting on March 16 at 8:30 p.m. in Jordan Hall of Charity Hospital would have as its speaker Bob T., of Garrettsville, Ohio.

Central Bulletin: George M., Editor, reported that new subscriptions have increased, but lagging renewals have held back appreciable gains in total subscribers. Members were requested to carry the message to all groups that all renewals and subscriptions be reported promptly to Central Bulletin. All material for use in the Bulletin should be in the hands of the Editor by the 13th of the month preceding publication. It was explained, in response to question of late receipts of monthly issues, that mailing is made toward the end of each month with expectation of receipt by the 1st or 2nd day of the issue month, but since it is bulk mail, delivering post office determines dispatch with which deliveries are made.

Hospital Committees :

Rosary Hall: Ray M., Chairman, reported observance of sponsoring responsibilities continues to be a problem. Visiting hours are from 8:00 a.m. to 10:00 p.m., so sponsors have a good spread of hours in which to visit patients, although it is admitted patients may not always be available during these hours due to being involved in getting x-rays, in meetings and conferences.

Serenity Hall: Bernie B., Chairman, reported that the new volunteer program is beginning to show results. He explained duties of a regularly assigned as embracing generally assisting the staff nurse by helping to check in patients, answering telephone extensions and other light duties, but most important is imparting the AA message. There is a need for additional volunteer help.

Brecksville: Harry G., Chairman, asked that visitations be stepped up, especially after 4:30 p.m.

Institution Committee: Helen D., Chairman, asked that more visitors attend the Warrensville Women Group meetings on Wednesdays at 8:00 p.m.

P.I.C.: Dick P., Chairman, advised that during January Cleveland District Office had supplied 11 speakers for non-AA meetings and groups.

There was no old business to come before the meeting and new business covered a discussion of visitor parking when calling at Rosary Hall. It was suggested that a lot at the southwest corner at 24th Street and Central Avenue would be most convenient. This employee parking lot is well lighted and guarded and approximately 25 feet from entrance to Rosary Hall.

Meeting was adjourned with the Lord's Prayer.

Jean C., Secretary

CLEVELAND AA DISTRICT OFFICE

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

PRAYER OF THE MONTH

Almighty God, continue to grant us knowledge of Your infinite wisdom, that our paths may be so guided that our every action shall be in gratitude for all that You have done for us. We are a forgetful lot, so we pray that You will be patient with us and that we may be patient and forgiving with each other. Amen.

ADVISORY COMMITTEE

On Thursday, March 22 in the Ohio Room on the mezzanine floor of Statler Hilton Hotel, Cleveland, Advisory Group (made up of all area group representatives) to Operating Committee of Cleveland AA District Office, will convene at 8:00 p.m.

One item on the agenda of this meeting will be a complete report of the 1973 Funding Campaign efforts.

Another item, and of especial importance, will be the election of four members to the Operating Committee of the Cleveland AA District Office. For three year term will be a nominee from the east side groups, replacing Bill H., of the **Eastlake** Group; another three year nominee will be elected from south side groups replacing Harold D., of the **Brookpark Monday** Group; and also for three year term a nominee from Lake County groups, replacing **Doris A.** A fourth nominee from the Sandusky area will be elected to serve the unexpired term of Bill B. who was elected in October 1972 and who must resign due to job requirements.

It is to be hoped that every group will have representation at this very important meeting. Come early and enjoy fellowship over coffee which will be served prior to the meeting.

BREVITIES

Memphis Group, which for many years met in **Lake-wood** Congregational Church in Lakewood, in late January changed its Saturday meetings to the Cove Methodist Church at Cove and Lake Avenues, Lakewood. This is a 9:00 p.m. meeting.

Friends of **Exodus** is the name of the new group which meets on Tuesdays at 7:30 p.m., at Exodus Hall on grounds of the House of Correction, 4041 Northfield Road, Cleveland, Ohio. Last Tuesday of each month will feature dual AA and Al-Anon lead.

Future meetings of groups in the Greater Cleveland West Side General Service area will meet the 3rd Thursday of each month, beginning March 15. Time: 8:00 p.m. Place: St. Mark United Church of Christ, 15300 Puritas Avenue.

SOBRIETY

Getting sober is not the most difficult task an alcoholic encounters. If we get sick enough, we can usually get to the point that we will admit that we are powerless over alcohol and that our lives have become unmanageable. **Staying** sober and trying to improve ourselves in the AA way of life becomes our life's task, and the moment we let up on this effort, we are no longer going to go forward.

— Bud G. in Silver Dollar, Fargo, N.D.

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 :

EUGENE ROSCH, a 26 year member of AA and the Brooklyn Group, passed away on December 31, 1972. Gene was a very effective sponsor and showed many, many members the way to happy sobriety. He will be greatly missed by all who knew him.

DATES TO REMEMBER

- March 6—**Central** Committee, 8: 30 p.m., Room 362, Hanna Building.
- 7—**ASH WEDNESDAY**
- 15—General Service Meeting of West, Side Groups, 8:00 p.m., St. Mark United Church of Christ, 15300 Puritas Avenue, Cleveland.
- 22—Advisory Group to Operating Committee of Cleveland AA District Office, 8:00 p.m., Ohio Room, Hotel Statler Hilton, Cleveland.
- May 12-22nd Annual intergroup Dinner, Hotel Statler Hilton, Cleveland, Ohio.

INTER-GROUP DINNER

The 22nd Annual Inter-group Dinner under sponsorship of the Cleveland AA District Office will be held on Saturday, May 12, at Hotel Statler Hilton. In Central Bulletin for February date was erroneously reported.

As of the date this is written we have been told there are dinner tickets for ten tables available at the District Office. If your plans permit **attendance** at this splendid affair, it would be well to pick up your tickets promptly.

"IT'S AN OPEN AND SHUT CASE"

(Continued from page one)

woman, asked an AA member's opinion.

Another side of the thing is that there are lots of people we **COME** in contact with who do drink, and who have no real problems with it. In our first flush of sobriety and excitement over AA, we can easily mistake their drinking habits for alcoholism. We really haven't **learned** what alcoholism is ourselves yet, and here we are already deciding that **Mary** and **Joe** are alcoholics. If we go overboard, and begin trying to tell them "all about it," we run the risk of alienating friends, and of being politely told to mind our own business. And, when we're first sober, we have **plenty** to do the first year or two taking care of our own problem. If sponsorship comes, our way, we'll accept it and do the beat we can with it, but better we "can" the long-winded AA talks and sermons unless someone asks us. The old adage still goes, "**keep your ears open, and your mouth shut.**"

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ON STEP FOUR

Now we continue the action with Step Four which says: "Made a searching and fearless moral inventory of ourselves." This Inventory Step should have been easy for me because I've had so much practice taking Bill's inventory for years, but I soon found out it's not as easy to take one's own inventory.

Timing is very important in this Step. The first Three Steps must be thoroughly understood and taken first. Sometimes it's wise to postpone taking this Step until later in the program, for this action requires honesty and courage and also detachment and the ability to decide which defects were caused by ignorance and which ones by maliciousness and the desire for revenge.

So often, when we come to the Fourth Step, we dress ourselves in sack cloth and ashes and heap coals upon our bowed heads. Honesty, which is a cornerstone of our program, requires recognition of the good qualities too. We all have a few of these, thank goodness. You know, sponsorship can be very helpful here because sponsors seem to have the knack of finding good qualities in us. I know I felt that my sponsor accepted me with good and bad qualities, and loved me and accepted me as I was, and this was very important. These good points are a foundation on which we can begin to grow in this new way of life.

I realized that I had heaped the blame for all our marriage problems right at my husband's feet. You know that's a pretty convenient dumping ground when they drink, right? When I began to take my own inventory I began to realize that many of these problems had nothing at all to do with his drinking but were directly related to my bad attitude and reactions. I was an expert at self-justification and self-righteousness. You know what a lovely quality that is.

I was advised to select a few character defects, perhaps the ones that seemed to bother me most, and go to work on them. Here the slogan, "East **Does** It" applies. You know taking the Inventory Step is a job that continues as long as we live, and doesn't have to be done overnight. For me slogans are very helpful in taking this Step.

Some people feel that a written inventory has the advantage of serving as a check-list for progress. I like to take my inventory at night along with my prayers. I try to remember that for every negative character defect I uncover, there is an affirmative one that I can work towards. When I uncover anger, I try to make patience my goal. If depression is there, I work towards cheerfulness. If I'm apprehensive of the future, I try to remember to live **one** day at a time.

The immediate benefit of the Inventory Step is that our thoughts are fully occupied by the effort to concentrate on our own virtues and shortcomings and it leaves no time to be making critical inventories of others — especially the alcoholic. The continuing benefit is that it serves as a blueprint for progress in Al-Anon.

Sobriety does not end all problems, and this Fourth Step taken properly helps us to meet the problem of living with alcoholism. But it doesn't stop there; it helps to meet every other problem life can bring and what more could we ask. As we learn and understand ourselves, use our good qualities as a foundation to build upon and continue to chip away at our defects, we may even begin to like ourselves. You know, really, we're not such bad guys after all. Thank you.

Editor's Note. The foregoing by Ruth O., Indianapolis, Ind., is from the "Transcription of Talks Presented at Al-Anon Family Group Meetings during the AA 35th Anniversary International Convention in Miami Beach, Florida July 1970" and we are indebted to SEARCH the Kentucky Al-Anon Journal which reported it in its February 1973 issue.

■ ■ ■

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HALT !

As adjuncts to AA's spiritual program and to meetings, there are cliches, systems, gimmicks and a **myriad** of other tricks that have been used by AA members down through the years to maintain sobriety. I believe in the "Rule of HALT" not only for the new member but for **old-timers** as well. Why not, then, pass on whatever practical information we can to each newcomer, to make his beginning more palatable and to enhance his chances of success. Let us scrutinize the rule briefly and say that violation of it in part or in total can, and often does, lead to relapse.

H . . . DON'T GET TOG HUNGRY

For a reason we can't explain, **there** seems to be in the alcoholic, a peculiar relationship between hunger and the urge to drink. On some occasions, we would eat a big dinner and then find that it had literally **destroyed** our desire to drink. Conversely, and eventually more often, we avoided eating **because** we knew it would interfere with our drinking. If we have a physical urge to take a drink, we should go out of our way to eat or drink something filling. So when you are hungry, **EAT!**

A . . . DON'T GET TOO ANGRY

Wow! Of all things to tell an alcoholic! But we don't have to be on the program very long to realize that anger, righteous or not, is better left to those who can handle it. Borrowing from Father John Doe: "Let, the other guy get mad! If somebody calls me an SOB, either I am or I ain't. If I am, so what? And if I ain't, why should I make myself one by getting mad about it?" We can't afford to get angry — especially at people. Kick the wall or the TV if you will, but "Let the other guy get mad!" We know too well where anger leads; to resentment. And brother, do we know what resentment brings! Rule of thumb? Well, as the young folks say in this age, "Cool it, baby. Cool it."

L . . . DON'T GET LONELY

Non-alcoholic members of the psychiatric profession tend to equate loneliness with boredom, and we are inclined to agree. If there is any one thing that must be included in the alcoholic's life before he can again become a whole man, it is worthwhile **activity**. This **may** be Twelfth Step work, his vocation or anything else. **We** feel such activity must be present in order to fulfill his existence and eliminate loneliness. If the newcomer lives alone, it takes only a phone call or a visit to an AA club. For the AA loner, far away from other members, the **Big** Book or a letter to an AA, **nen**, **nal** may suffice. Under any conditions, loneliness is **the mother of self-** pity, and the ultimate end is resentment and drinking. The rule of thumb here? Do **something!** ! ! !

T . . . DON'T GET TOO TIRED

In its effect, the last ingredient or direction in our rule is not too different from the first. Physical fatigue will affect both our bodies and minds adversely and will thereby lower our defenses against the urge to drink if there is any **possibility** at all of such a desire being present consciously or **subconsciously**. And here the rule of thumb is: "When you get tired, put the body down!" (How many times have we read and said EASY DOES IT?)

THE ANSWER. . . HALT

So there it is: HALT — Hungry, Angry, Lonely, Tired. This rule, when coupled with meetings and living our day-by-day lives according to AA principles, will make things much easier, not only for the newcomer, but for the old-timer as well. Once we recognize that these four conditions are dangerous if succumbed to, we should avoid them as carefully as we would that first drink, for any one of them could be the first step to a drunk.

— Dr. John, San Diego, Calif
in Silver Dollar, Fargo, N.D.

■ ■ ■ ■

SUPPORT YOUR DISTRICT OFFICE

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.

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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—Bethany United Church of
 Christ, 3388 West 41st 8:30
 C.A.H.—2205½ 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—Stater-Hilton, Rt. 8 & Ohio
 Turnpike, 344 E. Hines Hill Rd. 11:00 a.m.
 GRATEFUL—St. Paul's Episcopal Church,
 15837 Euclid Ave. 2:00
 LAKEWOOD ARMORY—First United Church
 of Christ, 2150 Warren Rd., Lakewood 9:00
 MANSFIELD—20½ So. Park St. 8:00
 MARSHALL—Marshall Ford Agency (side
 door) 6200 Mayfield Rd. 8:00
 MENTOR SUNDAY—St. Bedes Church,
 9114 Lake Shore Blvd. 8:00
 MISTLETOE—St. John's Cathedral Lower
 Sacristy, Entrance off
 Superior & E. 9th 7:00
 NELA PARK—General Electric Co., Cafeteria
 off Noble Road 7:30
 NEWBURGH—St. Catherine Church
 3443 E. 93 St. 8:30
 NEWBURY—St. Helen's Church,
 Rt. 87, Newbury 8:15
 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—2028½ 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) 12:30
 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'S—St. Agnes School, Basement,
 Lake & Dewey 8:30
 FRESH START—4807 Cedar Ave. 8:00
 FRIENDLY SUBURBAN—1 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
 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. Paul's Episcopal
 Church, West Clifton & Detmilt 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,
 10265 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
 Interch. on Newell 8:30
 ORCHARD GROVE—St. Paul's 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,
 2345 Warrenville, Kingsman 9:00
 SOLOMON CROSSROADS—Solon Historical
 Bldg., Rt. 91 & Bainbridge Rd. 8:30
 SOUTHEAST—7526 Broadway 8:30
 STREETSBOBO—St. Thomas Lutheran
 Church, Rt. 43 south of Rt. 14 8:30
 TEMPLE—St. Adelbert Church,
 3445 Warrenville 8:30
 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 191 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
 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,
 36400 Detroit Ave., Lakewood 8:30
 ESCUIRE—St. James Episcopal Church,
 1881 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., 5355 Turney Rd., Garfield Hts. 8:30
 HELPFUL—First United Church of
 Christ, 2150 Warren Rd., Lakewood 8:30
 KIRTLAND—Old South Church, 8:30
 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, 6480 Pearl Rd., Parma Hts. 9:00
 LORAIN CENTRAL—Trinity Church,
 Elyria Ave. & 25th Lorain 8:30
 MANSFIELD—Grace Episcopal Church,
 4 Bowman St. 8:30
 MAYLYND—Hillcrest Evan. United Brethren
 Church, 1400 Lander Rd., Mayfield Hts 8:30
 MIDTOWN—Trinity Cath. Parish Hall
 (rear), 22nd & Prospect 8:30
 NIGHT & DAY
 2205½ Lake Shore Blvd. 8:30
 NO. RIDGEVILLE—Shepherd of Ridge
 Luth. Church, Rt. 20, East Rt. 76 8:30
 OPPORTUNITY CLOSED DISCUSSION—
 3769 Middle Ridge Rd., Madison 7:30
 RIVER TUESDAY—Rocky River Methodist
 Church, 19414 Detroit Rd., Rocky River 8:30
 SANDUSKY AFTERNOON—Municipal Bldg.,
 Meig St. 1:00
 SEVEN HILLS—Closed Discussion—
 Seven Hills Meth. Ch., Elmhurst Ave.,
 off Pleasant Valley 8:30
 SHREKRAH—St. AG—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,
 15213 Pearl Rd. 8:30
 SUPERIOR—First Presbyterian church, 8:30
 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,
 West 135 St. 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 Wds. 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, 8:30
 6824 Public Square, Independence 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, 8:00
 1000 Brecksville d 8:00
 BRUNSWICK—Cuyahoga Savings Bldg.,
 Laurel Square (entrance next to
 Marshall Drug) 8:30
 COLLINWOOD—14812 St. Clair (rear) 8:00
 DOA—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., 8:30
 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
 MALDEN—St. Joseph Church, 8:30
 Pioneer Trail, Mantua 8:30
 NORTH OLMSTED—Episcopal Church of the
 Advent, 3760 Dover Cir. Rd., Westlake 8:30
 PARMA HEIGHTS—All Saints Episcopal
 Church, 891 Ridgewood Dr. 8:30
 ST. JAMES—St. James Church, 8:00
 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, 11:00 a.m.
 271 Walton Ave. 11:00 a.m.
 T.C. 1005 UAW (Progressive Hall)—
 6615 Stumph Rd. (between
 Brookpark & Snow) 8:30
 TWENTY-FOUR HOUR—Church of Ascension,
 13216 Detroit Rd. 8:30
 WEDNESDAY MEN'S DISCUSSION—St.
 Paul's Shrine, 4120 Euclid Ave. 8:30
 WEST SHORE—West Shore Unitarian Church,
 20401 Hilliard Rd., Rocky River 8:45
 WICKLIFFE—Presbyterian Church,
 E. 296 St. & Ridge (so. off Euclid) 8:30

THURSDAY

ALLENDALE ST.—Paul's Episcopal Church,
 15837 Euclid Ave. 8:30
 ANGLE—St. Malachi's Church, 8:30
 2499 Washington Ave. 8:30
 ASHLAND THURSDAY—St. Matthew's
 Church, 1515 Millfin Ave. 8:00
 ASHTABULA HARBOR—Bethany Lutheran
 Church, Penn. Ave. (between
 9th & 10th) 8:30
 BAY WEST DISCUSSION (Closed)—
 Church of the Resurrection, 23500 Center
 Ridge Rd., Westlake 8:30
 BEREA THURSDAY—Fine Arts Club,
 323 Bagley Rd. (east of Eastland Rd.) 9:00

BROADWAY 55th—Our Lady of Lourdes
 School Hall 8:30
 BROOKLYN—St. James Lutheran Church Hall,
 4771 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,
 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) 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. 8:30
 INDEPENDENCE—Presbyterian Church,
 6824 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 CHURCH CROSSROADS—First United
 Church of Christ, 2150 Warren Rd.,
 Lakewood 9:00
 MANSFIELD DISCUSSION (Closed)—
 20½ South Park St. 8:00
 MAPLE LEAF—Congregational Church,
 Fellowship Hall, West of park, Burton 8:30
 MIDPARK—Middleburg 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. Maw's Church Basement,
 242 N State St. 8:30
 ROCKY RIVER—Rockport Methodist Church,
 3301 Wooster Rd., Rocky River 8:30
 ST. CLAIR THURSDAY
 2205½ Lake Shore Blvd. 8:30
 WESTSIDE MORNING—Westside Hungarian
 Lutheran Church (rear) 11:00 a.m.
 WESTLAKE THUR. DISC.—Westlake
 Christian Church,
 25800 Hilliard Rd. 10:00 a.m.
 WILMA SD—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,
 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 Ann.
 8th Floor, 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,
 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 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) 8:30
 17300 Van Aken at Avalon 8:30
 MANSFIELD FRIDAY—A.A. Clubroom,
 20½ South Park St. 8:30

MAPLE HEIGHTS—Maple Heights City Hall,
 Corner Lee Rd. & Maple Hts. Blvd. 8:30
 NIGHT & DAY—
 2205½ Lake Shore Blvd. 10:45
 NORTHEAST—How Evangelical Lutheran
 Church, 2222 Taylor Rd. at Northvale 8:30
 PAINESVILLE FRIDAY—St. John's Baptist
 Church, 33 W. Jackson 8:30
 PARMATOWN MEN'S—Parma Community
 Hospital—Assembly Room,
 7007 Powers Drive 8:30
 POST OFFICE GROUP—Main Post Office,
 Room 4079-A 8:00
 RIDGEWOOD WOMEN'S—St. Charles Ch.,
 Ridge R. & St. Charles Ave., Parma 8:00
 SISTER IGNATIUS—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 & Chinton,
 Lorain, Ohio 8:30
 STELLA MARIS—1320 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
 TRW—92 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

ACTION4516—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, 8:30
 E. 79 & Euclid 8:30
 CLEVELAND TEAMSTERS—Teamsters
 Joint Council Bldg. 41,
 2070 E. 22nd St. 11:00 a.m.
 DAY AT A TIME—
 13857 Euclid Ave. 11:00 a.m.
 FOREST CITY—2125 Broadview Rd. 8:30
 L.S.1—17690 Broadway
 Maple Heights (cafeteria) 8:00
 LANDER CIRCLE—Garfield Mem.
 Methodist Church, 3650 Lander
 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—20½ 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—
 2205½ Lake Shore Blvd. Midnight
 PARKMAN—Congregational Church,
 Parkman 8:30
 PARMA SATURDAY—Third Federal Savings
 & Loan, 5560 Ridge Rd. (rear entrance) 8:45
 PLAIN—Mentor 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 Fire Aud., Mantfield Gen. Hosp. 8:30
 SOBRIETY—St. Mark's Church, 8:30
 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,
 8525 W. 25 St. 8:30
 VALLEYVIEW—Pilgrim
 Church, 14 St. at Starkweather 8:30
 WEST RICHFIELD—United Church of Christ,
 Rt. 303, West Richfield 8:30



SELFISHNESS

Where it started or who . . . first said it . . . or why — we don't know — but we feel deeply that it is a discrediting and distorted opinion of the Alcoholics Anonymous program! We inwardly cringe whenever we hear the statement blithely uttered — "AA IS A SELFISH PROGRAM!"

It came as something of a disconcerting shock the first time we heard it, for somehow it sullied whatever decent motivation had inspired us to accept the 12 Steps as a way of life. We are grateful that we had in our possession . . . the BIG BOOK, for it clearly refuted any such assertion completely! Had we believed it — or accepted it . . . we might have abandoned AA's design for sobriety . . . and continued a hopeless . . . and fatal quest! We had . . . had enough of . . . selfish living that produced only aloneness . . . misery . . . humiliation and loneliness!

Our early experience in AA revealed something awesome beautiful . . . inspiring . . . and rare! We saw it . . . in the eyes of those who accepted us into the group! We observed it . . . in the actions of those who strove to relieve the suffering of other alcoholics with tenderness . . . patience and understanding! We sensed it in the kindness . . . and warmth of the fellowship of those who extended a helping hand to us! It touched and altered the course of our life . . . because it was the living manifestation of **unselfishness** — it was truly . . . the finest expression . . . of man's love . . . for his fellow man! It was the **giving of self** with compassion and concern — for the good of another human being! — without hope of reward!

According to Webster's dictionary, SELFISH means: "Caring unduly or supremely for **oneself**; regarding one's OWN comfort . . . advantage etc., in DISREGARD . . . or at the EXPENSE . . . of that of others!"

Nowhere in the BIG BOOK have we been able to find where we can work ANY PART of this program without due consideration of others! In fact, we have counted some 55 places where it underscored that SELFISHNESS . . . SELF-PITY . . . SELF-CONCERN . . . SELF-AGGRANDIZEMENT . . . SELF-DELUSION . . . SELF-SEEKING CONCEIT . . . etc., as being the root of ALL our problems. Quote from the BIG BOOK: "— the alcoholic is an extreme example . . . of SELF-WILL run riot, though he usually doesn't think so. ABOVE EVERYTHING — we alcoholics . . . must BE RID OF THIS SELFISHNESS! We MUST — or — it kills us!" — end quote.

Many of us DO come to AA for **positive** reasons . . . because we want to be better husbands . . . wives fathers . . . mothers brothers or sisters sons and daughters — because we are desperately ashamed of the hurt our drinking is causing **others** — because we are sick of our own degrading conduct and selfish existence . . . and desire something better — and not merely because we can't continue drinking. Therefore, we believe it is extremely poor psychology to profound this statement to a new man, if for no other reason than to crush

(Continued on page four)

ALL'S A-OKAY

There is perhaps nothing more wonderful about being sober than simply being able to awaken each morning and be a part of the new day the Creator has granted us. Through the ages the poets and writers of time immemorial have sung about, and paid homage to the dawns and mornings of history. There is no other time of the day save for the quiet moments of the evening's twilight that can touch the hearts of man as keenly.

To be able to begin each new day with exhilaration and zest; to realize that this new day is ours to do with as we will, without remorse from yesterday or fear of tomorrow, is a gift that must be considered priceless. This same realization is **present** each morning for all

men, but for those of us who spent so many years robbing ourselves of these hours each morning through the illness of alcoholism, discovering them once again, or perhaps for the first time, must be almost beyond description.

One cannot but remember back to the days of early life, even childhood when we found it well-nigh impossible to close our eyes in sleep at night because of some great thing that was due to happen on the morrow. Mornings then could not come fast enough for us! In the same moment, today, we are reminded of the awful mornings that so doggedly followed every "night before," and the attendant hang-overs, the fears, the remorse, the terrible shakes, the cold sweats that preceded that first morning drink. What a terrible contrast there has to be between the two situations!

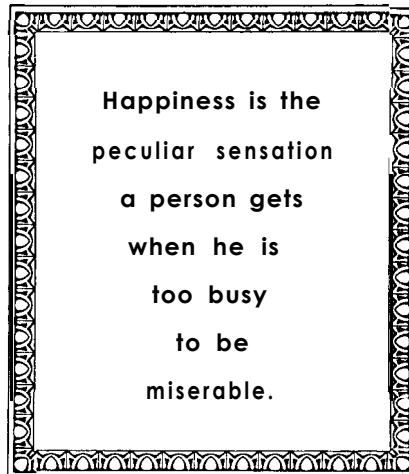
Thoreau, in speaking on "that panacea that would keep us serene and well-contented," says that he would take for his use the morning

air. He must certainly have been very much aware of the importance of the morning and its promise of all that might be gained from just taking the time to notice it. This man was close to Nature and probably gleaned as much or more from each of his days as did men of far greater stature or fame. He appreciated the simplicity of life, and today we are reminded of simplicity by the words of the good Dr. Bob: "Keep it simple."

A lady, still living, who once served in the Congress of the United States, used to arise early every morning so that she could observe the sunrise. She stated that she felt that each new day's creation was such a wonderful event, that she just "wanted to be in on it." Perhaps all of us would do well to think the same way.

We lost a lot of mornings. We missed a lot of sunrises and so many, many, other things along the way, but we have been spared by a benevolent Creator to once again observe the mornings, and to be quiet and reflective for a moment or two in the evenings as the day fades into darkness. In the mornings we can give joyous thanks for our sobriety, for life itself. After all, the birds seem to be much noisier and full of joy at dawn. Why not men, as well? In the evening these same birds do much chirping and twittering in the tree as they prepare for sleep, and rest for the new day a-com-

(Continued on page four)





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Harry D., Pounder and Editor 1892-1968



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April, 1973

No. 7

MILL ENDS AND REMNANTS

A couple of months ago we wrote about the early budding growth of flowering shrubs and trees as a result of a period of somewhat unseasonable fair weather and warmer than usual temperatures.

Warm springlike weather continued until a few days ago and the plantlife in our area really came to life — bulb perennials showed rapid growth and shrubs and trees appeared they would burst into bloom at any moment. In fact the usual harbingers of Spring — the wisteria and the crocus, did flower.

But, then came the storm — a northwesterner of great intensity, high winds, heavy snow and freezing temperatures, and as this is being written we are not completely aware of the extent of the damage done of the plantlife of which we speak.

Undoubtedly our shrubs and flowers and fruit trees will be less productive, if, indeed, producing at, all, but somehow the plants themselves will survive and become productive in another year, all with proper care, however.

It is not unusual for the sober alcoholic to experience sudden storms of adversity, yet through proper care in the application of the principles, by which we have learned to live and the understanding and care of our colleagues, survival is assured.

Of course, there are less hardy plants, in both nature and AA, those whose desire has lessened, determination waned and diligence become non-existent in face of the storm that suddenly appeared. These especially need care and nurturing that their promises for the future not be lost.

Usually the strong AA plants and the less hardy ones have been around long enough to develop the sturdy roots from which the strength needed for survival may be drawn.

Our concern, therefore, could well be concentrated on the fledgling plants whose roots have not received the life sustaining nurturing of exposure to AA that the other categories have experienced.

None, however, should be without a friend in time of need, and all of us ought ever be alerted that storms do appear suddenly, frequently after periods in which we have been blissfully sailing smooth seas.

Our watchwords then could be — “Be ready!”, by George!

DISTRICT OFFICE FUNDING

Hard work and cooperation keynoted the 1973 Funding Campaign of the Cleveland AA District Office, which concluded successfully on March 1. A total of \$39,611 was pledged by individuals and groups, a gratifying 104% of total sought.

The follow through now becomes the important effort and it is to be hoped that all pledges will be fulfilled in advance of due date. Books are still open for pledges or contributions of those members who may have missed the campaign workers, and these should be mailed to the District Office at 205 Frederick Building, 2063 East 4th Street, Cleveland, Ohio 44115.

MINUTES OF CENTRAL COMMITTEE MEETING MARCH 6, 1973

Moderator Lou W., opened the meeting with the Serenity Prayer and 27 group representatives answered the roll call. Vice Moderator Bob W., read the Purposes of Central Committee and the Twelve Traditions of AA. Minutes of February 6 meeting were read and approved, after which Treasurer's report was received and treasury balance of \$268.98 reported. Included in the foregoing total is \$68.20 in the Institution Literature Fund.

COMMITTEE REPORTS:

Action Committee: Joe T., Chairman, reported there will be a General Service newsletter entitled “Northeast Ohio Message of AA” published monthly. News deadline will be the 20th of each month at P.O. Box 45127, Westlake, Ohio 44145. Joe T., is editor with two assistants and John T. B., will be advisor.

Central Bulletin: George M., Editor. In the absence of the editor, it was reported that group response to appeals for new subscriptions has been gratifying and more and more groups are participating in the campaign.

Areawide Meeting: Jim W., Chairman, reported that everything is set for March 16th meeting in Jordan Hall, with Bob T., Garrettsville, as the speaker.

Hospital Committee:

Rosary Hall: Ray M., Chairman, led discussion regarding visiting hours for all patients. Suggested visitors obtain printed rules and regulations for men and women patients. These are available at Rosary Hall.

Serenity Hall: Bernie B., Chairman, reported visitation continues at high level.

Brecksville: Harry G., Chairman, asked that visitation be stepped up.

Cleveland VA: Bill D. asked that visits by AA members be increased, adding that more and more Vietnam veterans are coming through the hospital.

P.I.C.. Dick P., Chairman, reported that 52 sneakers had been furnished to non-AA groups and meetings by the Cleveland AA District Office during the first two months of 1973.

There was no old business to come before the meeting and new business embraced a talk by John T. B., Delegate, on General Service and Central Committee: “The object of Central Committee is service. This is the group conscience of AA. If it were not for Central Committee, General Service would not be the force it is.” He spoke briefly on the history of how General Service developed in Northeastern Ohio, and stated that General Service needs stimulating and asked that the District Office include names of group General Service Representatives in the secretary's list. Resolution was passed that Central Committee would approve such action, if Operating Committee of the District Office approved. The delegate will contact Operating Committee chairman accordingly.

There was considerable discussion concerning providing free literature to various institutional groups, including Mansfield Reformatory, and motion was made and approved to set up a free literature fund to be maintained by contributions from individual groups from which free literature would be supplied at direction of Central Committee.

Meeting was closed with the Lord's Prayer.

Jean C., Secretary

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, 2963 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, our Father, having led us through the wilderness of alcoholism, sustain us in our dependency that we may remain in the light of Your power and wisdom and grow stronger in the knowledge of Your will for us. Amen.

SHARE YOUR FAITH

"You have a pound, I have a pound," said one man to another. "We swap. You have my pound and I have yours. We are not better off. But suppose you have an idea and I have an idea. We swap. Now you have two ideas and I have two ideas." One of the best ways to keep your faith is to give it away. One of the quickest ways to lose it is to keep it, to yourself. If you try to share with others the best that is in you, you strengthen yourself. The more a tree branches out, the deeper the roots sink.

AN INDIAN PRAYER

"O' Great Spirit, whose voice I hear in the winds; And whose breath gives life to all the world, Hear Me! I am small and weak; I need your strength and wisdom. Let me walk in beauty, and make my eyes ever behold the red and purple sunset.

"Make me wise so that I may understand the things you have taught my people. Make my hands respect the things you have made and my ears sharp to hear your voice. Let me learn the lessons you have hidden in every leaf and rock. I seek strength, not to be greater than my brother, but to fight my greatest enemy — myself. Make me always ready to come to you with clean hands and straight eyes. So when life fades, as the fading sunset, my Spirit may come to you without shame."

— Charlie's AA Thoughts, Chicago, via Silent Rostrum

HEADS OR TAILS?

God created us with two ends; one to think with and one to sit on. Our success depends upon which one we use the most. Heads you win. Tails you lose.

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 BENCO, a member continuously sober for 28 years, passed away on February 18 when he was severely beaten and robbed. John was an active and valued member of the Brooklyn Group.

WILLIAM C. HUMRICHouser, active in various east side groups, passed away in early March at age 64. Bill had been an AA member for 21 years.

ROBERT E. LEE, age 53, a 7-year member and former secretary of the Eastlake Group, passed away in the early morning of February 23rd. He had led a meeting the night before, becoming ill and expiring shortly after retiring.

HOWARD MARDORF, active 27-year member and for the past 10 years in the Lake County area, passed away on January 7 at age 66.

TOM MARSH, a 20-year member, beloved by all and a founding member of the Esquire Group, passed away in late February after a protracting bout with cancer. Tom had many areas of AA activity and was a former member of the District Office Operating Committee.

LEROY E. TUCKER passed away suddenly on March 12 at age 65. Lee was a member of the Lakewood Armory Group and his continuous sobriety dates from August 1957 when he came into AA.

DATES TO REMEMBER

- April 3-Central Committee, 8:30 p.m., Room 362, Hanna Building.
- 7—1st Anniversary of West Side Midnight Group, Speaker: Mary Ann O'C., West Side Women.
- 15—Committee Members' Meeting, Northeastern Ohio General Service Committee, 2: 00 p.m., Building 2, Room 264, Brecksville VA Hospital. All welcome.
- 2 2-EASTER
- May 1-Central Committee, 8:30 p.m., Room 362, Hanna Building.
- 12-22nd Annual Inter-Group Dinner, Hotel Statler Hilton, Cleveland, Ohio, 7:00 p.m.

INTER-GROUP DINNER

The 22nd Annual Inter-Group Dinner under sponsorship of the Cleveland AA District Office will be held on Saturday, May 12, at Hotel Statler Hilton, and as we go to press we are advised six tables remain unsold. All tickets on consignment must be returned to the District Office by April 15.

"TO DREAM THE IMPOSSIBLE DREAM"

... to fight the unbeatable foe: to strive with your last ounce of courage . . . to reach the unreachable stars . . ."

There had to be a dream to begin at all. To dream the impossible dream . . . the impossible dream of being sober after so many years of drunkenness. To find peace of mind after an eternity of chaos. To find meaning where there had been only emptiness . . . to "strive with our last ounce of courage," when we feared it had all been drained away . . . and one day . . . one day at a time . . . "to reach the unreachable stars."

Thank God for this fellowship of AA that has made our most impossible dreams come true . . . as long as we keep working at it . . . keep hoping and believing. We can only fail if we stop wanting. Dream big dreams . . . then pray as if all depended on God . . . and work as if it all depended on you.

M.C., In Silent Rostrum, Houston, Texas

MEN'S ALANON

The Men's Al-Anon Group, which formerly met at Charity Hospital, now holds its meetings on Mondays at 8:15 p.m. in Lakewood Presbyterian Church, 14502 Detroit Avenue, Lakewood, Ohio.

HOSPITALS AND INSTITUTIONS

SUNDAY	
TRUSTY HALL-1000 ft. east of House of Correction	10:00 a.m. and 5:00 p.m.
MONDAY	
HOPEFUL-State Hosp., 4455 Turney Rd., New Chapel Bldg. #1	8:00
TUESDAY	
BRECKSVILLE V.A. HOSPITAL-1000 Brecksville Rd.	7:30
FRIENDS OF EXODUS-4041 Northfield Road	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.	8:00
VETERANS HOSP.-E. Blvd. near E. 105th St.	8:00
WARRENSVILLE-Women's House of Correction, 4041 Northfield Road	8:00
THURSDAY	
TRUSTY HALL-1000 ft. east of House of Correction	8:00
FRIDAY	
MAIN GROUP-House of Correction, 4041 Northfield Rd.	8:00

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.

CONNECTION

How does a member of AA in Cleveland influence a member in San Francisco? What keeps a member in Montreal on the same wave-length as a member in Houston? How do members everywhere maintain rapport with our General Service Trustees and our General Service Office?

In the first 15 years of the existence of **Alcoholics Anonymous**, Dr. Bob and Bill W. were the link between the members and the Trustees and Office which serve us. When it became known in 1950 that Dr. Bob's days were numbered, both he and Bill realized that a means had to be found to place the affairs of AA in the hands of all the members. Thus the concept of the General Service Conference was evolved and later became a reality.

This year the Conference meets on April 24 and ends on April 29. 90 Delegates from the U.S. and Canada will bring the views and opinions of the areas they serve and will return home to share what they have heard and learned. The theme of this year's conference is: **"Responsibility — Our Expression of Gratitude."** This theme provokes some thought and some soul-searching. Delegates will be asked to deal with such topics as:

What to do with the Bill Wilson Memorial Fund.

How to make the International Directory more useful and useable. Also, guidelines for its use.

How best to make use of the abilities and experience of past Delegates.

Whether or not past Delegates should serve in the future.

"Members-at-Large."

40th Anniversary Convention to be held in Denver in 1975.

Preparation for growth.

These and other subjects will be tossed out on the Conference floor for fielding by the Delegates.

A meeting of General Service Committeemen will be held on April 15, 1973 at the Brecksville VA Hospital, Building 2, Room 264. This will be your Delegate's last chance to sound out the feelings of this area before he departs. On May 20, 1973 a meeting of General Service Representatives (GSR's) will be held in the Brecksville American Legion Hall to hear the Delegate's report of the Conference. Does your group have a GSR? Is he or she Functioning? If not, urge your group secretary to remedy this matter.

— JTB, Delegate NEOGSC

N.E.O.G.S.C.

Following is schedule of meetings of the Northeastern Ohio General Service Committee as announced by the Panel of 23 officers, headed by John B., Delegate:

- Apr. 15 — Committee Members' Meeting, 2: 00 p.m. Building 2, Room 264, Brecksville VA Hospital on Route 21.
- May 20 — General Service Representatives' Meeting, 2:00 p.m., American Legion Hall, Brecksville S.E. Corner Route 21.
- Jun. 17 — Open House Meeting, 2: 00 p.m. American Legion Hall, Brecksville, S.E. Corner Route 21. There will be potluck dinner and speaker will be announced.
- Jul. 15 — Committee Members' Meeting, 2:00 p.m., Building 2, Room 264, Brecksville VA Hospital on Route 21.
- Aug. 19 — General Service Representatives' Meeting, 2:00 p.m., American Legion Hall, Brecksville SE. Corner Route 21.
- Oct. 21 — Committee Members' Meeting, 2:00 p.m., Building 2, Room 264, Brecksville VA Hospital on Route 21.
- Nov. 13 — General Service Representatives' Meeting, 2:00 p.m., American Legion Hall, Brecksville S.E. Corner Route 21.

These meetings are all open to members and guests and provide a splendid opportunity to reap a working knowledge of AA's Third Legacy — Service.

PROFIT AND LOSS

I counted dollars while God counted crosses, — I counted gains while He counted losses! — I counted my worth by the things gained in store, — But He sized me up by the scars that I bore. — I coveted honors and sought for degrees; — He wept as He counted the hours on my knees. — And I never knew till one day by a grave, How vain are these things that we spend life to save, — That the riches of all in the world is God's love !

ANATOMY OF A GROUP

Four kinds of bones:

1. Wish bones — who want someone else to do the work.
2. Jaw bones — who talk a lot, but do little else.
3. Knuckle bones — who knock everything others try to do.
4. Back bones — who get behind the wheel and do the work.

SELFISHNESS

(Continued from page one)

the first "out-going" thought he has had for many years. It could even — so discourage him as to destroy his fair chance for recovery!

In our opinion the great and satisfying rewards that accrue to "self" — are the results of **unselfish** thought . . . attitude . . . and effort! Some "alcoholics" may stay dry through development of new techniques of substitution . . . habit . . . or ritual . . . but we have failed to see them achieve **sobriety** — meaning emotional stability and maturity of **judgement**. Their lives continue to be plagued with disorder and conflict — for they neglect their real source of power and guidance, spiritual growth and faith in a Higher Power! Our Big Book tells us that the alcoholic's RECOVERY . . . is NOT dependent upon people. It is "DEPENDENT UPON HIS RELATIONSHIP WITH GOD!"

AA DOES require . INDIVIDUAL acceptance! It DOES require **individual** application of its suggestions! It DOES require **individual** action in the practice of its principles — but — neither the tools we use nor the aims we strive for . . . are . . . **selfish!**

Even our 12 Traditions underline the essential quality of personal recovery — the **concern for others!** We learn to "give up personal desires for the common good!" We should even strive to lay aside the very human aspirations for recognition and acclaim — and serve others as humbly and . . . as gratefully as possible. No even though our human weaknesses sometimes prevent fulfillment of AA's aims and ideals — its "spirit" of LOVE and SERVICE should never be tarnished with . . . **SEL-FISH** . . . motivation . . . or goals!

— Les V. in RAIL BEAMS, St. Paul, Minn.

ALL'S A ■ QUAY

(Continued from page one)

ing. Again, why not men as well?

Today, those of us who are happily contentedly sober, can appreciate, perhaps for the first time in our lives what each new morning really means. To some of us, each new day sober must count for a dozen drunken ones. The new day is, or can be, a totally new experience for us, and as we stay sober longer and longer, these days can become more and more important. We can learn to use the day, the mornings and evenings to our best advantage, as well as to the advantage of others.

The old lines that many of us remember so well, come to mind, "mornings at seven, the dew's on the grass, the bird's on the wing, God's in His Heaven, and all's right with the world." And really, it is!

CLEVELAND AREA

Guest Speakers

APRIL 1973

BAY FIRESIDE (Saturday) 7—Ed P., Southwest Sun.; 14—Jim D., Willoughby; 21—Dave W., Bay Discussion; 28—Les S., Lakewood Men.

BAY VIEW (Saturday) 7—Carl D., Edgelake; 14—Jack B., Lakewood Men; 21—Tom McG., Edgelake; 28—Don S. (1st lead), Bay View.

BEREA FRIDAY (Friday) 6—Tom D., Berea Fri.; 13—Dave W., West Shore; 20—Jean B., Berea Fri.; 27—John M., Young People.

BORTON (Monday) 2—Bill L., Edgelake; 9—Bill N., Nela Park; 16—Jim C., Angle; 23—Jim N., Doan Men; 30—Bob W., Allendale.

BRECKSVILLE WEDNESDAY (Wednesday) 4—Frank H., Strongsville; 11—John H., West Richfield; 18—John McN., Barberton; 25—Bill F., Medina.

BROOKLYN (Thursday) 5—John F., Parmatown Men; 12—Frank T., Southwest Sun.; 19—Dick F., Southwest Sun.; 26—Father B., Parmatown Men.

CHARITY (Friday) 6—Marvin B., Calvary; 13—Fr. Jack D., Rosary Hall; 20—Larry S., Lorain Tues.; 27—Theron B., Lodi.

DOAN MEN (Wednesday) 4—Dave C., Shaker; 11—Walter H., (?); 18—Rod M., Shaker; 25—Al B., Shaker.

EATON (Tuesday) 3—Jim K., North Randall; 10—Harry McG., Lee Wed.; 17—Danny O'S., Matt Talbot; 24—Gene C., Charity.

GARFIELD HEIGHTS (Tuesday) 3—Cal W., Laurel; 10—Surprise lead; 17—Mike K., Seven Hills Discussion; 24—Ann T., Bedford Wed.

GORDON SQUARE (Friday) 6—Pat B., Bedford Wed.; 13—Fred H., Garden Valley; 20—Jim D., Garfield Tues.; 27—Paul J., Garfield Tues.

GRATEFUL (Sunday) 1—Marilyn D., Mentor Sun.; 8—Bill G., Euclid Wed.; 15—Ruth C., Serenity Women; 22—Frank B., Night & Day; 29—Jerry M., Eastlake.

LANGUAGE OF THE HEART (Monday) 2—Dick P., Newburgh; 9—George T., Fresh Start; 16—Jose M., Parma Sat.; 23—Donna S., Parma Sat.; 30—John McM., Angle.

LAUREL (Tuesday) J—George B., Crossroads; 10—Jack M., Angle; 17—Ed C., Laurel; 24—Bud S., Memphis.

LEE MONDAY (Monday) 2—Bessie K., Sister Ignatia; Y—Harry P., East Side Discussion; 16—Cora McD., Hague; 23—Phyllis W., Post Office; 30—Eileen M., Night & Day.

METRO GENERAL (Friday) 6—Valorie McC.; Deaconness Women; 13—Lou W., Temple; 20—Rich N., CPI; 27—Virgil C., Pearl Mon.

MIDPARK CLOSED (Thursday) 5—Bob O., River Bay; 12—Bill W., Parma Heights; 19—Mike S., (?); 26—Scotty F., (?).

NASA (Wednesday) 4—Bill M., 11—Tony K., 18—Chris H.; 25—Scotty R.

NORTH OLMSTED (Wednesday) 4—Helen M., Steelworkers; 11—Pat M., Garfield Heights Tues.; 18—Walter M., Brooklyn; 25—John S., Lakewood Men.

PARMATOWN MEN (Friday) 6—Ed C., TC-1005; 13—Dick B., Midpark; 20—Joe R., St. John; 27—Dick F., Southwest Sun.

REDWOOD (Saturday) 7—Neil C., Maple Heights; 14—Ken M., Tri County; 21—Imogene P., Laurel; 28—Kevin B., Lakewood Armory.

ROCKY RIVER (Thursday) 5—Bette M., North Olmsted; 12—Ed D., Fairview Park; 19—Ed K., (?); 26—Pete L., Grafton, Ohio.

SOUTHWEST SUNDAY (Sunday) 1—Oscar E., Columbus; 8—Scotty R., Bedford Heights; 15—George G., Forest City; 22—Vic Z., Valley View; 29—John C., Ford-1250.

STRONGSVILLE (Tuesday) 3—Tom B., West Richfield; 10—Pat P., Bedford Wed.; 17—Helen M., Steelworkers; 24—Mary Ann H., Midpark.

TRINITY (Saturday) 7—Gene R., Trinity; 14—Bill S., Lorain Mon.; 21—Tony T., Brooklyn; 28—John W., North Randall.

UAW-1005 MORNING (Wednesday) 4—Rich F., Lorain Avenue Tues.; 11—Tom T., (?); 18—Don T., Parma Heights; 25—Rose Marie C., Parma Heights.

VALLEY VIEW (Saturday) 7—Eddie L., Teamsters; 14—Frank E., Stella Maris; 21—Ray B., Angle; 28—Tom D., Angle.

WARRENSVILLE WOMEN (Wednesday) 4—Burt. F., Bedford Sun.; 11—Leo A., East Side Discussion; 18—James C., Angle; 25—Laura D., St. James.

WEST SIDE BREAKFAST (Sunday) 1—Ed H., Northeast; R—Joe M., Sheffield Lake; 15—Helen M., Steelworkers; 22—George S., Edgelake; 29—Ernie M., West Side Breakfast.

WEST SIDE MIDNIGHT (Saturday) 7—1st Anniversary of Group, Speaker: Mary Ann O'C., West Side Women; 14—Marty P., (?); 21—Mary H., Heights Discussion; 28—Tom O'M., (?).

WEST SIDE MORSISG (Thursday) 5—Mose Y., Alliance, Ohio; 12—Billy C., Clark; 19—Jack S., Parmatown Men; 26—Tom U., League Park.

Y.O.U.R. (Sunday) 1—Tom and Betty B., Bainbridge; S—Judy M., (?); 15—Bob O., Lee Wed.; 22—Ken "Flash" M., Sister Ignatia; 29—Al DiB., Humble.

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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) 8:00
 BEDFORD HEIGHTS
 St. Mary's Church Hall (rear) 7:30
 Broadway & Union 7:30
 BROOKSIDE—Bethany United Church of Christ, 3988 West 41st 8:30
 C.A.H.—22650 1/2 Lake Shore Blvd. 11:00 a.m.
 CASTALIA—O.C. Church of Christ, E. 295 Main St. 8:30
 COLLINWOOD—14812 St. Clair (rear) 7:30
 DETROIT SUNDAY—8904 Detroit Ave. 7:30
 GARDEN VALLEY—7100 Kinsman Ave 4:30
 GENEVA—Y.C.C. Bldg., E. Main, Rte. 20 8:00
 GOLDEN LINK—Stator-Hilton, Rt. 8 & Ohio Turnpike, 344 E. Hines Hill Rd. 11:00 a.m.
 GRATEFUL—St. Paul's Episcopal Church, 15887 Euclid Ave. 2:00
 LAKEWOOD ARMY—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) 6300 Mayfield Rd. 8:00
 MENTOR SUNDAY-St. Bedes Church, 9114 Lake Shore Blvd. 8:00
 MISTLETOE—St. John's Cathedral Lower Sacristy, Entrance off Superior & E. 9th 7:00
 NELA PARK—General Electric Co. Cafeteria, aft Noble Road 7:30
 NEWBURGH-St. Catherine Church, 3443 E. 93 St. 8:30
 NEWBURY—St. Helen's Church, Rte. 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—Office 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—LIGHT-St. Mary's Hall, Rte. 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, side of Lake Shore Blvd. 7:15

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, 5445 Warrenville near Kinsman 9:00
 SOLON CROSSROADS—Solo Historical Bldg., Rt. 91 & Bainbridge Rd. 8:30
 SOUTHEAST—7526 Broadway 8:30
 STREETSBORO—St. Thomas Lutheran Church, Rt. 43 south of Rt. 14 8:30
 TEMPLE-St. Adelbert Church, 2247 E. 83 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
 WESSIDE 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 & 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
 DAY AT A TIME AM—13857 Euclid Ave. 8:30
 EATON—Grace United Church of Christ, 14911 Westrop off E. 152 St. 8:30
 EDGE LAKE—Trinity Lutheran Church, 16400 Detroit Ave., Lakewood 8:00
 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—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—Hilbert Ewan United Brethren Church, 1400 Lander Rd., Mayfield Hts 8:30
 MIDDLETOWN—Trinity Cath. Parish Hall (rear), E. 22nd & Prospect 8:30
 NIGHT & DAY—22650 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, 19414 Detroit Rd., Rocky River 8:30
 SANDUSKY AFTERNOON—Municipal Bldg., Meigs St. 1:00
 SEVEN HILLS—Closed Discussion—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), 9321 Orleans Ave. 8:30
 STRONGVILLE—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

MONDAY

BORTON—Forest Hills Presbyterian Church, Lee & Monticello Blvd., Cleve. Hts. 8:30
 BROOKPARK—Redeemer Lutheran Church, 8500 Smth 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—BURBAN, Rte. 40 (closed mtg.) 8:00
 FRIENDSHIP—Blvd. Presbyterian Church, 24600 Lake Shore Blvd. 8:30
 GOLDEN GATE WOMEN—Hiland and Presb. Church Annex, 5632 Wilson Mills Rd. 8:30
 HUMBEL—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
 LEG MONDAY—First Presbyterian Church, Elyria & 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 8:30
 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

12 STEP WOMEN'S DISCUSSION—Episcopal Church of the Advent, 3760 Dover Church Rd., Westlake 1:00
 WESTLAKE DISC. (Closed)—Christian Church, 25800 Hilliard Rd. 10:00 a.m.
 WEST PARK—Puritas Lutheran Church, 138 E. Park & 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, E. 65 St. & Baxter 8:30
 BEDFORD WEDNESDAY MORNING Bedford Christian Church, Blaine & Warrenville Center Rd. 10:30 a.m.
 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 & 8:30
 BRECKS—VIA WED.—V.A. Hospital, 10000 Brecksville R. d. 8:00
 BRUNSWICK—Cuyahoga Savings Bldg., Laurel Square (entrance next to Marshall Drugs) 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 Evangelical Church, 771 E. 260th St. 8:30
 FAIRMOUNT FAIRMOUNT-525 Eagle St., Fairport Harbor 8:30
 GARFIELD HEIGHTS—Pilgrim E. & R. Church, 459 2 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 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, 891 Higwood Dr. 8:30
 S T JAMES—St. James Church, E. 84 & cedar 8:00
 SANDUSKY GROUP #1—Providence Hospital Cafeteria 7:30
 SHEPHERD LAKE—St. Thomas School (new hall south of 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)—51615 Stumph Rd. (between Brookpark & Snow) 8:30
 THURSDAY 9:00 HOUR—Church of Ascension, 13216 Delmit, Lakewood 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 Millfin Ave. 8:00
 ASHTABULA HARBOR—Bethany Lutheran Church, Penn. Ave. (between 9th & 10th) 8:30
 BAY WEST DISCUSSION (Closed)—Church of the Redeemer, 23500 Center Ridge Rd., Westlake 8:30
 BERA 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 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, 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—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—22650 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—22650 1/2 Lake Shore Blvd. 8:30
 WESTSIDE MORNING—Westside Hungarian Lutheran Church (rear) 11:00 a.m.
 WESTLAKE THUR. DISC—Westlake Christian Church, 25800 Hilliard Rd. 10:00 a.m.
 WILLARD—Willard United Bank Bldg., Willard 8:30

FRIDAY

AVON LAKE—United Church of Christ, 3281 Electric Blvd. 8:30
 BERA FRIDAY—Berea Congregational Church, Seminary & Church Sts. 8:30
 BROADWAY-HARVARD—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, 9307 Superior Ave. 8:30
 CLOCKWATCHERS—Christ Episcopal Church, Hudson (Closed Meeting) 8:30
 CONE APT.—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)—Lyndurs Congregational 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—22650 1/2 Lake Shore Blvd. 10:45
 NORTHEAST—How 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 4079-a 8:00
 RIDGEWOOD WOMEN—St. Charles Ch. Elyria & St. Charles Ave., Parma 8:00
 SISTER IGNATIA—St. Paul Church, E. 200th & Chardon R d. 9w
 SOLIDARITY-2382 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
 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 Ridinger School, Galloway Rd., Sandusky 8:30
 WELLINGTON FRIDAY NITE—St. Patrick's Catholic Church, N. Main St., Wellington 8:30
 WEST ST. 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, 9220 W. Lakes Rd., Bay Village 8:30
 CALVARY—Calvary Church, E. 79 & Euclid 8:30
 CLEVELAND TEAMSTERS—Teamsters Joint Council Bldg. 41, 207 W. 7th St. 8:00
 DAY AT A TIME—13857 Euclid Ave. Midnight
 FOREST CITY-2125 Broadway 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
 LEAQUO PARK—St. John's Cathedral, E. 9th St. & Superior 7:30
 LEE SEVILLE—Advent Lutheran Church, 15300 Harvard 8:00
 LIBERTY—14812 St. Clair (rear) 9:00
 LORAIN ST. MARY'S—St. Mary's School Basement, 7th & Reid, Lorain 8:30
 MADISON PERRY—St. Ann's in the Fields Church, Middleridge & Townline Rds. 8:15
 MANSFIELD—20 1/2 South Park St. 8:00
 MATT TALBOT—First Fresh Church, 16200 Euclid Ave. 8:30
 MEMPHIS—Lakewood Congregational Church, 8th & W. Clifton 9:00
 NEW LONDON—First Methodist Church, Main St., New London 8:00
 NIGHT & DAY—22650 1/2 Lake Shore Blvd. Midnight
 PARKMAN—Congregational Church, 3 Parkman 8:30
 PARMA SATURDAY—Third Federal Savings & Loan, 5950 Ridge Rd. (rear entrance) 8:45
 PLAINS-Mentor Plains Methodist Church, Rt. 306 & Lake Shore, Blvd Mentor 9:00
 REDWOOD—Euclid Lutheran Church, E. 260 St. & Forestview, Euclid 8:30
 RICHLAND COUNTY INTERRACIAL—Gay-Fife Aud. Manfield Gen. Hosp. 8:30
 SOBRIETY—St. Marks 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, 6256 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



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YOU BET YOUR LIFE

If you happen to be one of those who refuse the AA Program as a way of recovery from "alcoholism" because you "think" its members are "phony," or because you "think" too many failures indicate its impotency, or because you "think" you are **different**, and above associating with such "riff-raff" friend, just keep on drinking! We will guarantee your eventual total destruction if you are an alcoholic! So remember it is YOUR LIFE you are wagering when you bet you ARE or are not an alcoholic!

AA is simply a VOLUNTARY way to recovery! Exposure to AA CAN be forced but ACCEPTANCE of it cannot! AA has no wish to be exclusive — it neither judges nor condemns fellow-sufferers and leaves the door wide open for ALL who wish to come. THERE ARE NO STRINGS!

AA has no screening process — does not BAR anyone is in no way selective, and permits the individual to be the SOLE JUDGE of his qualifications for membership — simply — A DESIRE TO STOP DRINKING! (It doesn't even say anything about an "honest" desire.)

Obviously, with none of the usual "checks and restraints" without stringent rules and regulations, without any "enforcement" agency — all manner of PEOPLE are attracted to the fellowship. There are crack-pots, rum-pots, con-artists, bums, wierdos, queers, psychos, fanatics, prostitutes, promoters, bigots, morons, thieves, and every other conceivable type who come to AA to see what's in it for them, and who is to deny them?

By the same token you find this same cross-section of undesirables in hospitals, churches, offices, factories, service clubs and even the P.T.A. — they eat in the same restaurants, ride on the same busses and sit next to you at the ball park and in the movie houses — and does their presence condemn their environment, or even denote its purpose?

AA should not be judged by the failures of such as these — but the successes of those who want to stop drinking!

ALL who come to AA with a drinking problem are phonies — but that is WHY they come. It is the nature of their ILLNESS! The entire structure of an alcoholic's life is phony! But, regardless of what a person IS when he comes — if he STAYS, he HAS to change or return to drinking! AA has NOTHING to offer ANYONE — except a way to live satisfactorily without drinking! Miraculously, many more recover than fail, and sometimes even the most lowly and hopeless recover if they can be HONEST! So don't condemn the college because some students fail, for AA's experience has shown the course of study adequate to the needs!

AA's policy of NO STRINGS, for ANY who need it, grew from recognition that its way of life was a GIFT that had to be shared with all who wanted it or it would wither and die! Yet, because of this very "inclusiveness" — there are SOME who use it as an excuse to reject their only salvation.

(Continued on page four)

TOTHINEOWNSELF BETRUE

As recovering and/or arrested alcoholics we are constantly reminded by other AAs and at meetings everywhere that we ought to be grateful for our new found sobriety . our new way of life. It follows that those of us who have begun to learn the meaning of self-honesty, perhaps for the first time in our lives, are learning more and more, daily, about it. We are grateful to be sober, and to have the choice between drinking and living a normal life.

One thing we need all remember, however, is that, no matter how long sober, or how far our degree of self-honesty may have progressed toward what we would consider a normal life, we will **always** be alcoholics, and to be completely normal as we consider social drinkers or non-drinkers to be, is not to be our lot.

Realizing and understanding this fact then. it would behoove us to **examine** ourselves and determine if we are accepting this cold, hard fact. We are alcoholics and always will be. We are not now, never were, never will be, completely normal. We can only work toward what we believe to be normalcy. We can rationalize, expert at it as we are, and point out that many people who are supposed to be normal, are not, really. This may be true, but it is like asking ourselves, "why are we alcoholics?" Whether someone else is normal or not doesn't matter. The reason for our alcoholism doesn't either. We are, and what matters is, what are we doing about it?

Gratitude for sobriety and the opportunity to strive for normalcy, whatever that may be, afford us the chance to examine ourselves. Sobriety permits us to do so with a clear mind, a mind that functions more

normally than ever before.

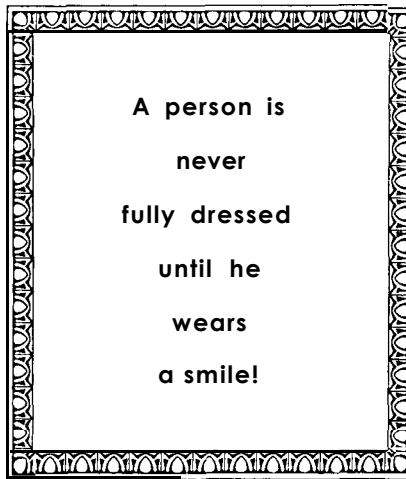
We are now able to see ourselves for what we were, what we are now, and what we can be, if we but strive toward the ever-beckoning goal.

We now have the ability, the privilege of being ourselves. We no longer are forced to act a part. The reason for our playacting, alcohol, has been removed, and to reach any degree of normalcy we **must** be honest with ourselves. It is not easy, but gets easier with practice, and with the passage of time. Any help we can find along the way, only makes the going the easier.

Emerson wrote many years ago, the following: "There is a time in every man's education when he arrives at the conviction that envy is ignorance; that imitation is suicide; that he must take himself for better or worse as his portion; that though the wide universe is full of good, no kernel of nourishing corn can come to him but through his toil bestowed on that plot of ground which is given to him to till. The power which resides in him is new in Nature, and none but he knows what that is which he can do, nor does he know until he has tried."

For many of us, self-honesty comes hard. It is not easy to put down in black and white the things we have done or left undone. It is not easy to look into the mirror and admit that the face looking back at us does **not**

(Continued on page four)





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Harry D., Founder and Editor 1892-1968



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No. 8

MILL ENDS AND REMNANTS

In some of our travels our itinerary included visits to glass factories and somewhere at sometime we purchased a very attractive colored (blue) bird.

As are many of the colorful souvenirs of trips, the glass blue bird reposes on the sill of one of the dining room windows at home, its beak pointing outward and its sightless eyes peering into the seasonal foilage and sky northward to the lake.

It is likely that the silence emanating from the glass ornamentation would have continued and not given itself to an article for this issue had it not been for the real life antics of a well fed and handsome male robin.

With the return of seasonal springtime (the temperatures notwithstanding) and the return of the migatory birds which are much better harbingers than humans, we noticed an unaccountable pecking noise in the vicinity of our dining room.

After a few days the mystery was solved when we spied Mr. Robin sitting on the outside window sill pecking away at the window pane trying to make points with our glass blue bird inside.

Perhaps it was a frustrating thing to do to Mr. Robin by removing the blue bird — but we were fearful that in his ardor he might break the window glass. After a day or so, the blue bird was restored to its window perch and early the next morning we again heard the unmistakable peck-peck of a persistent Mr. Robin.

Humans and especially alcoholic humans possess the attributes of the persistent Mr. Robin albeit our continued efforts to attain the unattainable by reason of our looking for what appears to be greener grass on the other side of our fence.

All of us can recall and recount our fruitless search for a utopia that was far beyond us and persistent as we thought we were continued to escape our grasping hands.

Finally, however, with the coming of the knowledge that that which we sought was within us and not unattainable we began to live in the here and now and with the same persistence pursued realistic ends and set realistic goals.

There have been, are and will be, frustrations just as we are certain Mr. Robin felt frustrated in his quest. Yet, we are just as positive that he has adjusted for a friendly and loving heart always finds fulfillment.

None of us may ever get our blue bird, but we can always attain happiness, if we try, by George!

SUMMER SCHEDULE

As summer approaches Cleveland AA District Office has announced that customary summer schedule will be observed.

Beginning Saturday, June 2, the office will be closed each Saturday during June, July and August, with Saturday opening being resumed on Saturday, September 1. As in past years all telephone calls will be covered by answering service.

SUPPORT YOUR DISTRICT OFFICE

MINUTES OF CENTRAL COMMITTEE MEETING APRIL 3, 1973

Moderator Lou W., opened the meeting with the Serenity Prayer and 27 group representatives answered the roll call. Vice Moderator, Bob W., read the Purposes of Central Committee and the Twelve Traditions of AA. Minutes of the March 6th meeting were read and approved. Treasurer's report disclosed a balance of \$224.08.

COMMITTEE REPORTS:

Action Committee: Joe T., Chairman. Concerning the listing of AA meetings in local newspapers, it was the consensus of members present, this was OK as there was no violation of the Twelve Traditions of AA or anonymity of individuals broken.

Areawide Meeting: Jim W., Chairman. Speaker Bob T., Garrettsville, had a splendid AA message. Next meeting will be held in June. Flyers will be distributed.

Central Bulletin: George M., Editor. Subscriptions are still needed and any address changes and/or renewals should be reported promptly.

Northeast Ohio Message of AA: Joe T., Editor. Joe passed out copies of the FIRST edition of this news letter. All suggestions for improvement are welcome. No subscription fee for this bulletin, but all contributions will be "gratefully received." Address all mail to P.O. Box 45127, Westlake, Ohio 44145 — deadline for news is the 20th of each month.

Hospital Committees :

Rosary Hall: Ray M., Chairman. Everything quiet.

Serenity Hall: Bernie B., Chairman. Everything quiet.

Brecksville: Harry G., Chairman. In the planning stage as of right now is a half way house in the hospital for patients to stay immediately after leaving the alcoholic ward.

Cleveland VA Hospital: Bill D., Chairman. Would appreciate AA members' attendance at the Wednesday 8: 00 p.m. meeting and the Saturday 10: 30 a.m. meeting.

Metro General Hospital: Frank M., Chairman. Good attendance. A "Friendship Room" just starting — any donations (literature, books, Central Bulletins, etc.) will be gratefully received.

Warrensville Women: Helen D., Chairman. Everything quiet.

P.I.C.: Dick P., Chairman. "93" speakers supplied to non AA groups and meetings, from January thru March, 1973.

OLD BUSINESS:

Separate fund setup for institutions by General Committee — a motion was made and passed at the March 6th Central Committee and it will be handled as presented.

NEW BUSINESS:

Mansfield Group representative complimented Central Committee on format of meeting. Impressed with closeness of group cooperation. Among other suggestions offered to him to improve cooperation within groups and between groups in that area, it was strongly suggested that the Purposes of Central Committee, as well as the Twelve Traditions of AA be read at each meeting.

Moderator Lou W. said "Never confuse this AA program with the people you find in it."

The meeting closed with the Lord's Prayer.

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

CLEVELAND AA DISTRICT OFFICE

The Cleveland AA District Office is open to anyone, male or female, who is seeking an answer to an alcoholic problem. The office, located in Room 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

Stir up our hearts O God, we pray that we may be ready to do Your bidding and assist others in need of a helping hand as their paths cross the paths of our own life. Amen.

FINDING GOD

I sought to hear the voice of God, . . . And climbed the topmost steeple; . . . But God declared, "Go down again . . . I dwell among the people."

SEEKING PERFECTION

Even if perfection is not reached, working toward it will result in a better product than if one is content to continue on an easy level.

A dream of future perfection should not blind us to the desirability of doing the best we can now. Reaching for the best possible under the present circumstances is a high ideal.

Nobody should expect to be perfect, or be unduly troubled by the fact that he is not. The dedicated absolutist is like a person who will love nothing but perfection, who does not believe in the existence in human life of anything perfect, and who quarrels with the world for not containing perfection.

The search for perfection should not become overstrained. Too much painstaking is blameable, just as well as too little. One has to know when to quit. Some artists keep touching up their paintings, so that to the end they remain "sketches." As critics say of Ingres's painting of Oedipus in the Louvre: "The young Greek is so carefully drawn, so smoothly modelled, so tiresomely drawn and modelled, that it cannot arouse the enthusiasm such perfection otherwise might."

There are some jobs in which good quality consists in ability to perform a function; elegance and polish are not necessary. An old Scottish proverb says: "What need to make the bridge much wider than the road?"

The Royal Bank of Canada Monthly Letter

EXAMPLE

Let's never forget that AA's PRIMARY AND SOLE purpose is to help us stay sober and to "CARRY THE MESSAGE TO THE ALCOHOLIC WHO STILL SUFFERS." AA is for an alcoholic — every alcoholic — and may be his only hope for life and sanity, as it was ours. The ability of each recovered alcoholic to identify himself with AA and help others to recover, is a gift from GOD and our neglect, disdain, and rejection in discharging this obligation of gratitude must certainly place our own sobriety and happiness in jeopardy. Let's NOT forget from whence we came, and make sure we do our best to give every alcoholic who still suffers, EVERY opportunity through our dedicated WILLINGNESS to help; talk with them and walk with them — DON'T JUST POINT THE WAY.

— Silver Dollar, Fargo, N.D.

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 :

JAMES (Jim) RYAN, a faithful six year member of the Gordon Square Group, passed away on March 26.

Editor's note: We cannot and will not publish names of deceased members unless they are known to the editor or information is from family or other unimpeachable source.

DATES TO REMEMBER

- May
- 1-Central Committee, 8:30 p.m. Room 362, Hanna Building.
 - 3-33rd Anniversary of Brooklyn Group, 8:30 p.m., St. James Lutheran Church, 4771 Broadview Rd. at Oak Park. Speaker: Levi C. Fredericktown, Ohio.
 - 5-3rd Anniversary of Brecksville Wednesday Group, 8:00 p.m., Recreation Hall, Building 24, Brecksville VA Hospital. Speaker: Jim D., Independence Group.
 - 12—22nd Annual Inter-Group Dinner, Hotel Statler Hilton, Cleveland, Ohio, 7:00 p.m. Speaker: John H., Lakewood, Calif.
 - 16—Greater Cleveland West Side General Service Committee, 8:00 p.m., St. Mark's Church of Christ, 15300 Puritas Avenue, Cleveland, Ohio.
 - 20-27th Anniversary of Garden Valley Group, 4:00 p.m., Masonic Auditorium (entrance' nearest Chester Ave.), East 36th St. and Euclid Ave., Cleveland, Ohio. Speaker: Bob D., Toronto, Ont. Canada.
 - 20 -Northeastern Ohio General Service Committee Third Legacy Meeting, 2:00 p.m., American Legion Hall, Brecksville, Ohio. All members welcome.
 - 22—10th Anniversary of Garfield Heights Tuesday Group, 8:30 p.m., City Hall, 5555 Turney Road, Garfield Heights, Ohio. Speaker: Charles M., Indianapolis, Ind.
 - 28—Memorial Day.
 - July 20-21-22—17th Annual Ohio General Service Conference of Alcoholics Anonymous, Neil House Hotel, Columbus, Ohio. See your secretary for registration forms.

INSTITUTIONAL LITERATURE

By action of Central Committee at March meeting a fund has been set up to receive contributions from individuals and groups so that institutional groups, which are not self-supporting, may acquire free literature to carry the message to the institutionalized member.

Groups and individuals wishing to contribute should send checks payable to AA Central Committee. %Cleveland AA District Office, 205 Frederick Building, 2063 East 4th St., Cleveland Ohio 44115. Be certain to indicate on check that it is for institutional literature.

BE A BULLETIN BOOSTER

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		
FRIENDS OF EXODUS-1041 Northfield Road		7:30	
HAWTHORNEDEN HOSPITAL-Cottage #10, 305 Northfield Rd.		7:30	
PROVEN WAY-Grafton Honor Farm, Rte. 75, 2nd & 4th Tuesday		8:30	
TRUSTY HALL—1000 ft. east of House of Correction		8:00	
WEDNESDAY			
CLEVELAND PSYCHIATRIC HOSP.—1708 Aiken at Scranton	8:30		
FAIRHILL PSYCHIATRIC HOSP.-12200 Fairhill Rd. 1		0	0
VETERANS HOSP.-E. Blvd. near E 105th St.	8:00		
WARRENSVILLE-Women's House of Correction, 4041 Northfield Road	8:00		
THURSDAY			
TRUSTY HALL-1000 ft. east of House of Correction	8:00		
FRIDAY			
MAIN GROUP-House of Correction, 4041 Northfield Rd.		8:00	

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

The late Dr. Bob in one of his talks made the statement, that the whole AA program can be simmered down to two words "love and service," but the real problem with some people who are trying to help others is that they are not prepared to accept the responsibilities and disappointments that come with helping others.

I read an article in one of our popular magazines which said, helping others has been practiced by men all down through the ages until it has now become a modern phenomenon and never in the history of the world have there been so many people occupied with the job of improving so few. It seems that AA is accumulating too many leaders and too few followers — too many preachers and too few sinners — too many chiefs and not enough Indians. Nobody has time to improve himself because everybody is spending all their time improving their neighbor.

The Twelfth Step reads: "Having had a spiritual awakening as a result of these steps, we tried to carry this message to alcoholics and practice these principles in all our affairs." It appears that men and women get so involved doing Twelfth Step work that they don't have time to improve their own character defects. They get so mixed up with other peoples' interests and neglect the state of their own soul, and the result is failure. They fail to develop in themselves the ideals and standards that they are urging on others. There is a real need for a balance between the attention we give ourselves and the attention we give others. To get real satisfaction from helping others we first should find our own point of equilibrium and stick to it.

There are people in AA and outside of AA who think they have all the answers to all human problems, and they become very indignant when some one resists their ministrations. Hence, they become selfish in their unselfishness. The real truth is that they have never improved their own character defects enough to develop a genuine interest in other human beings. Men all down through the ages killed and tortured others just on the authority of their own convictions.

In the absence of understanding and compassion, helping others grow into delusion and men become more and more autocratic in their desire to force their moral standard on other human beings and their benevolence is transformed into fanaticism and tyranny.

According to the Twelve Steps, before we can carry the message of sobriety to other alcoholics we should be sober ourselves and practice the AA principles in all our affairs, so that we have possession of our own soul. Before we can give something to others, we should have something they need and want.

Men and women, who are humbly helping others know that the gift is worth giving to those who want and need help and in return they are receiving a widening circle of friends and a good sense of satisfaction. However we should first be prepared to accept the responsibility and the disappointment which come from helping others.

Edward B. in Akron (0.) Intergroup News

TO THINE OWNSELF BE TRUE

(Continued from page one)

represent all the things we would like. It is easy to rationalize and tell ourselves, now that we're sober, "all is O.K., that fellow in the mirror may not be as bad as I thought."

Seeing ourselves for what we are is a task that must be handled daily. The inventory steps in the 12 Steps are proof of this. If they were not essential they wouldn't be there.

The great reward comes when we begin to realize little by little, that we can be self honest. It is a grand feeling to be able to look at oneself objectively, and honestly, and realize that through being true to ourselves we will be so to others. Sometimes we have to work for the benefits, but they are well worth the effort.

YOU ARE SOMETHING SPECIAL

Every man in Alcoholics Anonymous is good; you must never forget that fact. Others may doubt you, and ridicule you and point out your past mistakes so often that you may, in time, doubt yourself. Yet, in spite of that doubt, you keep faith with yourself and AA. It isn't egotism. It is just the belief that what you are trying to do and, because of it, you are somebody special.

And it is certainly true. Your life and what you do with it is entirely in your hands. You are an ambassador of good will in your AA group. You can spread happiness, courage and sobriety through this troubled world. And above all you are needed more than you can imagine.

You may not have an important position. You may not have any particular talents. You may be armed with just the willingness and the ability to smile; it is enough — SMILE. Smile at every saddened face you see, at every gloomy rumor you hear, and smile when everything seems hopeless. Yes, you are good.

Remember that fact and you will climb higher and higher on the ladder of success. Hold on to AA as your only salvation and have faith in your power to achieve your sobriety. Believe in yourself. Believe in your mission in AA. This isn't high class philosophy, it's just common sense. You are what you believe yourself to be. You are as big as the faith you have in yourself. You can stay sober once you realize the fact there is no power on this earth, however evil or strong that can keep you from it. Yes, you are something special.

from The Brighter Side,
via Silver Dollar, Fargo, N.D.

DAILY BREAD

Many people in AA, do not love all other persons in AA. They don't in church either, or where you work, or anywhere else in this world. Many people come to our Fellowship, staying sober and happy until some older person tells they aren't working the program right. Anyone who has attained sobriety, and peace of mind, can be assured they are working the program properly; regardless, who says different, of how they are working it. The great significance: SOBER TODAY!

— Silver Dollar, Fargo, N.D.

YOU BET YOUR LIFE

(Continued from page one)

We have deep compassion for the suffering alcoholic who is swathed in such layers of egotism — that he cannot bring himself to associate with the "stumblebums" in AA!

For whatever, "cultural," "economic," "intellectual," or "esthetic" reasons he may summon to RATIONALIZE his superior status — he will be just as ALONE, just as LONELY, just as MISERABLE, just as FEARFUL, just as HELPLESS and just as hopeless as the most wretched "wino" on skid-road!

The headaches and heartaches — the retching and stench of his own foulness and the pain of a tortured body — are not diminished by silken-sheets and wall-to-wall carpeting!

High social position or academic degrees from great institutions of learning cannot minimize the confusion and hallucinations of the sick alcoholic's mind! And too often such things as education, wealth or position spell the doom of the alcoholic or prolong and intensify the span of suffering — for they create a facade of false pride or an arrogant belief in his own immunity that prevents him from seeing himself as he really is — a desperately sick human being who must have help he cannot BUY!

AA has NO strings — thank God — and is available to ALL WHO WANT IT, not for those who need it! Just remember again when you place your bet on whether you ARE an alcoholic or NOT an alcoholic — it is YOUR life you are wagering on!

— Rail Beams, St. Paul, Minn.

CLEVELAND AREA

Guest Speakers

MAY 1973

BORTON (Monday) 7—Wilford M., Lee Wed.; 14—Idalene M., Fri. Afternoon Women; 21—Eleanor V., Chagrin Falls; 28—Leo A., (?)

BRECKSVILLE (Wednesday) 2—Andy O., Bay West; 5—3rd Anniversary of Group, 8:00 p.m., Recreation Hall, Building 24, Brecksville VA Hospital; Speaker: Jim D., Independence; 9—George G., Forest City; 16—Red H., Forest City; 23—Bill S., Laurel; 30—Lad Z., Laurel.

BROOKLYN (Thursday) 3—Group's 33rd Anniversary; Speaker: Levi C., Fredericktown, Ohio; 10—John McG. (12th Anniversary), Brooklyn; 17—Julius W., Trinity; 24—Gene M., Brunswick; 31—Frank A., Berea. Thurs.

CHARITY (Friday) 4—Harry G., Brecksville Wed.; 11—Jack S., Ford-1250; 18—Jack E., West Shore; 25—Tom C., Lorain Tues.

DOAN MEN (Wednesday) 2—Duane McG., (1st lead), Doan Men; 9—Webb M., CAH; 16—Bob A., (1st lead), Lakewood Armory; 23—Ossi P. (1st lead); 30—Frank E., Stella Maris.

GARFIELD HEIGHTS (Tuesday) 1—Jim S., Maple Heights; 8—No meeting, election day; 15—Jean C., Bedford Wed.; 22—Group's 10th Anniversary; Speaker: Charles M., Indianapolis, Ind.; 29—Ed C., Newburgh.

GORDON SQUARE (Friday) 4—John S., Borton; 11—Marie R., Middleburgh Heights; 1&—Lillian W., Redwood; 25—Neal C., Maple Heights.

GRATEFUL (Sunday) 6—Lloyd G. (2nd Anniversary), Grateful; 13—Lisa E., Euclid Wed.; 20—Gwen R. Serenity Women; 27—Kenny W. (1st Anniversary), Lee Mon.

LEE MONDAY (Monday) ?—Millie T., East Shore Women; 14—Jim D., Independence; 21—Farrell G., Angle; 28—Al T., Day At A Time.

MIDPARK (Thursday) 3—Jim R., Brookpark; 10—Mary Margaret and Walter R., Avon; 17—Bill C., North Olmsted; X4—Bob G., Lee Seville; 31—Jim C., Midpark.

METRO GENERAL (Friday) 4—Chris H., Forest City; 11—Ed M., Metro General; 18—Mary G., Edgelake; 25—Harry G., Brecksville.

NASA (Wednesday) 2—Dick G., NASA; ; 9—Clarence C., NASA; 16—Don R., NASA; 23—Chuck P. (3rd Anniversary); 30—Jerry G., Baxter.

NORTH OLMSTED (Wednesday) 2—Joe B., Lorain Interracial; 9—Phyllis W., Post Office; 16—Bob W., Bay View; 23—Jack S., Westlake Discussion; 30—Lois C., River Tues.

PARMA HEIGHTS (Wednesday) 2—Barney N., Parmatown Men; 9—Paul C., Parmatown Men; 16—Bill T. (17th Anniversary), Parma Heights; 23—Dick P., Parma Sat.; 30—To be announced.

P'ARMATOWN MEN (Friday) 4—Bob C., Steelworkers; 11—Jim D., Independence; 18—Jack M., Angle; 25—Bob W., Brookpark.

ROCKY RIVER (Thursday) 3—Frank M., Night and Day; 10—Marcia and Jim K., (?); 17—Charlie H., Bay View; 24—Tom B., Bainbridge; 31—Bernie B., Trinity.

SOUTHWEST SUNDAY (Sunday) 6—Bill B., Brooklyn; 13—Warren C., Sr., Edgelake; 20—Henry W., Edgelake; 27—Tom C., West 25th St.

STEELWORKERS (Wednesday) 2—Leo G., Mon Morning 12th Step; 9—Dan K., 24 Hour; 16—Bill F., Brookpark; 23—Ed K., Puritas Sun.; 30—Gene G., Puritas Sun.

STRONGSVILLE (Tuesday) 1—Lee C., Bay Fireside; S-Terry L., 12th Step Women; 15—Ruth H., Bay West Discussion; 22—Joe T., Golden Link; 29—Jean B., Berea Fri.

TRINITY (Saturday) 5—Joe W., Hague; 12—Surprise; 19—Joe M., Hague; 26—Norman L., Trinity.

UAW 1005 MORNING (Wednesday) 2—Jim H., Memphis; 9—Bud B., Ford 1250; 16—Bill M., Brookside; 23—Jack S., Ford 1250; 30—Tom C., Superior.

WARRENSVILLE WOMEN (Wednesday) 2—Joan H., Borton; 9—Walter H., Temple; 1j—To be announced; 23—Len J., Calvary; 30—Jim W., Esquire.

WEST SIDE MIDNIGHT (Saturday) 5—Mary E., Kean; 12—Bobby J., 19—Jack S., 26—Can B., all of Ford 1250.

WEST SIDE MORNING (Thursday) 3—Bob L., Southwest Sun.; 10—Charlie P., Chardon; 17—Jerry W., Angle; 24—Tex H., TC-1005; 31—Lou W., Temple.

WEST SIDE WOMEN (Monday) 7—Tom C., Newburgh; 14—Closed for Lorain Ave. Monday Anniversary; 21—31st Anniversary of Group; Speaker: Margie K., West Side Women; 28—Sybil L., River Bay.

Y.O.U.R. (Sunday) 6—Bob G., Lee Seville; 13—Kay S., Flame, Akron, O.; 20—Gene S., Marshall; 27—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

MAY 14, 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.

CLEVELAND AREA AA GROUP MEETINGS

SUNDAY

AVON CENTRAL—Central Bank (rear down) 3690 Detroit Rd., Avon 8:00
 BEDFORD HEIGHTS—St. Mary's Church Hall (rear) Broadway & "on" 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, 205 Main 8:30
 COLLINGWOOD—1412 St. Clair (rear) 8:30
 DETROIT SUNDAY—Detroit Ave. 7:30
 GENEVA—"ALLEY-7100 Kinsman Ave 4:30
 GENEVA-Y.C.C. Bldg., E. Main, Rte. 20 8:00
 GOLDEN LINK—Statter-Hilltop 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 Wan-en Rd., Lakewood 9:00
 MANSFIELD—20% 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—Genera. Electric Co., Cafeteria off Noble 7:30
 NEUBURGH—St. Catherine's 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—St. Paul's 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—St. Paul's Episcopal Church, 1378 E. 340th St., Eastlake 12:30
 U.A.W. #45—13816 St. Clair 7:30
 WAKEMAN TWILIGHT—St. Mary's Ha., Rt. 20, Wakeman 7:30
 WESTSIDE BREAKFAST—Junior Achievement Bldg. (Rear) 2017 W. 117th St. 12:30
 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 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, 2466 Lake Shore Blvd. 8:30
 GOLDEN GAY 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 Clinton & Superior 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, 1025 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 & Chardon 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 & Cambridge Rd. 8:30
 SOUTHEAST—7526 Broadway 8:30
 STREETSBORO—St. Thomas Lutheran Church, Rt. 43 south of Rt. 14 8:30
 TEMPLE—St. Adelbert Church, 2347 E. 83 St. 8:15
 VERMILION—Congregational Church, 517 St. Clair, Route 50 8:30
 WEST 25th STREET—Eighth United Church of Christ, 2409 Willowdale Ave., off w. 25 St. 8:30
 WESTSIDE WOMEN—West Blvd. Christian Church, W. 101 St. & Madison Ave. 8:30
 WILLOUGHBY—First Presbyterian Church, 4785 Shankland Rd. 8:30
 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
 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, 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 Turner Rd., Garfield Hts. 8:30
 HELPFUL—First United Church of Christ, 2150 Warren Rd., Lakewood 8:30
 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, Elvria Ave. & 25th, Lorain 8:30
 MANSFIELD—Grace Episcopal Church, 41 Bowman St. 8:30
 MAYLYND—Hillcrest Evan. United Brethren Church, 1400 Lander Rd., Mayfield Hts 8:30
 MIDTOWN—Trinity Cath. Parish Hall (rear), E. 22nd & Prospect 8:30
 NIGHT & DAY—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—6789 Middle Ridge Rd., Madison 7:30
 RIVER TUESDAY—Rocky River Methodist Church, 19414 Detroit Rd., Rocky River 8:30
 SANDUSKY AFTERNOON—Municipal Bldg., Meig St. 1:00
 SEVEN HILLS—Closed Discussion—Seven Hills Meth. Ch., Eimhurst Ave., off Pleasant Valley 8:30
 SHOREGATE MEN'S STAG—Wickliffe City Gate 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
 TRINITY—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 Weds. 8:00
 BAXTER—St. Stanislaus Recreation Ha., E. 65 St. & Baxter 8:30
 BEDFORD WEDNESDAY MORNING—Bedford Christian Church, Blaine & Warrenville Center Rd. 10:30 a.m.
 BEDFORD—Bedford Christie, 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, Church of Brecksville Rd. 8:00
 BRUNSWICK—Cuyahoga Savings Bldg., Laurel Square (entrance next to Marshall Drug) 8:30
 COLLINGWOOD—1412 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, 171 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—Bethan, 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 INTERACIAL—Mt. Zion Baptist Church, 30th & Wood Ave. 8:00
 MANTUA CENTER—St. Joseph Church, (basement), Coventry & Cedar 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. 9th & 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 Hal., 271 Walton Ave. 11:00 a.m.
 T.C. 1005 UAW (Progressive Hall, 5615 Slumpp 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 WED.—Shepherdian Church, 20401 Hilliard Rd. Rock. 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, 2489 Washington Ave. 8:30
 ASHLAND THURSDAY—St. Matthew's Church, 1515 Meffin Ave. 8:00
 ASHTABULA HARBOR—Bethany Lutheran Church, Penn. Ave. (between 9th & 10th) 8:30
 BAY WEST DISCUSSION (Closed) Church of the Redeemer, 23500 Center Rd., Westlake 8:30
 BEREA THURSDAY—Pine Arts Club, 323 Bagley Rd. (east of Eastland Rd.) 9:00

BROADWAY 55th—Our Lady of Lourdes School Ha. 8:30
 BROOKLYN—St. James Lutheran Church Hall, 4771 Broadway Rd., at Oak Park Dr. 8:30
 CHRYSLER TWINSBURGH—Chrysler Union Hall, 8650 Chamberlin Rd., Twinsburg 8:30
 COVENTRY-F&MOUNT—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 Hal., West of park, Burton 8:30
 MIDPARK—Middleburg 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, 18195 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—40% Lake Shore Blvd. 8:30
 WESTSIDE MORNING—Westside Hungarian Lutheran Church (rear) 11:00 a.m.
 WESTLAKE THUR. DISC—Westlake Christian Church, 25800 Hilliard Rd. 10:00 a.m.
 WILLOW—Willard United Bank Bldg., Willard 8:30

FRIDAY

AVON LAKE—United Church of Christ, 3281 Euclid 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, 897 Superior 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
 MAIN STREET—FRIDAY—A.A. Club, 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 8:30
 PARMATOWN MEN'S—Parma Community Hospital-Assembly Room, 7007 Powers Drive 8:30
 POST OFFICE GROUP—Main Post Office, Room 4079-A 8:00
 RIDGEWOOD WOMEN—St. Charles Ch., Church R. & St. Charles Ave., Parma 8:00
 SISTER IGNATIUS—St. Pa. Church, E. 290th & Chardon Rd. 9:00
 SOLIDARITY—2382 Unwin Rd., Quincy & E. 55 St. 8:30
 SPANISH-AMERICAN—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
 TRI-COUNTY—1378 E. 340th St., 10:30 a.m. & 8:00
 TRINITY 92 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 R. d., 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, 28200 W. Lake Rd., Bar 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. ST.—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—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% 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—2205 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, E. 8th & Market 9:00
 REDWOOD—Euclid Lutheran Church, E. 260 St. & Forestview, Euclid 8:30
 RICHLAND COUNTY INTERACIAL—Gayle Fife Auld, Kanfield Gen. Hosp. 8:30
 SOBRIVTY—St. Mark's Church, 15300 Puritas 8:30
 STELLA CITY—MVA E. 26th St., Lorain, Ohio 8:30
 TRI-COUNTY ARIZ—1378 E. 340th St. 8:00
 TRINITY—Trinity Evangelical Church, 3525 W. 25 St. 8:30
 VALLEYVIEW—Pilgrim Church, 2522 W. 14 St. at Starkweather 8:30
 WEST RICHFIELD—United Church of Christ, Rt. 303, West Richfield 8:30



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REPEATED FOR EMPHASIS

We were discussing sponsorship the other day, as is our wont. Seems as though there's a general agreement that correct sponsorship should be taught to every newcomer in the fellowship. The very soul of the newcomer is at stake and unless the sponsor conscientiously feeds him the proper AA diet, educates him and inculcates in him the spirit and essence of the program, he will fall by the wayside. Something should be done!

Something should be done! For years efforts have been made by committees of groups, groups themselves and even individuals, and pages upon pages have been printed to teach "correct sponsorship." All these have served good ends. Much was accomplished, but when the proponents of these group-accepted formulae themselves strayed from procedure (alcoholics will always tend to be inconsistent), interest waned and most programs were dropped or diffidently continued.

Is it because we've lost interest and enthusiasm, or does our very nature instinctly rebel at "regimentation?" We have been a part of several committees seeking an answer. Probably we have been guilty of trying to impose OUR way on others, believing that everyone should sponsor as we sponsored. And since the others didn't fully agree, we would still do it OUR way, despite the fact that in committee we agreed to a standard form.

Or is the answer in the possibility that each newcomer offers a different problem? The initial approach probably is standard, where the prospect asks for help. This usually is fairly simple for every member. He's at least been made conscious of the one salient thing — only a rotter would refuse to go out on a call and he is selected to make it, be he willing or not. He might go through with some of the accepted fundamental procedures mechanically, transporting him to the hospital and visiting him while he is there. He might even call some of his fellow-members, asking them to visit the patient.

The real test of caliber comes when the patient is capable of listening intelligently and assimilating what the visitor has to say. If he is just going through the motions and is doing this "chore" because he didn't dare refuse or couldn't get out of it for one reason or another, the chances for the patient finding an answer to his problem will certainly be minimized.

Probably his is the answer to why so many make "the horrid experiment." Too many sponsors depend on the other guy giving the essence of AA to their baby.

Remind him that it isn't the quantity or the quality of the liquor he drank, nor the depth he has sunk to, but that he qualify honestly and definitely in his own mind that he's "sick and tired of being sick and tired" and wants to do something about his problem. That he understands step number one for exactly what it means, and then is willing, with faith, to accept the other eleven.

Editor's Note: Our late Central Bulletin Founder wrote the foregoing message over 25 years ago. It is repeated as the need for **strong, effective** sponsorship is a continuing need.

JUST THINK

For all the time I've been sober in AA I have been using the Serenity Prayer faithfully at meetings and in private, much the same as other people in the program. Many times in the early years, I used to pause and reflect: "There's little if any serenity in my life, sober or not! Where is this serenity, this peace of mind I hear so much about?" Usually I dismissed these thoughts by recalling that I had never been "lucky" in my life, so if there was no serenity, no peace of mind coming my way was not surprising. I decided that it was me — I was too temperamental, too high-strung, too-something or other and thus, serenity, which some other AAs did seem to have, would probably never be mine. It was not AA, but me.

How right I was! I was far too young in the program to even have learned how to **think!** Without the ability to think clearly and sensibly, how in heaven's name could I begin to know what serenity was?!

At many of the meetings I noticed the little card on the literature displays — "THINK." It really didn't mean much to me, I gave it little or no thought. Many times I heard that it took a year and a half to three years for an alkie's mind to begin to really clear up, but I failed to remember that I was no exception. I felt that there was nothing wrong with my mind. I was one of the fortunate ones whose mind could not have been seriously affected by alcoholism. Ah, but I was wrong! As time passed, three years, five years, I began to be aware of some changes in my life. They were slow changes, had come about almost unnoticed. I began to slow down a little. I no longer found it necessary to be in such a terrible hurry to impress

everyone how wonderfully sober I was, and what a wonderful asset to AA I must be! I was realizing I was just another AA, and really nothing special at all!

For the first time I began to realize what real thinking was. I discovered that I saw things differently, felt differently about sobriety and many other things. I became aware for the first time that if I just took time to think, I only needed to be concerned with our 24 hour period, and not to try that first drink.

Further thought brought the most amazing discovery of all — I was calming down. I was no longer worrying about many things so much. I realized that my Father in heaven was helping me in His good time. He knew what I **needed** and when, and what I didn't need. By thinking a little, I could look back now, over the mistakes I'd made and see where even **they** had been beneficial! I was growing a little!

More time passed, and lo! I had finally discovered I **did** have a measure of serenity. I was finding some peace of mind, and with this realization, the feeling began to multiply rapidly, and I was so grateful to Him I could have shed tears.

Our Creator and AA can give us so much, if we will but take the time to ask for it and think.

There is
far more
hunger for
love and
appreciation
in this world
than there is
hunger
for bread.



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Harry D. Pounder and Editor 1892-1968



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No. 9

MILL ENDS AND REMNANTS

Today we were privileged to participate in an open house of honor of the confirmation of an AA family's lovely 13 year old daughter and as has been our experience on numerous past occasions there is nothing quite like observing the joy in a happy AA family.

This isn't the first time that we have commented upon the number of lives that are touched by one suffering alcoholic becoming happily sober in AA, and I doubt that it will be the last time we do so.

An average commonly talked about of family members benefitted by one sick, lonely alcoholic accepting his powerlessness, is five, but we dare say that the lives benefitted are three or four times that, and it continues to grow as the AA member grows and the family members increase even unto the second generation.

What a testimonial it is to the power of AA; the power of prayer and the power of a living and loving God. The next time you are with an AA family, your own included, observe and note the happiness, all the fruits of the seeds of AA having been planted and nurtured by one member of the family.

During one period of the open house only AA members and their families were present, and quite naturally the gathering evolved into a meeting and the sharing of strength, hope and experience, and, of course, love.

One of the AA members shared a rather delightful little apropos story which had been given to him on a recent hospital visit and concerned an Appalachian dirt farmer sitting on the porch of his very modest and humble adobe strumming away on his old bass viola.

Closer observation disclosed that the oldtimer was drawing his bow across but one string, the customary other three were missing, and his left hand, customarily used to steady the instrument and the fingers moved from position to position to develop various notes and tone quality, remained in one position on the one string.

Approached as to why his instrument had but one string and he never moved the fingers of his left hand from its one position on the one string, he replied: "Them thar other musicians that has four strings on their violas and jiggle their fingers up and down and all over the keyboard, they is still seeking **their** note. I have found mine." And he went on contentedly strumming away producing his one note.

It seems to us that having become happily sober in AA all of us become "johnny one notes," for it is in AA that we find that which we had been seeking for so long and-so often so far afield.

To most of us — one day at a time is the note, by George!

DISTRICT OFFICE

With the advent of summer Cleveland AA District Office will observe customary summer schedule.

Commencing Saturday, June 2, the office will be closed each Saturday during June, July and August, with Saturday opening being resumed on Saturday, September 1. As in the past all telephone calls will be covered by answering service and those calls received picked up at regular intervals for follow up.

FACTS ABOUT ALCOHOLISM

1. We don't know the cause or causes: no scientific proof exists which identifies a single or a multiple causation for alcoholism.
2. Alcoholism often does not present a distinct clinical picture until the late or advanced stages.
3. Alcoholism is best recognized by the loss of control at the time of drinking, or the amount drunk, or sometimes both.
4. The alcoholic has problems other than that of alcoholism. Social, economic, and legal problems often follow as a result of excessive drinking.
5. The attitudes of our society help maintain alcoholism and put barriers in the way of recovery. Too often the alcoholic is rejected as a person while his sick and abnormal behavior is accepted and tolerated. The opposite should be done; the behavior should be rejected and the person should be accepted.
6. Motivation toward recovery is neither painless nor easy. Unpleasant reality and the consequences and results of the illness must be recognized and overcome.
7. Successful intervention is best and most quickly accomplished by a change in attitudes and behavior of the family which increase the impact to the alcoholic by making his continued drinking too costly to endure.
8. Sobriety is not a total answer. It does make it possible to identify the "other" problems and to begin working on them.
9. Brain damage as a consequence of alcoholism is one of the most serious complications and significant obstacles to initiating treatment.
10. Alcoholism is a dangerous illness-medically, psychiatrically, socially, and legally.
11. If one had only one form of treatment available to the alcoholic, the one of choice would be Alcoholics Anonymous.
12. One of the most effective but most neglected aids to the alcoholic's family is Al-Anon.

By Robert L. Custer, M.D.
Chief of Staff
Brecksville V.A. Hospital

BRECKSVILLE VA HOSPITAL

To implement its 21 day treatment program, Brecksville Veterans' Hospital has instituted a half-way house program of up to six weeks to enable discharged patients to make adjustments, which are otherwise and often very difficult after the treatment program. The home-away-from-home will be located in 24-B Building and AA members are urged to visit and talk to the residents.

EXERCISE

Muscles are developed by regular exercise and regularly exercising the "NO" muscle every day, every hour, and every minute, if necessary, enables the alcoholic to grow stronger and stronger, until common sense asserts itself.

As a matter of fact, when common sense is prevalent, continuing exercise of the "NO" muscle is helpful in all facets of self-discipline.

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

Our Father in heaven, holy be your Name, your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins as we forgive those who sin against us. Do not bring us to the test but deliver us from evil. For the kingdom, the power, and the glory are yours now and for ever. Amen.

LIFE

I would like to share with you what AlAnon has taught me about LIFE.

L is for **LOVE** which is more than just a kiss and hug. Love is forgiving others — encouraging the alcoholic to bring out the good in himself. Love is trying to keep a positive attitude. To keep this love in me I must share it.

I is for **INDIVIDUAL** — I have learned that I am an individual with my own thoughts, my own feelings. I must think of what do I want to do with my everyday living yet, have **respect** for others.

F is for **FAITH** — faith is confident assurance of that for which we hope. Faith in God as I understand Him will be kept by knowing that every bridge **has** to be burned behind me and **no thought of turning back** — ONLY FORWARD ONE DAY AT A TIME.

E is for **EXAMPLE** — to many I may be the first contact they have so I hope that God lets me set the example with kindness and hope they see how it works and will follow.

— Lois T., West Side Thur. AlAnon

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; . . . Today delight controls. . . . Gird on thy glory and thy pride, . . . For growth of the sun; . . . Expand thy wings whate'er betide, . . . The Summer is begun.

CRITICISM — CHALLENGE OR SURRENDER?

It seems that every time we read a newspaper or magazine, listen to a news commentator, or just visit with friends, someone is finding fault with another person, business, or institution. No one is immune to some kind of negative criticism. And because the quantity of this disagreeable thinking is so great, it begins to depress us all. But if we accept this criticism as challenge instead of surrender, it can spur us on to greater things.

— Paul Anderson, Jr.

OHIO STATE CONFERENCE

17th Annual Ohio General Service Conference of Alcoholics Anonymous will be held in Columbus, Ohio on July 20, 21 and 22 at Neil House Hotel.

Program calls for three days of activities and fellowship, with meetings for AAs, AlAnon and AlaTeen and the big banquet-dance on Saturday night.

For information write : General Service Committee, P.O. Box 2131, Columbus, Ohio 43216. Registration and Banquet is \$12.00 per person and Registration only is \$5.00. However, Early Bird Registrations (before July 4) will save \$1.00 on registration fee.

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:

GRACE COOPER, a member of the Euclid Wade Group for 27 ears, passed away at age 81, on March 26. Hers was a very productive sobriety.

GEORGE D. RAGER, a 20 year plus member, passed away on May 12 in Boca Raton, Fla., where he had lived for a number of years. In his active years in this area he was a member of the Edgelake Group.

DATES TO REMEMBER

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

10—10th Anniversary, Grateful Group, 2: 00 p.m., St. Paul's Episcopal Church, 15837 Euclid Avenue. Speaker: Bill B., Hudson, Ohio.

13—10th Anniversary, Bedford Morning Group, 10:30 a.m., Bedford Christian Church, Blaine & Warrensville Center Road; Speaker: John P., Kent, Ohio.

15—Areawide Meeting, 8:30 p.m., Jordan Hall, Charity Hospital, East 22nd & Central Avenue; speaker to be announced.

17—Northeastern Ohio General Service Committee, Open House, 2:00 p.m., American Legion Hall, Brecksville, Ohio. Speaker to be announced.

19-3 0th Anniversary, Lorain Avenue Tuesday Group, 8:30 p.m., St. John Bosco Church, 6460 Pearl Road. Speaker: Levi C., Fredericksburg, Ohio.

23-4th Anniversary, Nu-You AlaTeen Group, 8:00 p.m., Nazareth Academy, 6000 Queens Highway, Parma Heights, Ohio. Speaker: Jack B., New York.

29-30-1—Founders' Day 1973, Akron, Ohio.

JULY

20-21-22—17th Annual Ohio General Service Convention of Alcoholics Anonymous, Neil House Hotel, Columbus, Ohio. Write General Service Committee, P.O. Box 2131, Columbus, Ohio 43216 or see your group secretary.

FOUNDERS' DAY 1973

Another full round of activities and meetings are scheduled in Akron, Ohio on June 29, 30 and July 1 when the 38th Founders' Day observation is held.

On Saturday, afternoon the Actors Guild will present "Seed of Hope" and that evening the keynote speaker will be Bish M., of Newport News, Virginia, a retired educator who joined AA 26 years ago. At the Sunday morning meeting the speaker will be Clancy I., of Venice, California.

LIBRARY LANGUAGE

The library on a state university campus recently hired a long-haired hippie type for the job of mail boy. When he proved to be courteous, efficient and hard working, the library staff concluded that the hippie appearance was only a veneer.

But then someone noticed the young man's mail sorting system. He had labeled the city mail RIGHT ON; the out-of-town mail FAR OUT; and the air mail OUT OF SIGHT.

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
FRIENDS OF EXODUS—4041 Northfield Road	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.

HELP

"Individual effort is all very well, but if you are really in trouble it's seldom good enough. We depend on each other . . . all of us. We're meant to. In a way, that's what it is all about."

'The Edge of Sadness,' by Edwin O'Connor

Our preamble goes in part:- Our primary purpose is to stay sober and help other alcoholics to achieve sobriety. How do we, who are already members, help other alcoholics willing to take our help?

In general, we do as Bill must have done to Doctor Bob. We start by trying to pour hope of Recovery into a sometimes almost hopeless heart. Then we try to get the newcomer to open up about himself, by talking to him briefly but sufficiently about our own drinking experiences in the past. Then we tell him how we started off and what it was that led us on to a fuller, satisfying Recovery.

Myself, I was taught first about alcoholism from the alcoholic's corner. That it was a very dangerous and total disease affecting every part of my being. That, for a reason I am still ignorant of, and one that the doctors have not agreed on, I have a constitution that sometime in my drinking life had turned alcohol into poison for me. And, as that was so, it wouldn't now make any difference how long I might abstain from drinking; if or when I restarted, alcohol would still be poison to me and producing the same effects and troubles. My problem so was to find a way of living that would satisfy me and yet keep me totally abstinent for the rest of my life.

But, too, that I shouldn't look forward to grim years of living without alcohol. How long was my life going to be, anyway? Today was the only day I lived in. I had never been promised Tomorrow, and as for all humans, one Today there would be no Tomorrow coming. Today was the only day I could drink or not drink in, so Today was the only day I need concern myself about not having any alcohol. Today, a mere 24 hours . . . at a time.

I was told that stopping drinking at the start could be quite difficult and that I would find, as I did, that I would make things easier for myself if I kept company with others who were doing the same as myself, for the same reason. And that experience would teach me, as it did, that any time I tried to help another alcoholic I would be making things easier still. And eventually I found that Gratitude and Charity were the finest guides to finding peace inside myself; and that these qualities could be generated through association with AA, this fellowship of people who want only to help and be helped.

" . . . We depend on each other . . . all of us. We're meant to. In a way, that's what it is all about."

— The Road Back, Dublin, Ireland

WHAT DO YOU DO WHEN THE BUZZ WEARS OFF

What do you do when you no longer spend your free time drinking? Here are a few suggestions: Go to school. Take up golfing. Enjoy "the fine art of goofing off." Read a book. Learn to dance. Learn to sit. Learn to swim. Get to know your family. Learn how to not do anything. Enjoy eating. Enjoy breathing. Go to meetings. Look around you. Read a newspaper. Take on civic activities. Take a walk. See. Care about someone. Start doing those things you've "always wanted to do, but never have the time." Start wanting and stop wanting. Pray. Introduce yourself to yourself. Play a musical instrument. Taste food. Sew. Learn how to enjoy staying home. Learn how to listen to quiet. Feel. Live. Learn how to "get a buzz" without chemicals. Learn how to learn. And be glad you can be thinking about what to do when the buzz wears off. For that matter, be glad you are; and be glad you can be thinking about anything. In fact, be glad — period.

■ ■ ■ ■

BE A BULLETIN BOOSTER, GET A NEW SUBSCRIBER

OUT OF THE FOG

I still pout at disappointments. In 12th Step work I can't take the failures very well. I nursed one prospect, fattened him up and had him ripe for the salvage wagon. Then one night he disappeared in a Market street tavern and as far as I can learn he's still there. I chafe at such frustrations.

I still quarrel at home, though I've learned at least that somebody has brains and judgment in my house and it isn't myself. In this regard I used to be a super-cynic. I was a smart cookie who thought a successful man was one who hadn't let a woman pin anything on him since he was a baby. I've finally found out the true value of a give-and-take gal — and I don't mean one who gives you chloralhydrate and takes your billfold. For months, now, in the Blank domicile nothing heavier has been hurled than the milder form of insults.

In too many ways I still rattle along like a derailed day coach. But that very knowledge nourishes my humilit, of which I could still use a generous helping. To view through honest eyes the frailties I still own and operate is derelating, like a pretty wren eyes my grey hair and thereafter refers to me as "Uncle." But the beauty of these new rules we're playing under is that sobriety doesn't depend on perfection. A sincere college try at each step seems to count as much as if we struck out every opponent. We can get all the gravy there is if we stay in there pitching. And the gravy, believe me, is very rich indeed.

I think I know two big questions in the hearts of those for whom the fog is just now lifting. They were in my heart a year ago. Question 1. It's all nice and rosy now, but how long will the sunshine last? Question 2. What has this strange dry world, conducted entirely under new management, got for me in the way of personal rewards?

Being one short year in the program and one short beer ahead of a tumble, I'm not presumptuous enough to try to answer the first question except in this way. For me the sunshine is going to last out the current 24 hours. I'm not craning my neck to see beyond that, but I'm not exactly haunted by the fear that God is going to shut up shop tomorrow, or even in my lifetime.

As to question No. 2, I can offer some definite assurance that this game is worth the candle. I could dwell on items like improved health, regained respect of self and others, mental restfulness, tolerance of criticism and a certain placidity of outlook. But these are obvious benefits; and truth is, they all add up to a single, fully adequate reward, which is called contentment.

I used to set my jaw, grit my teeth and tear out on a spree with grim determination to find happiness or bust; and what a bust it always was. In the last year I have given up this vain, self-centered pursuit. I've even tried the radical experiment of considering the happiness of others. Then, after protracting periods in this-unfamiliar routine, I've suddenly pulled up and surveyed my own estate. And what do you know? There on my shoulders perched happiness, there in my heart lived contentment.

I believe that, being all in this thing together, we can view our new life from a vantage point. I believe we who have secretly yearned so long for better things can and must have faith — the power that rolls back the fog of doubt and keeps the sun shining on the smooth, snarkline waters of the bay and the sound and the ocean beyond. Thus fortified by faith, I believe we can march forward, our heads high and our shoulders squared, in bold acceptance of Walt Whitman's ringing challenge to courage.

"The untold want by land and life ne'er granted,

Now, Voyager, sail thou forth to seek and find."

— Via The Brighter Side

APATHY

Apathy can only be overcome by enthusiasm and enthusiasm can only be aroused by two things: first, an ideal which takes the imagination by storm, and second, a definite intelligible plan for carrying out that ideal.

— Arnold Toynbee

CLEVELAND AREA

Guest Speakers

JUNE, 1973

BAYSIDE (Saturday) New meeting time: 8:30 p.m. 2—Jean and Jack E., Bay West Discussion; S-Vivian S. (1st lead), Bay West; 16—Ruth H., North Olmsted; 23-Terry and Rose S., AA-ALAnon, Berea Thur., 30-Dick and Arlene F., Southwest Sun.

BAY VIEW (Saturday) S-Bernie K., Avon Lake; 9—Tom K., Young People; 16—Ran C., Bay West Discussion; 23-Tom B., Avon Lake; 30-Bud S., Memphis.

BEDFORD MORNING (Wednesday) 6-Joe M., LSI; 13—10th Anniversary of Group, Speaker: John P., Kent, Ohio; SO-Frank M., Metro General; 27—Scotty R., Bedford Wed. Night.

BORTON (Monday) 4—Al G., Eaton; 11-Ed H., Northeast; 18—Maureen B., Golden Gate; 25-Surprise.

BRECKSVILLE (Wednesday) 6—Earl J., Parma Sat.; 13-Bob L., Southwest Sun.; 20-George H., Gordon Square; 27—Dr. Robert Custer, Chief of Staff, Brecksville VA Hospital.

BROOKLYN (Thursday) I-Donald B., Lorain Tue., 14-Joe W., Hague; 21-John S., (?) ; 28—Jerry McF., Orchard Grove.

CHARITY (Friday) I-Cal W., Laurel; 8—Al G., Eaton; 15-Area Wide Meeting, Jordan Hall; 22-Ray G., Charity; 29-Jack McG., Southwest Sunday.

DOAN MEN (Wednesday) 6—Jim K., St. Clair Thur.; 13-Bob K., Northeast; 20-Bill N., Nela Park; 27—Harry McG., Wed. Lee.

EDGE LAKE (Tuesday) 5-Warren W. (1st lead); 12—Muriel C. (1st lead) ; IS-Dick S.; 26-Ralph L. (1st lead), all speakers from Edgelake.

GARFIELD HEIGHTS (Tuesday) 5—Mack H., Parkman, Ohio; 12-Bob McF., Garfield Heights Tue. ; 19—Maryann O'C.; West Side Women; 26-Tom B., Lorain Men.

GORDON SQUARE (Friday) I-Carl S. (?) ; 8—Joe W., Hague; 15—Carl K. (?) ; 22-Joe K., Hague; 29-Art F., 6700 Discussion.

GRATEFUL (Sunday) 3-Harriet M., Lee Mon.; 10—10th Anniversary of Group, Speaker: Bill B., Hudson, Ohio; 17—Warren G. (7th Anniv.), Grateful; 24-Ken M., Tri County.

LORAIN AVENUE (Tuesday) 5-Ed P., Southwest Sun.; 12-Norm S., Lorain Tue.; 19—30th Anniversary of Group, Speaker: Levi C., Fredericksburg, Ohio; 26—Charles K., West Shore.

METRO GENERAL (Friday) I-Gene R., West Side Morning; d-Charlie P., Chardon; 15-Jack E., West Shore; 22-Pearl K., Clark; 29—Charlie P., Steelworkers.

NORTH OLMSTED (Wednesday) 6-Tom B., Avon: 13-Ken R., Rocky River Thu.; 20-Carolyn B., Memphis; 27—Ed and Edna C., AA and ALAnon.

PARMATOWN MEN (Friday) I-Calvin C., Angle; 8—Ron A., Lorain Ave. Tue.; 15-Dick C., TC-1005; 22-Dominic C., Parmatown; 29-Bill S., Parmatown.

ROCKY RIVER (Thursday) 7—Pat D., River Bay; 14—Mary Margaret R., River Bay; 21—Tom B., Avon Lake; 28—Fr. Louis B., Jesuit Retreat House.

SOUTHWEST SUNDAY (Sunday) 3-Wally M., Brooklyn; 10—Julian O'N., Goodyear, Akron, O.; 17—Helen D., Warrensville Women; 24-June P., Flame, Akron, O.

STELLA MARIS (Friday) I-Bud K., Bedford Wed.; 8-Walt G., Baxter; 15-George M., Lakewood Armory; 22-Tea P., Angle; 29-Dan O'D., Wed. Discussion.

STRONGSVILLE (Tuesday) 5-Isabel G., Parma Sat.; 12-Lenny S., Falls; 19—Wm. B., Day and Night; 26-Jose M., Parma Sat.

TRINITY (Saturday) 2—Joe F., Doan Men; S-Don T., Solon; 16-Save T., North Randall; 23—McC., Grateful; 30-Joe K., Eaton.

UAW-1005 MORNING (Wednesday) 6—Jack C., Angle; 13-Marianne H., Midpark; 20—Beverly K., Midpark; 27—Frank S., Young People.

WARRENSVILLE WOMEN (Wednesday) 6-Calvin C., Angle; 13-Moses Y., Hartsville, Ohio; 20—Warren G. (7th Anniver.), St. James; 27—Herman W., Lee Seville.

WEST SIDE MORNING (Thursday) 7—Tom P., League Park; 14-Bill W., Angle; 21-Ed P., Southwest Sun.; 28-Kris (Red) H., Forest City.

Y.O.U.R. (Sunday) 3-Gene C., Charity; 10—Al M., May Lynd; 17—Marshall P., Collinwood; 24-E.J.B., Wickliffe.

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CLEVELAND AREA AA GROUP MEETINGS

SUNDAY

AVON CENTRAL-Central Bank (rear dawn) 36690 Detroit Rd., Avon	8:00
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.—22050 1/2 Lake Shore Blvd.	11:00 a.m.
CASTALIA, O.—Church of Christ, 205 Main St.	8:30
COLLINGSWOOD—14812 S. Clair (rear)	7:30
DAY AT A TIME—13857 Euclid Ave.	11:00 a.m.
DEACONESS MIXED-Deaconess HOSP., 4229 Pearl Road	8:30
ELYRIA—St. Jude's School (rear) 590 Popular St., Elyria, O.	7:30
GARDEN VALLEY—7100 Kinsman Ave.	4:30
GARRETTVILLE—St. Ambrose Church, Winham St., Rte. 82, Garrettsville, O.	8:30
GENEVA—Y.C.C. Bldg., E. Main, Rte 20	8:00
GOLDEN LINK-Staller-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 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—8516 Broadway	8:30
NEWBURY—St. Helen's Church, Rt. 87, Newbury	8:15
PURITAS SUNDAY-Church of Ascension, 14040 Puritas Rd.	8:30
DETROIT DISCUSSION--67W Detroit Ave.	7:00
SOUTHWEST SUNDAY-Bd. of Education Bldg., 390 Fair St., Berea	8:30
SUPERIOR STAG-Orca House, 1905 East 89th St.	11:00 a.m.
TRI-COUNTY—1378 E. 340th St., Eastlake	12:30
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

BLUE MONDAY DISCUSSION—Orca House, 1905 East 89th St.	11:00 a.m.
BORTON—Forest Hills Presbyterian Church, Lee & Monticello Blvd., Cleveland Heights	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-07 Cedar Ave.	8:00
FRIENDLY SUBURBAN—6037 Pearl Rd. (closed mtg.)	8:00
FRIENDSHIP—Blvd Presbyterian Church, 24600 Lake Shore Blvd.	8:30
GOLDEN GATE WOMEN-Highland Presby. Church Annex, 5632 Wilson Mills Rd.	8:30
"ARBOR LIGHT"—1710 Prospect A.	8:00
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
LINGUAGE OF THE HEART—1320 Kinsman (rear)	8:00
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 & 50 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
RIDGECLIFFE HOSP.—25600 Euclid Ave., Euclid, O.	1:00
RIVER BAY—Closed Women—Rocky River Presbyterian Church, 21714 Detroit Rd.	8:30
SANDUSKY YOUNG PEOPLE—United Meth. Church, 2401 Columbus Ave., Sandusky, O.	9:00
SHAKER—Christ Episcopal Church, 5445 Warrenville near Kinsman	8:00
SOLOM CROSSROAD—34295 Aurora Rd., Solon, O.	8:30
SOLOM PIONEER WOMEN (Closed) Pioneer Meth. Church, 35100 Solon Rd., Solon, O.	12:00 Noon
SOUTHEAST—8516 Broadway	8:30
STRETSBORO—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
WALTON HILLS—Union Hall, 7800 Northfield Rd., Northfield, O.	8:30
WEST 25th STREET—Eighth United Church of Christ, 2409 Willowdale Ave. off W. 25 St.	8:30
WESTSIDE WOMEN-West Blvd. Christian Church; W. 101 St. & Madison Ave.	8:30
WILLOUGHBY-First Presbyterian Church, 4785 Shankland Rd.	8:30
WINDSOR—United Methodist Church, Rt. 322 & Rt. 534	8:30

TUESDAY

AMERICAN INDIAN-St. John's Episcopal Church, 2600 Church Ave.	9:00
ASHLAND-Methodist Church, corner Cottage & Sandusky Sts.	8:00
BAINBRIDGE GRATEFUL-Volley Presbyterian Church, Rt. 306 & Chagrin Rd.	8:30
CLARK-1917 Clark Ave.	8:30
CLOCKWATCHERS (Closed&Christ Episcopal Church, Hudson	8:00
DAY AT A TIME AM-13857 Euclid Ave.	8:30
EASTSIDE WOMEN—Orca House, 1905 East 89th St.	8:00
EATON-Grace United Church Of Christ, 1491, 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, op. Payne	8:30
EUCLID MORNING-Lake Shore Christian Church, E. 280 & Lake Shore Blvd.	10:30 a.m.
FAIRMOUNT—St. H's Episcopal Church, Fairmount & Coventry	9:00
FAIRVIEW PARK—Fairview Grace Church, W. 224 S Lorain Rd.	8:30
FALLS-Community Church, 7853 Columbia Rd., Olmsted Falls	9:00
FORD 1250—17250 Hummel R d., Brookpark	11:00 a.m.
GARFIELD HEIGHTS—Garfield Municipal Bldg., 5555 Turney Rd., Garfield Hts.	8:30
HELPPFUL-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, 3200 Biddulph Rd., Brooklyn	8:45
LORAIN AVENUE TUESDAY-St. John Bosco Church, 6460 Pearl Rd., Parma Heights	9:15
LORAIN CENTRAL—Trinity Church, Elyria Ave. & 25th, Lorain	8:30
LDRAIN FORD-4254910 Greenwood, Sheffield Lake, O.	10:30 a.m.
MANSFIELD—Grace Episcopal Church, 4 Bowman St.	8:30
MAYLIND-Hilcrest Evan. United Brethren Church, 1400 Lander Rd., Mayfield Heights	8:30
MIDTOWN—Trinity Catholic Parish Hall (rear), E. 22nd & Prospect	8:30
NEW BROADWAY-HARVARD-8516 Broadway	10:30 a.m.
NIGHT & DAY—22050 1/2 Lake Shore Blvd.	8:30
NO. RIDGEVILLE—Shepherd of Ridge Lutheran Church, Rt. 20, East Rt. 76	8:30
NOW—8304 Detroit Ave.	8:30
PARMA TUESDAY-Rocky River Methodist Church, 19414 Detroit Rd., Rocky River	8:30
ST. JOHN'S—St. John's School, E. 50th Rd. & 25th Ave.	8:30
SANDUSKY AFTERNOON—Municipal Bldg., Meigs	1:00
SANDUSKY SOLDIERS & SAILORS HOME—Strubb R d., Sandusky, O.	8:30

SERENITY WOMEN (Closed), 1378 E. 340th St., Eastlake, O.	8:30
SEVEN HILLS—Closed Discussion—Seven Hills Meth. Ch., Elmhurst Ave., off Pl. Valley	8:30
SHOREGATE MEN'S STAG—Wickliffe City Fire Station (up), 28730 Ridge Rd., Wickliffe	9:15
STRONGSVILLE—Community Library, 13213 Pearl Road	8:30
SUPERIOR—North Presbyterian Church, E. 40 St. & Superior	8:30
TRINITY—6441 Park 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
WEST PARK—Puritas Lutheran Church, W. 138 St. & Puritas	8:30
YOUNG PEOPLES—"7th" 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
BRAINARD CIRCLE WOMEN-Trinity Cong. Church, inter. Brainard, Shaker & Gates Mills Rds.	8:30
BRECKSVILLE WED.-V.A. Hospital, 10000 Brecksville Road	8:00
BRUNSWICK—Cuyahoga Savings Bldg., Laurel Square (entrance next to Marshall Drug)	8:30
CHAGRIN VALLEY DISC. (Closed Men)—St. Martin's Episcopal Church, Bentleyville, Ohio.	8:30
CHRISTIAN TEMPLE, 5th & Washington,	8:30
COLLINGSWOOD-14812 St. Clair (rear)	8:00
DOAN MEN-First Presbyterian Church, 1830 Euclid Avenue	8:30
EASTSIDE WOMEN—Orca House, 1905 East 89th St.	11:00 a.m.
EUCLID WED. (Closed) Master's Evan. United Church, 771 E. 26th St.	8:30
FAIRPORT HARBOR-525 Eagle St., Fairport Harbor	8:30
GARFIELD HEIGHTS-8516 Broadway	8:30
HAGUE-Bethany Presbyterian Church, W. 6 5 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
LDRAIN COUNTY WOMEN-Vincent Methodist Church, Detroit Rd., Rt. 254 east of Rt. 57	8:30
LDRAIN OHIO INTER-RACIAL-Mt. Zion Baptist Church, 30th & Wood Ave.	8:00
MANSFIELD CENTRAL—20 1/2 Park St. So., Mansfield, O.	8:00
MANTUA CENTER—Elementary School, Ate 82, Mantua, O.	8:00
NASA, 21000 Brookpark Rd.	8:00
NORTH EATON (Closed), Rtes. 76 & 82 No. Eaton, O.	8:30
NORTH OLMSTED-Episcopal Church of the Advent, 3760 Dover Center Rd., Westlake	8:30
OPPORTUNITY DISC.—St. Ann's Church, Madison, 8 9 11 Ridgewood Drive	0, 7:30
PARMA HEIGHTS-All Saints Episcopal Church, 8 9 11 Ridgewood Drive	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
SOS, Matt Talbot Inn, 9305 Superior	7:30
STEEL WORKERS-Swiss Hall, 271 Walton Avenue	11:00 a.m.
T.C. 1005 UAW (Progressive Hall)—5615 Stumph Rd. (between Brookpark & Snow	10:00 a.m. & 8:30
TWENTY-FOUR HOUR-Church of Ascension, 13216 Detroit Road	8:30
WEDNESDAY MEN'S DISCUSSION-St. Paul's Shrine, 4120 Euclid Avenue	8:30
WEST SHORE-West Shore Unitarian Church, 20401 Hilliard Rd., Rocky River	8:45
WEST SIDE WELCOME PEOPLE-First United Church of Christ, 2150 Warren Rd., Lakewood	8:30
WICKLIFFE-Presbyterian Church, E. 296 St. 8 Ridge (so. off Euclid)	8:30
WOMEN'S DISCUSSION (Closed)—Deaconess Hospital, 4229 Pearl Road	8:30
WIGWAGS WELCOME (Closed)—Community Church, Cor. Big Creek Pkwy. & Bagley Rd., MD10, Hts.	8:00

THURSDAY

ALLENDALE-St. Paul's Episcopal Church, 15837 Euclid Avenue	8:30
ANGLE-St. Malach's Church, 2459 Washington Avenue	8:30
ASHLAND THURSDAY-St. Matthew's Church, 1515 Mifflin Avenue	8:00
ASHTABULA HARBOR-Bethany Lutheran Church, Penn. Ave. (between 9th & 10th)	8:30
BAY WEST DISCUSSION (Closed)—Church of the Redeemer, 23500 Center Ridge Rd., Westlake	8:30
BEREA THURSDAY—Fine Arts Club, 223 Bagley Rd. (east of Eastland Rd.)	9:00
BROADWAY 55th—Our Lady of Lourdes School Hall, BROOKLYN, St. James Lutheran Church, 4771 Broadview Rd., at Oak Park Dr.	8:30
CHRYSLER TWINSBURGH-Chrysler Union Hall, 8500 Chamberlin Rd., Twinsburg	8:30
COVENTRY-F. & Mount Presbyterian Church, S. Carborough & Fairmount	9:15
DAY AT A TIME-13857 Euclid Avenue	11:00 a.m.
EASTLAKE-Reformation Lutheran Church, 34300 Lake Shore Blvd.	9:00
EGELAKE 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-71W Kinsman Ave.	8:00
INDEPENDENCE—Presbyterian Church, 6624 Public Square, Independence	8:30
J & L GROUP—Trinity Church, 3525 W. 25th Street	8:30
LAKE SHORE MEN'S DISC. (Closed&Cove United Meth. Church, 12501 Lake Ave. (rear, 8500 Hill Rd., Sandusky)	8:30
LAKEWOOD CROSSROADS—First United Church of Christ, 2150 Warren Rd., Lakewood	9:00
MANSFIELD (Closed)—20 1/2 Park St. So., Mansfield, O.	10:00 a.m.
MANSFIELD DISCUSSION (Closed)—20 1/2 South Park St.	8:00
MARSHALL-First Congregational Church, Fellowship Hall West of park, B u r t o n	8:30
MIDPARK—Middleburgh Heights Community Church, Big Creek Pkwy & Bagley Rd.	8:30
NIGHT & DAY-22050 1/2 Lake Shore Blvd.	11:00 a.m.
NORTH RANDALL—North Randall Village Hall, 6500 Hill Rd., Sandusky	8:30
OBERLIN-Grace Lutheran Church, West Lorain & Oberlin	8:30
PAINESVILLE—Salvation Army Bldg., 69 Pearl Street	8:30
REAR END—St. Christopher's by the River, 254 Hill Rd., Gates Mills, O.	8:30
ROCKY RIVER—Rockport Methodist Church, 3301 Wooster Rd., Rocky River	8:30
ST. CLAIR THURSDAY—2250 1/2 Lake Shore Blvd.	8:30
SANWISKY AFTERNOON—City Bldg., Meigs St., Rocky, O.	1:00
WESTSIDE MORNING—West Hungarian Lutheran Church (rear)	11:00 a.m.
WESTLAKE THURS. DISC.—Westlake Christian Church, 25800 Hilliard Rd.	10:00 a.m.
WILLARD-Willard United Bank Bldg., Willard	8:30

FRIDAY

AVON LAKE—United Church of Christ, 3281 Electric Blvd.	8:30
BELLA FRIDAY—Congregational Church, Seminary & Berea 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, Chardon	8:30
CHARITY—St. Vincent Charity Hospital Amp., 6th Floor, 2222 Central Ave.	8:30
CLOCKWATCHERS—Christ Episcopal Church, Hudson (Closed Meeting)	8:30
CONNEAULT—Southeast Flenn. Scho., Mill St. E. 280 St. & Forestview, Euclid	8:30
SANDUSKY VACATIONLAND-Providence Hospital Cafeteria, Hayes Ave. Sandusky, O.	8:30
SATURDAY SECURITY—Elyria Savings Bldg., Lowell, St., Elyria, O.	8:30
SL&L VA Hospital, 10791 East Blvd.	10:00 a.m.
SOBRIVY—St. Mark's Church, 15300 Puritas	9:00
TRI-COUNTY ARID-178 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 RICHFIELD-United Church of Christ, Rt. 303, West Richfield	8:30
WEST SIDE MIDNITE—15300 Puritas Ave. St. Mark's Church of Christ	Midnight

KEAN—Westlake Christian Church, 25800 Hilliard Rd.	8:30
MANSFIELD FRIDAY—20 1/2 South Park St.	8:00
MAPLE HEIGHTS—Maple Heights City Hall, Corner Lee Rd. & Maple Hts. Blvd.	8:30
METROPOLITAN—Metropolitan General Hospital, 3395 Scranton Rd.	7:30
NIGHT & DAY—22050 1/2 Lake Shore Blvd.	10:45
NORTHEAST—Hope Evangelical Lutheran Church, 2222 Taylor Rd. at Northville	8:30
PAINEVILLE FRIDAY—First Congregational Church, 22 Liberty St., Painesville, O.	8:30
PARMARTOWN MEN'S—Parma Community Hospital. Cafeteria, 7007 Powers Drive	8:30
POST OFFICE GROUP-Main Post Office, Room 4053	8:00
RIDGEWOOD WOMEN—St. Matthew Lutheran Church, 6901 Ridge Road, Parma	8:00
SISTER IGNATIA—St. Paul Church, E. 200th & Chardon Rd.	9:00
SMITH-WILSON MIDNITE—8516 Broadway	Midnight
SOLIDARITY—2382 Unwin Rd., Quincy & E. 55 St.	8:30
SPANISH-AMERICAN—Our Lady of Guadalupe Church, 30th & Clinton, Lorain, O.	8:30
STELLA MARIS—1320 Washington St.	8:15
TGIF MEN—Bethesda Lutheran Church, 2967 W. 6th Rd., Bay Village	8:00
TRICOUNTY—1378 E. 340th St.	11:00 a.m.
TRW—6402 Cedar Ave. Guard Post #2, Bldg. 32, 2nd Floor	8:30
UNIVERSITY CIRCLE (Closed)—Church of the Covenant, 11205 Euclid Avenue	Noon
VENICE—Betty Rindler School, 6501owy Rd., Sandusky	8:30
WELLINGTON FRINAV 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
BAY FIRESIDE-Bay Presbyterian Church, Cor. Columbia & Lake Roads	8:30
BAYVIEW—Bayview Hospital, 23200 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 Hts. (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



SPIRITUAL EXPERIENCE

It is the intention of the Grapevine to carry occasional accounts of spiritual experiences. To this interesting project I would like to say a few introductory words. There is a natural tendency to set apart those experiences or awakenings which happen to be sudden, spectacular or vision producing. Therefore any recital of such cases always produces mixed reactions. Some will say, "I wish I could have an experience like that." Others feeling that this whole business is too far out on the mystic limb for them, or maybe hallucinatory after all, will say, "I just can't buy this business, I can't understand what these people are talking about."

As most AA's have heard, I was the recipient in 1934 of a tremendous mystic experience or "illumination." It was accompanied by a sense of intense white light, by a sudden gift of faith in the goodness of God, and by a profound conviction of His presence. At first it was natural for me to feel that this experience staked me out for somebody very special.

But as I look back upon this event I can only feel very specially grateful. It seems clear that the only special feature of my experience was its electric suddenness and the overwhelming and immediate conviction that it carried to me.

In all other respects, I am sure that my own experience was not in the least different than that received by every AA member who has strenuously practiced our recovery program.

How often do we sit in AA meetings and hear the speaker declare, "But I haven't yet got the spiritual angle." Prior to this statement, he had described a miracle of transformation which had occurred in him

not only his release from alcohol, but a complete change in his whole attitude toward life and the living of it. It is apparant to nearly everyone else present that he has received a great gift; and that gift was all out of proportion to anything that might be expected from simple AA activity, such as the admission of alcoholism and the practice of Step Twelve. So we in the audience smile and say to ourselves, "Well, that guy is just reeking with the spiritual angle — except that he doesn't seem to know it yet." We all know that this questioning individual will tell us six months or a year hence he has found faith in God.

Moreover he may by then be displaying "spiritual qualities" and a performance that I myself have never been able to duplicate — my sudden spiritual experience notwithstanding.

So nowadays when AA's come to me, hoping to find how one comes by those sudden experiences, I simply tell them in all probability that they have had one just as good — and that theirs is identical excepting it has been strung out over a longer period of time.

Then I go on to say that if their transformation in AA extending over six months had been considered into six minutes — well, they then might have seen the stars too.

(Continued on page two)

THE GOOD OL SUMMERTIME

Another summer! We always look forward to summer, for many reasons. It seems to be a good time for memories, for one thing. Anyway, that's what I was doing the other day when the thermometer was upwards of 85 degrees, and I was conjuring up a "memory" or two of last winter when it was about 15 degrees above zero.

Well, one thing led to another, and the next thing you know there I was, remembering what some people call the "good old days." The way I look at things now, they weren't so good, really, but they were memories. Brother! Were they wet memories!

Ah yes! The nostalgic memories of yesteryear when I was still drinking and really "living it up" so to speak. I was living it up and **using** it up, too. I was using up my life for nothing and was too stupid to see what was happening.

Nevertheless, I remember the "good old days!" I see **them** now in my mind's eye and I can hear the faraway juke boxes playing "Born To Lose." (That was me "born to lose!") I never knew if I was "born" to it or not, but I sure as the devil was "losing!" My nose twitches yet with memories of the "delicious" smells of the joints I frequented. The word could be "pungent," but that word more aptly **describes** some cattle pen or barnyard. The smells I recall so vividly were worse than pungent, they were obnoxious to the nth degree.

There is no aroma to match that of an early morning bar-room with its stale tobacco smoke and the aura of beer, cheap wine and whiskey, which even creeps out under

the doors and windows (if there are any windows) to the street to nauseate the passerby. Everyone is screaming pollution! But those barroom odors still permeate the warm, humid summer air, **unrestricted!**

Summer memories of drinking days! What memories! Those delicious hangovers! Reflection brings to mind many sick and foggy mornings, none of which I want to repeat, although recalling **them** helps me in my determination today that there be no rerun.

This has been a "ramblin' wreck of a column, but **reminiscense** is a rambling game and sometimes the memories can be fun, especially if there is an object lesson in them for us to apply today. Whatever, good times or bad, they have departed now that I am sober!

Yup! All gone, now. No smells, no hangovers, no booze troubles, and today it is "the good old summertime." Am I ever glad!!!

SUMMER OFFICE HOURS

The Cleveland AA District Office is closed each Saturday during July and August and Saturday opening will be **resumed** on Saturday, September 1. As has been true in the past all telephone calls will be covered by the answering service and all calls received will be picked up at regular intervals for follow up.

WHEN
THE
OUTLOOK
IS NOT
GOOD,
TRY
THE
UPLOOK.

CENTRAL BULLETIN



Published monthly by the Central Bulletin Foundation, Inc., a non-profit corporation dedicated to service. Address all letters to Central Bulletin, Box 6712, Cleveland, Ohio 44101. Subscription price — 12.50 per year.

Harry D., Founder and Editor 1692-1 968



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MILL ENDS AND REMNANTS

Like most husbands and fathers it isn't one of our more preferred activities — that of going department store shopping with a wife or daughter. Admittedly, it is a very good test of our patience and tolerance when we do and for the most part we do **come** through.

On a recent evening, we elected to await our shoppers by sitting on a bench in the mall and watch the passing throngs, and we have found this to be a relaxing and largely beneficial pasttime, for invariably we **meet** and chat with our AA friends and others as they stroll by.

As we watched the passing crowd on the recent occasion mentioned we were amused, bemused and downright surprised at the great varieties of footwear, or lack of it, exhibited by the passersby.

Some were barefoot, others wore sandals of various descriptions, some tennis shoes of varying kinds and still others, both male and female had on the mod shoes with the large high heels.

It led us to wonder what nature of aches and pains the wearers might experience at **some** later date, as a result of the obvious discomfort and poor posture many were now undergoing. And in wondering as to these things we were turned to the thought of how many of these people might become problem drinkers and alcoholics.

It followed then, that should the latter become fact and they should **seek** help and require hospitalization, treatment could embrace foot care, etc., as well.

Many will recall the late Skid S., who used to tell the new patients at Rosary Hall, in order to get his point across — "You ain't in here for tight shoes!"

Treatment centers will continue to be concerned with the number one purpose of alcoholic wards, to help the suffering alcoholic attain and maintain sobriety, yet our watching the passing scene the other evening, gave vent to the thoughts enumerated here.

It is our hope that the subjects of our observations may have no further problems than "tight shoes," for it will mean correction can be swift with only the wearer being discomforted. Whereas, should alcoholism become the problem many, many people — family, friends, employers will share in the discomfort.

Tight shoes affect the wearer, the alcoholic affects many, by George!

AA

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

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

DR. BOB'S LAST TALK

Sunday, July 30, 1950

He passed away November 16, 1950

My good friends in AA and of AA. I feel very remiss if I didn't take this opportunity to welcome you here to Cleveland — not only to this meeting, but to those that have already transpired. I hope very much that the presence of so many people and the words that you have heard will prove an inspiration to you — not only to you, but may you be able to impart that inspiration to the boys and girls back home who were not fortunate enough to be able to come. In other words, we hope that your visit here has been both enjoyable and profitable.

I get a big thrill out of looking over a vast sea of faces like this with a feeling that possibly some small thing that I did a number of years ago played an infinitely small part in making this meeting possible. I also get quite a thrill when I think that we all had the same problems. We all did get the **same** things. We will get the same results in proportion to our zeal and enthusiasm and stick-to-itiveness.

If you will pardon the injection of a personal note at this time, let me say that I have been **in bed five of** the last seven months and my strength hasn't returned as I would like it, so **my** remarks of **necessity** will be brief.

But there are two or three things that flashed into my mind on which it would be fitting to lay a little **emphasis**. One is 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 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.

Let us also remember to guard that erring member — the tongue, and if we must use it, let's use it with kindness and consideration and tolerance.

And one more thing; none of us would be here today if somebody hadn't taken time to explain things to us, to give us a little pat on the back, to take us to a meeting or two, to have done numerous little kind and thoughtful acts in our behalf. So let us never get the degree of smug complacency so that we're not willing to extend or attempt to that help which has been so beneficial to us, to our less fortunate brothers.

Thank you very much.

-From Akron (0.) Intergroup News

SPIRITUAL EXPERIENCE

(Continued from page one)

~~In consequence of these observations I fail to see any~~ great difference between the sudden experience and the more gradual ones — they are certainly all the same piece. And there is one sure test of them all: "By their fruits, ye shall know them."

This is why I think we should question no one's transformation — whether it be sudden or gradual. Nor should we demand anyone's special type for ourselves, because our own experience suggests that we are apt to receive whatever may be most useful for our needs.

-By Bill W. in July 1962 AA Grapevine

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

Almighty God, in serving others grant us the guidance of your power and wisdom, and in our serving grant us, we pray, unity in our vision and in our work and in our affection. Amen.

SILENCING THE "SHOULD'S"

If only I had — I should have — Why didn't I — I shouldn't have — If it weren't for, I — I should, but — I ought to, but —

I recommend a winning vocabulary rather than a losing one. I suggest words like; I did, and I'm glad — I will — I won't — 'm going to now — I'm taking responsibility for myself, here and now — I'm in charge of myself — I'll change my anxiety into excitement.

Winners know when to do what. They are in balance. There's a time to be aggressive and a time to be passive. There's a time to be together and a time to be alone. There's a time to study and a time to play. There's a time to confront and a time to withdraw. There's a time to speak and a time to be silent. There's a time to hurry and a time to wait. Winners live in the here and now — knowing their past, aware and alive in the present and looking forward to the future. Winners don't operate with the "shoulds" and "oughts." They go with "I will" or "I won't." They don't need to play "poor me" or "if only" games.

Winners are in charge of their lives. They are spontaneous. They have a zest for life. They enjoy their work, their play and people and nature. They enjoy and celebrate their own accomplishments and the accomplishments of others. Often they postpone pleasure and present enjoyment for a greater enjoyment later. They are able to discipline their wishes and use their time well. They are glad to be alive. They make each day an adventure, living concerned, caring, compassionate, committed, potent, taking risks, discovering, renewing, growing, being celebrating. Winners are open to change, eager for growth, converting self-pity to o.k.ness, and claiming each day as the first day of the rest of their lives. Will you silence your own "shoulds" and dare to be a winner?

-Pastor Carl Lee in the "Concordian"
Via Silver Dollar, Fargo, N.D.

"THE I'S DON'T HAVE IT!

"Study of the Twelve Steps reveals not a single 'I' among them. The fact that the Steps were formulated and written in the first person plural is a powerful suggestion that tells us, 'I cannot, but we can.'

"Our Big Book tells us it is dangerous to go it alone in spiritual matters. So, after having amply tasted the results of experience, strength, and hope, generous portions of which are served by various members at AA meetings everywhere — why try to go it alone?"

"The life-sustaining food for thought offered at round-table discussions leads to growth of new spiritual values. Growth, in turn, leads to sobriety in action. Action results in Recovery, Unity, and Service."

GRAPEVINE, July 1972

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 :

FRANK ENGEL, a long time member, passed away in early June. Long associated with the Stella Maris Home operation, Frank had been Managing Director since the death of Harry Ryan, its Founder, several years ago.

DATES TO REMEMBER

JULY

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

4-INDEPENDENCE DAY

10—8th Anniversary of Eaton Group, 8:00 p.m., Grace United Church, 14911 Westropp Avenue, Cleveland; speaker: Jim M., Independence.

20-21-22—17th Annual Ohio General Conference of Alcoholics Anonymous, Neil House, Columbus, Ohio. Write General Service Committee, P.O. Box 2131, Columbus, Ohio 43216 or see your group secretary.

WARREN C., SR. IS 34

When Warren C., Sr., of the Edgelake Group, speaks at the West Side Morning Group on Thursday, July 5, he will be observing the 34th Anniversary of his coming to AA on July 3, 1939.

Gratitude is a key word in every member's program, but none more than that expressed by Warren. The West Side Morning Group meets on Thursday mornings at 11:00 in the Hungarian Lutheran Church, West 98th and Denison, off Lorain Avenue.

EIGHT WAYS TO CONQUER SELF PITY

1. Develop "emotional maturity." An emotionally mature person is one who is decent, kind, humble, unselfish and able to take the disappointments and hard knocks of life without being thrown out of stride.
2. Do positive instead of negative thinking by looking for the good instead of the bad in people, and concentrating several times a day on the many things you have to be thankful for.
3. Don't exaggerate yourself, your troubles, or your problems. Most of the things about which people feel sorry for themselves have little to do with the important values of life.
4. Don't be oversensitive. Very few people are intentionally cruel and those are emotionally ill. You should pity them, not yourself, if they say or do unkind things.
5. Develop a sense of humor. If you don't take yourself too seriously you won't feel so sorry for yourself, but be sure your humor is not the kind which hurts others.
6. Do not let the failures of the past or fears of the future interfere with your doing your very best today. Cultivate a "Life in day-tight compartments."
7. Don't be idle. Work is the best narcotic for most emotional disturbances, including self-pity.
8. Have a faith. Man's experience throughout history shows that those people are happiest who have faith in themselves, in their fellowman, and in GOD.

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
FRIENDS OF EXODUS-4041 Northfield Road	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.	8:00
VETERANS HOSP.-E. Blvd. near E. 105th St.	8:00
WARRENSVILLE-Women's House of Correction.. 4041 Northfield Road	8:00
THURSDAY	
TRUSTY HALL-1000 ft. east of House of Correction	8:00
FRIDAY	
MAIN GROUP-House of Correction, 4041 Northfield Rd.	8:00

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.

PURPOSEFUL SOBRIETY

As each of us each day repeats his own litany "I am an Alcoholic" with a prayer of his own choosing, so each of us faces the day firm in the resolve that he must not take that first drink.

But the kind of sobriety that each has depends in large measure to what extent he or she becomes involved in the program. There are those who follow each day with the next, and do not take a drink. In a sense their's is abstinence only and the safe-guards that can be set up by being in and of the program instead of on the periphery of it, are the checks and balances that help in times of crisis when the urge to take a drink is strong, and the spirit is weak.

Life itself has a purpose and to the alcoholic even more so. When Longfellow in his Psalm of Life wrote:

Tell me not in mournful numbers,
Life is but an empty dream!
For the soul is dead that slumbers,
And things are not what they seem.
Life is real! Life is earnest!
And the grave is not its goal:
Dust thou art, to dust returnest,
Was not spoken of the soul.

He was not uttering empty phrases. And he was throwing a challenge to all to act in positive, purposeful fashion, to the end that each might be a better person, and the world at large a better place because of such action.

How does one become involved? In many ways. Perhaps the best criterion is from each according to his or her particular talents. And for those who feel that their talents are less than other's, there are always the routine things to do. There is nothing ignoble in labor freely given, and the making of coffee (which I think requires a great deal of talent, judging by some I have drunk), the cleaning up after meetings, the setting up of chairs, the policing of quarters, the running of errands all have their place, and give the participant a sense of belonging to the brotherhood whose motto could well be, "One for all, and all for one."

And there are those who lead and in doing so share with all, those who do twelve step work at any hour of the day or night, those who dear witness, and in the telling of their stories strike a resonant chord in others: these and countless other examples bring the individual fully within the scope of the program and point the path to a way of life that is given to few to enjoy.

In doing all this one serves himself, but the benefits are many. Who knows what person has been saved from himself by the outward and-purposeful act of one who follows the program in its entirety. And it is almost axiomatic that as each day follows the next in arithmetic progression, the fringe benefits of this new way of life increase in geometric progression.

Mary was the favored of the Lord, and the sons of Mary seldom bother, but Martha was the handmaiden, and the sons of Martha favor their mother of the careful soul and the troubled heart. In great majority we are all sons of Martha, and as alcoholics, Kipling could well have been writing about us when he said:

It is their care in all the ages to take the buffet
and cushion the shock.
It is their care that the gear engages; it is their
care that the switches lock.
Raise ye the stone or cleave the wood, to make
a path more fair or flat;
Lo it is black already with blood some Son of
Martha spilled for that!
Not as a ladder from Earth to Heaven, not as a
witness to any creed,
But simple service, simply given to his own kind
in their common need.

Hail to all of you, children of Martha, as you put purpose into your days of sobriety.

-by Wilson G. (Bill) S. in Broward (Fla.) News

■ ■ ■ ■

BE A BULLETIN BOOSTER, GET A NEW SUBSCRIBER

A TOAST TO LIFE

"The greatest gift AA has given me is courage," said a recent lead. "AA has given me the ability to challenge life."

But didn't we have lots of courage before AA? Sure we did — bottle courage. The **only** problem with the bottled stuff was that it invariably exploded at the wrong time. Like telling off a policeman. That wasn't courage, it was stupid. Or explaining to the boss how he should run his business. No sense, there; just nonsense but how we bragged about our bravery. As we looked for a new job.

Courage like sobriety grows slowly. First we have a glimpse of it. In a while, we get a glance. Eventually it becomes a stance, a way of living; We look life in the eye and calmly say, "I dare you." AA courage requires no audience, no fanfare. It comes from within and quietly radiates its strength as we go on about our chores.

"He's a winner," says someone pointing to another AA. What makes a sober winner? What gives him that recognizable confidence? And how long does it take to achieve it?

The courage to be yourself comes from liking yourself; from being at one with the world and yourself. With it comes a joy in living; a happiness based on the determination to do your best, for one day. Courage is not evasion and putting off. It is meeting problems immediately — and solving them. Courage is not arrogance (good old false pride), but it is an awareness of one's abilities and capabilities. Nor is courage loud. Quite the contrary. Courage is quiet and sure because it does not have to prove anything to anyone. It knows itself and trusts its private strength.

How long does it take to achieve? Courage is a daily dedication, a slow accumulation of many small strengths which eventually attain steel strength. For the individual who wants to be a winner, who likes feeling strong after years of shilly-shallying, it is a forever auest pursued in a daily, calm way. As the current slogan of the young puts it. "Today is the first day of the rest of your life." Enough todays lived with courage make for continuous tomorrows loaded with it.

Every challenge overcome makes us partners with life instead of fighters against life. It's all there — a great, big, wonderful smorgasborg of living. No calories, no indigestion is the guarantee courage cake makes.

— Bacchus, Akron, Ohio

TOLERANCE

There is no serenity for the individual who feels that it is his responsibility to worry about what he considers the failure of others.

In relationship with other people, we must develop emotional attitudes which enable us to meet our associates without expecting perfection in human relationships. Those who expect too much of others will always feel hurt or rejected by others. We do not expect perfection in ourselves. It is a ridiculous illusion to imagine that we can expect it in others. No human relationship will long endure if based upon the notion that every hour and day of the association will be perfect. Our closest friends will annoy us sometimes. Our dearest friends will say or do things which occasionally hurt or irritate us. Oddly enough, most of us are inclined to expect the most of those relationships which are most intimate. We often fail to realize that in an intimate relationship we learn to know each other so well that our faults are only too apparent.

If we cannot tolerate what we consider foolishness in others, we can hardly expect them to tolerate our own particular brand of stupidity. When we grow intolerant of other people it is because, in our egocentricity, we are setting ourselves up as judges of their behavior. Each individual should demand of life the right to be himself and he should grant to others the same privilege.

-from THE SEARCH FOR SERENITY
by Lewis F. Presnall, published by
The Utah Alcoholism Foundation

CLEVELAND AREA

Guest Speakers

JULY, 1973

BAY FIRESIDE (Saturday) 7—Bill A., Southwest Sun.; 14—John McM., Angle; 21—Mose Y., Alliance, Ohio; 28—Jean and Dexter S., Bay West Discussion.

BAY VIEW (Saturday) 7—Len T., Bay West Discussion; 14—Ed L., Bay West Discussion; 21—Dan L., (?); 28—Dick P., Newburgh.

BEDFORD MORNING (Wednesday) 4—Calvin C., American Indian; 11—Freddy D., Mansfield; 1&—Maria S., (?); 25—Jerry W., Brooklyn.

BORTON (Monday) 2—Joe S., 24-Hour; 9—Charlie & Mary K., Lakewood Men and Al-Anon; 6—George W., West 25th Street; 23—Tom C., (?); 30—Katherine D., West Side Women.

BRECKSVILLE (Wednesday) 4—Bud H., Clark; 11—Ray T., Strongsville; 18—John F., Parmatown Men; 25—Phil R., Strongsville.

BROOKLYN (Thursday) 5—Al S. (11th Anniv.), Brooklyn; 12—John E., Broadway-55th; 19—Chuck P., Broadway-55th; 26—Jerry W. (26th Anniv.), Brooklyn.

CHARITY (Friday) B—Minnie C., Grateful; 13—Joe C., Wed. Men Discussion; 20—Herman W., Garden Valley; 27—Peggy C., West Side Breakfast.

DOAN MEN (Wednesday) 4—David B., Lorain Mon.; 11—Tony G., Lorain Mon.; 1b—Calvin C., American Indian; 25—Andy B., Memphis.

EATON (Tuesday) 3—Andy S., Solon; 10—8th Anniversary of Group, Speaker: Jim M., Independence; 17—Harry (Chink) E., Mistletoe; 24—Tom K., Night and Day; 31—Kevin B., Rosary Hall.

EDGE LAKE (Tuesday) 3—Warren C., Sr. (34th Anniv.); 10—Don S.; 17—Carl D.; 24—Dorothy C.; 31—Herschel I. All speakers from Edgelake Group.

FRIDAY NON-SMOKING (Friday) B—Henry S. (1st lead), Friday Non-Smoking; 13—Jerry W., Brooklyn; 20—Emmet M., Southwest Sun.; 27—Dick F., Southwest Sun.

GARFIELD HEIGHTS (Tuesday) 3—Paul O., Bedford Wed.; 10—Jay W., Wickliffe; 17—Vince K., Chrysler-Twinsburg; 24—Dick D., Mentor Plains; 31—Vick M., Wickliffe.

GORDON SQUARE (Friday) 6—Bernie B., Brooklyn; 13—Jim E., Clark; 20—Edie H., Gordon Square; 27—Frank M., Garden Valley.

GRATEFUL (Sunday) 1—Steve K., Night and Day; 8—Don C., Sister Ignatia; 15—May M. (7th Anniv.), Grateful; 22—Rheba W., St. Clair Thurs.; 29—Kathy K., Temple.

LAUREL (Tuesday) 3—Jim M., Independence; 10—Bob P., Independence; 17—Bill G., Southwest Sun.; 24—Ed D., Parma Sat.; 31—Dick F., Southwest Sun.

MIDPARK (Thursday) 5—George C., Parma Heights; 12—Pat L., Ridgewood Women; 19—Bill R., Laurel; 26—Beth G., Independence.

PARMATOWN MEN (Friday) B—Ralph V., TC-1005; 13—Al B., Wickliffe; 20—Tony W., Elyria; 27—Ted R., Valley View.

PURITAS SUNDAY (Sunday) 1—Joe S., 24-Hour; 8—Steve R., Sister Ignatia; 15—Jack E., West Shore; 22—Dick B., Midpark; 29—Grace N., Strongsville.

ROCKY RIVER (Thursday) 5—Lou W., Temple; 12—Bill M., CPI; 19—Les S., West Shore; 26—Ed H., Parma Heights.

SOBRIETY (Saturday) 7—Bob F., West Side Young People; 14—Dave S., Bay West Discussion; 21—Virginia S., West Side Young People; 28—Murray S., Charity.

SOUTHWEST SUNDAY (Sunday) 1—Bernie B., Brooklyn; 8—Joseph K., Brooklyn; 15—Criss B., Brooklyn; 22—Julian W., Trinity; 29—Art N., Pearl.

STELLA MARIS (Friday) B—William L., Temple; 13—Tom D., Angle; 20—John C., Coral; 27—Tom C., West Shore.

STROGGSVILLE (Tuesday) 3—Jim S., Maple Heights; 10—John H., West Richfield; 17—Bill A., Brunswick; 24—Surprise; 31—Don E., Strongsville.

TRINITY (Saturday) 7—Tom G., Soldiers & Sailors; 14—Carolyn T., Sandusky Young People; 21—Elsie G., Vermillion; 28—Doge, Wakeman.

UAW-1005 MORNING (Wednesday) 4—Jim R. (19th Anniv.), Brookpark; 11—Gene R., West Side Morning; 18—Ed R., Jr. (1st Anniv.), UAW-1005; 25—Dick G. (1st Anniv.), Lakewood Armory.

WARRENSVILLE WOMEN (Wednesday) 4—Holiday—No Meeting; 11—Jack McD., Southwest Sun.; 18—Harry D., Garden Valley; 25—Martha D., Grateful.

WEST SIDE MIDNIGHT (Saturday) 7—Mose Y., Alliance, Ohio; 14—Tom K., Barberton, O.; 21—Al B., Wickliffe; 28—Kay S., Akron, O.

WEST SIDE MORNING (Thursday) 5—Warren C., Sr. (34th Anniv.), Edgelake; 12—Tony W., Elyria, O.; 19—Caz L., Southeast Monday; 26—Pat B., Bedford.

Y.O.U.R. (Sunday) 1—Jim W., Esquire; 8—Joan A., Brainard Circle Women; 15—Helen M., Ontario, Canada; 22—Dave M., Lakewood Men; 29—Carolyn B., Memphis.

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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) 8:00	3690 Detroit Rd., Avon
BEDFORD HEIGHTS-St. Mary's Church Hall (rear) 7:30	Broadway & Union
BROOKSIDE-Bethany United Church of Christ, 3858 west 41st 8:30	
C.A.H.—2205 1/2 Lake Shore Blvd. 11:00 a.m.	
CASTALIA, O.—Church of Christ, 205 Main St. 8:30	
COLLINGSWOOD-14812 St. Clair (rear) 7:30	
DAY AT A TIME-13857 Euclid Ave 11:00 a.m.	
DEACONS MIXED-Deaconess Hosp., 4229 Pearl Road 8:30	
ELYRIA-St. Jude's School (rear) 7:30	
500 Popular St., Elyria, O.	
GARDEN VALLEY—7100 Kinsman Ave. 4:30	
GARETTVILLE-St. Ambrose Church, Windham St., Rte. 82, Garrettville, O. 8:30	
GENEVA-Y.C.C. Bldg., E. Main, Rte 20 8:00	
GOLDEN LINK-Startler-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 d. 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—8516 Broadway 8:30	
NEWBURGH—St. Helen's Church, Rt. 87, Newbury 8:15	
PURITAS SUNDAY-Church of Ascension, 14040 Puritas R d. 8:30	
6700 DETROIT DISCUSSION—6700 Detroit Ave. 7:00	
SOUTHWEST SUNDAY-Bd. of Education Bldg., 390 Fair St., Berea 8:30	
SUPERIOR STAG—Orca House, 1905 East 89th St. 11:00 a.m.	
TRI-COUNTY-1378 E. 340th St., Eastlake 12:30	
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

BLUE MONDAY DISCUSSION-Orca Howe, 1905 East 89th St. 11:00 a.m.	
BORTON-Forest Hills Presbyterian Church, Lee & Monticello Blvd., Cleveland Heights 8:30	
BROOKPARK-Redeemer Lutheran Church, 6151 Smith Rd. 8:30	
EARLY EARLY-St. John's Cathedral (Lower Sacristy), E. 9th & Superior (Superior Entrance) 7:30	
ELYRIA MEN-St. Agnes School Basement, Lake & Dewey 8:30	
FRESH START-4807 Cedar Ave. 8:00	
FRIENDLY SUBURBAN—6037 Pearl Rd. (closed mtg.) 8:00	
FRIENDSHIP—Blvd Presbyterian Church, 24600 Lake Shore Blvd. 8:30	
GOLDEN GATE WOMEN-Highland Presby. Church Annex, 5522 Wilson Mills Rd. 8:30	
"ARBOR LIGHT-1710 Prospect Av. 8:00	
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	
LANGUAGE OF THE HEART-1320 Kinsman (rear) 8:00	
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 R d., 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	
RIDGECLIFFE HOSP.-25900 Euclid Ave., Euclid, O. 1:00	
RIVER BAY—Closed Women-Rocky River Presbyterian Church, 23714 Detroit Rd. 8:30	
SANDUSKY YOUNG PEOPLE—United Meth. Church, 2401 Columbus Ave., Sandusky, O. 8:00	
SHAKER-Christ Episcopal Church, 3445 Warrenville N e a r Kinsman 9:00	
SOLO CROSSROADS-34285 Aurora Rd., Solon, O. 8:30	
SOLO PIONEER WOMEN (Closed) Pioneer Meth. Church, 35100 Solon Rd., Solon, O. 12:00 Noon	
SOUTHEAST—851 Broadway 8:30	
STRETSBORO—St. Thomas Lutheran Church, Rt. 4 3 south of Rt. 14 8:30	
TEMPLE-St. Albert Church, 2347 E. 83 St. 8:15	
VERMILION-Congregational Church, 6 State St., Route 60 8:30	
WALTON HILLS-Union Hall, 7800 Northfield Rd., Northfield, O. 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, 101 St. & Madison Ave. 8:30	
WILLOUGHBY-First Presbyterian Church, 4785 Shankland Rd. 8:30	
WINDSOR—United Methodist Church, Rt. 3 2 2 & Rt. 5 3 4 8:30	

TUESDAY

AMERICAN INDIAN-St. John's Episcopal Church, 2600 Church Av. 9:00	
ASHLAND-Methodist Church, corner Cottage & Sandusky Sts. 8:00	
BLAINBRIDGE GRATEFUL-Valley Presbyterian Church, Rt. 306 = Chagrin Rd. 8:30	
CLARK—1917 Clark Ave. 8:30	
CLOCKWATCHERS (Closed)—Christ Episcopal Church, Hudson 8:00	
DAY AT A TIME AM-3857 Euclid Ave. 8:30	
EASTSIDE WOMEN-Orca House 1905 East 89th St. 8:00	
EASTON-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, op. Payne 8:30	
EUCILD MORNING—Lake Shore Christian Church, E. 280 & 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	
FAIRVIEW COMMUNITY Church, 7853 Columbia Rd., Olmsted Falls 9:15	
FORD 1250—17250 Hummel Rd., Brookpark 11:00 a.m.	
GARFIELD HEIGHTS-Garfield Municipal Bldg., 5555 Turney Rd., Garfield Hts. 8:30	
HELPPFUL-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 AVE TUESDAY-St. John Bosco Church, 6460 Pearl R d., Parma Heights 9:00	
LORAIN CENTRAL—Trinity Church, Elyria A v e . & 25th, Lorain 8:30	
LORAIN FORD-425—4910 Greenwood, Sheffield Lake, O. 10:30 a.m.	
MANSFIELD-Grace Episcopal Church, 41 Bowman St. 8:30	
MAYLYNO-Hillcrest Evan, United Brethren Church, 1400 Lander Rd., Mayfield Heights 8:30	
MIDTOWN-Trinity Catholic Parish Hall (rear), E. 22nd & Prospect 8:30	
NEW BROADWAY-HARVARD-8516 Broadway 10:30 a.m.	
NIGHT & DAY-22050 Lake Shore Blvd. 8:30	
NO. RIDGEVILLE-Shepherd of Ridge Lutheran Church, Rt. 20, East Rt. 78 8:30	
NOW-8304 Detroit Ave. 8:30	
RIVER TUESDAY-Rocky River Methodist Church, 19414 Detroit Rd., Rocky River 8:30	
ST. JOHN'S—St. John's School, E. 50th & Fleet Avenue 8:30	
SANDUSKY AFTERNOON—Municipal Bldg., Meig St. 1:00	
SANDUSKY SOLDIERS & SAILORS HOME—Strubb Rd., Sandusky, O. 8:30	

WEDNESDAY

SERENITY WOMEN (Closed), 1378 E. 340th St., Eastlake, O. 8:30	
SEVEN HILLS-Closed Discussion—Seven Hills Meth. Ch., Elmhurst Ave., off Pl. Valley 8:30	
SHOREGATE MEN'S STAG-Wickliffe City Fire Station (UP), 28730 Ridge Rd., Wickliffe 9:00	
STRONGSVILLE—Community Library, 13213 Pearl Road 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	
2125 PIONEER DISCUSSION—Episcopal Church of the Advent, 3760 Dover Center Rd., Westlake 1:00	
WEST PARK—Puritas Lutheran Church, W 138 St. & Puritas 8:30	
YOUNG PEOPLES—First Methodist Church, Euclid Ave. at E. 30th 8:30	

ASHTABULA COUNTY WOMEN—Harris Mem. Presb. Church, W. 55 & Adams (2nd & 4th Wed.) 8:00	
BAYVIEW-St. Stanislaus Recreation Hall, E. 61 St. & 64th 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	
BRAINARD CIRCLE WOMEN-Trinity Cong. Church, Inter, Brainard, Shaker & Gates Mills Rds. 8:30	
BRECKSVILLE WED -V.A. Hospital, 10000 Brecksville Road 8:00	
BRUNSWICK—Cuyahoga Savings Bldg., Laurel Square (entrance next to Marshall Drug) 8:30	
CHAGRIN VALLEY DISC. (Closed Men)-St. Martin's Episcopal Church, Bentleyville, Ohm. 8:30	
CHRISTIAN TEMPLE, 5th & Washington, Lorain, O. 8:30	
COLLINGSWOOD—14812 St. Clair (rear) 8:00	
OOAN MEN-First Presbyterian Church, 16200 Euclid Avenue 8:30	
EASTSIDE MORNING-Orca House, 1905 East 89th St. 11:00 a.m.	
EUCILD (Closed)—Master's E v a " United Church, 77, E. 260th St. 8:30	
FAIRPORT HARBOR-625 Eagle St., Fairport Harbor 8:30	
GARFIELD HEIGHTS—8516 Broadway 8:30	
HAGUE-Bethany Presbyterian Church, W. 6 5 St. & Clinton 8:30	
LAW, 6 5 St. & Clinton 1:00	
LORAIN ROAD WEDNESDAY-St. Ann's Church (basement), Coventry & Cedar 9:00	
LORAIN COUNTY WOMEN-Vincent Methodist Church, Ohio Rd., Rt. 254 east of Rt. 57 8:30	
LORAIN OHIO INTER-RACIAL-Mt. Zion Baptist Church, 30th & Wood Ave. 8:15	
MANSFIELD CENTRAL-20 Park St. So., Mansfield, O. 8:00	
MANTUA CENTER-Elementary School, Rte 82, Mantua, O. 8:00	
NASA, 2,000 Brookpark Rd 8:00	
NORTH EATON (Closed), Rtes. 76 & 82, No. Eaton, O. 8:30	
NORTH OLMSTED—Episcopal Church of the Advent, 3780 Dover Center Rd., Westlake 8:30	
OPPORTUNITY DISC.-St. Ann's Church, Madison, O. 7:30	
PARMA HEIGHTS-A., Saints Episcopal Church, 8911 Ridgewood Drive 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	
SOS, Matt Talbot in J., 9305 Superior 7:30	
STEEL WORKERS—Swiss Ha., 27, Walton Avenue 11:00 a.m.	
T.C. 1005 UAW (Progressive Hall)—5615 Stumphdr. (between Brookpark & S now 10:00 a.m. & 8:30	
TWENTY-FOUR HOUR-CHURCH of Ascension, 15216 Detroit Road 8:30	
WEDNESDAY MEN'S DISCUSSION-St. Paul's Shrine, 4120 Euclid Avenue 8:30	
WEST SHORE-West Shore Unitarian Church, 20401 Hilliard Rd., Rocky River 8:45	
WEST SIDE YOUNG PEOPLE—First United Church of Christ, 2150 Warren R d., Lakewood 8:30	
WICKLIFFE—Presbyterian Church, E. 298 St. & Ridge (so. off Euclid) 8:30	
WOMEN'S DISCUSSION (Closed & Deaconess Hospital, 4229 Pearl Road 8:30	
WOMEN'S WELCOME (Closed)—Community Church, Cor, Big Creek Pkwy. & Bagley Rd., Mdlbg. Hts. 8:00	

THURSDAY

ALLENDALE-St. Paul's Episcopal Church, 15837 Euclid Avenue 8:30	
ANGLE-St. Malachi's Church, 2459 Washington Avenue 8:30	
ASHLAND THURSDAY-St. Matthew's Church, 1515 Miffin Avenue 8:00	
ASHTABULA HARBOR-Bethany Lutheran Church, Pen., Ave. (between 9th & 10th) 8:30	
BAY WEST DISCUSSION (Closed)—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 Ha., 4771 Broadview Rd. at Oak Park Dr. 8:30	
BROOKLYN-St. James Lutheran Church Hall, 4771 Broadview Rd. at Oak Park Dr. 8:30	
CHRYSLER TWINSBURGH-Chrysler Union Hall, 8 6 5 Chamberlin Rd., Twinsburg 8:30	
COVENTRY—Fairmount Presbyterian Church, Scarborough & Fairmount 9:00	
DAY AT A TIME-13857 Euclid Avenue 11:00 a.m.	
EASTLAKE-Reformation Lutheran Church, 34300 Lake Shore Blvd. 9:00	
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, 8824 Public Square, Independence 8:30	
J & L GROUP—Trinity Ev. Church, 3525 W. 25th Street 8:30	
LAKE SHORE MEN'S DISC. (Closed-Cave United Meth. Church, 12501 Lake Ave. (rear) 8:30	
LAKEWOOD CROSSROADS—First United Church of Christ, 2150 Warren Rd., Lakewood 9:00	
MANSFIELD (Closed)—20 1/2 Park St. So., Mansfield, O. 10:00 a.m.	
MANSFIELD DISCUSSION (Closed)—20 1/2 Park St. So. 8:00	
MAPLE LEAF-Congregational Church Fellowship Hall, West of park, Burton 8:30	
MIDPARK—Middleburg Heights Community Church, Big Creek Pkwy & Bagley Rd. 8:30	
NIGHT & DAY-22050 Lake Shore Blvd. 11:00 a.m.	
NORTH RANDALL-North Randall Village Hall, 21937 Miles Avenue 8:30	
OVERLIN-Grace Lutheran Church, West Lorain St., Oberlin 8:30	
PAINESVILLE—Salvation Army Bldg., 69 Pearl Street 8:30	
RIVERSIDE-St. Christopher's (by the River, Old Mill Rd., Gates Mills, O. 8:30	
ROCKY RIVER-Rockport Methodist Church, 330 Wooster Rd., Rocky River 8:30	
ST. CLAIR THURSDAY—22050 Lake Shore Blvd. 8:30	
SANOLUSKY AFTERNOON—"Dio", Meigs St., Sandusky, O. 1:00	
WESTSIDE MORNING-West Hungarian Lutheran Church (rear) 11:00 a.m.	
WESTLAKE THURSDAY DISC—Westlake Christian Church, 25800 Hilliard Rd. 10:00 a.m.	
WILLARD—Willard United Bank Bldg., Willard 8:30	

FRIDAY

AVON LAKE—United Church of Christ, 328 Hilliard Rd. 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 N o Street 8:30	
CHARITY-S., Vincent Charity Hospital a m p . 8:30	
CLOCKWATCHERS—Christ Episcopal Church, Hudson (Closed Meeting) 8:30	
CONNATE—Southeast Elem. School, Mill St. 8:00	
DAY AT A TIME—13857 Euclid Ave. 10:45	
FAST SIDP FRIDAY (Closed)—Lyndhurst Community Presbyterian Church, 5312 Mayfield 9:00	
ELYRIA FRIDAY—St. Andrew's Church, 300 S. Third St., Rt. 20 8:30	
EUCILD FRIDAY—Church of Epiphany, Lakeshore — E. 210 Street 9:15	
FRIDAY AFTERNOON WOMEN—Plymouth Church, Coventry & Dreamore 1:00	
FRIDAY NON-SMOKING—Seven Hills Methodist Church, 7593 Elmhurst Dr. 8:30	
GORDON SQUARE-West Blvd. Christian Church, Madison Ave. & W. 101 St. 8:30	
HEIGHTS CLOSED DISCUSSION—Heights Christian Church (rear), 173 W Van Aken at Avalon 8:30	

KEAN—Westlake Christian Church, 25800 Hilliard Rd. 8:30	
MANSFIELD FRIDAY—20 1/2 South Park St. 8:00	
MAPLE HEIGHTS—Maple Heights City Ha., Corner Lee Rd. & Maple Hts Blvd. 8:30	
METROPOLITAN—Metropolitan General, 3395 Scranton Rd. 7:30	
NIGHT & DAY—22050 Lake Shore Blvd. 10:45	
NORTHEAST-Hope Evangelical Lutheran Church, 2222 Taylor Rd. at Northvale 8:30	
PAINESVILLE FRIDAY—St. Congregational Church, 2 Liberty St., Painesville, O. 8:30	
PARMARTOWN MEN'S—Parma Community Hospital, Cafeteria, 7007 P o w e r s Drive 8:30	
POST OFFICE GROUP—Ma., Post Office, Room 4053 8:00	
RIDGEWOOD WOMEN-St. Matthew Lutheran Church, 6501 Ridge Road, Parma 8:00	
SISTER IGNAZIA-St. Paul Church, E. 200th & Chardon Rd. 9:00	
SMITH-WILSON MIDNITE—8516 Broadway 11:00 a.m. & 8:30	
SOLIDARITY-2382 Unwin Rd., Quincy & E 55 St. 8:30	
SPANISH-AMERICAN—Our Lady of Guadalupe Church, 20th & Clinton, Lorain, O. 8:30	
STELLA MARIS—1320 Washington St. 8:15	
TGIF MEN-Bethesda Lutheran Church, 28607 Wolf Rd., Bay Village 8:00	
TRI-COUNTY—1378 E. 340th St. 11:00 a.m. & 8:30	
TRW-8402 Cedar Ave. Guard Post #2, Bldg 32, 2nd Floor 7:00	
UNIVERSITY CIRCLE CLOSED-Church of the Covenant, 11205 Euclid Avenue Noon	
VENICE-Betty Rinderer School, Galloway Rd., Sandusky 8:30	
WELLINGTON FRIDAY NITE—St. Patrick's Catholic Church, W Main St., Wellington 8:30	
WEST CLIFTON-Lakewood Congregational Church, 375 Clifton 9:00	

ACTION-8516 Broadway 8:30	
ASHTABULA—St. Peter's Episcopal Church, Main St. at So. Park 8:30	
BAY FRESIDE-Bay Presbyterian Church, Cor, Columbia & Lake Roads 8:30	
BAYVIEW—Bayview Hospital, 23200 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—3857 Euclid Ave. Midnight	
FOREST CITY-2125 Broadview Rd. 8:30	
L S 1—17600 Broadway, Maple Hts. (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, 15309 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 R o a d s 8:15	
MADISON AVE (Open)—Martin Luther Church, Madison Ave & W 8 9 th St. 8:30	
MANSFIELD—20 1/2 South Park St. 8:00	
M A T T TALBOT—First Presbyterian Church, 16200 Euclid Avenue 8:30	
MEMPHIS-Cove Church, 250, Lake Ave Main St., New London 8:00	
NIGHT & DAY—22050 Lake Shore Blvd. Midnight	
PARKMAN—St. Edwards Church, Center St., Parkman, O. 8:30	
PARMA SATURDAY—Third Federal Savings & Loan, 5950 Ridge Rd. (rear entrance) 8:45	
PLAIN—Mentor Plains Methodist Church, Rt. 306 & Lake Shore Blvd. Mentor 9:00	
REDWOOD—Euclid Lutheran Church, E. 260 St. & Forestview, Euclid 8:30	
SANDUSKY VACATIONLAND—Providence Hospital Cafeteria, Hayes Ave., Sandusky, O. 8:30	
SATURDAY SECURITY—Elyria Savings Bldg., Lowell, St. Elyria, O. 8:30	
SLAV, VA Hospital, 10701 East Blvd. 10:00 a.m.	
TRI-COUNTY ARIO—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 RICHFIELD—United Church of Christ, Rt. 303, West Richfield 8:30	
WEST SIDE MIDNITE—15300 Puritas Ave., St. Mark's Church of Christ 11:00 a.m. & 8:30	



RUNNING SCARED

"I'm running scared," was a remark made by a speaker who impressed us with his logic at a recent AA meeting. He had been sober for quite some time. He **attributed** his sustained sobriety by being constantly aware of his escape from the self-imposed hell of carousing.

When he had reached a point of panic, and finally realized that alcohol, his delight and joy, was his master and that he was its slave; he sought help from AA.

He was hospitalized. During his ten days' stay his eyes were opened to what his future would be if he persisted in **believin** that he could possibly drink **socially** again.

During his stay two fellow-patients, seemingly well on the way to recovery, suddenly went berserk and died.

Both of them had talked to him -- when he was well enough to listen, and their drinking patterns were almost identical with his. Both seemed sincere in **expressing** their determination to follow the advice of their sponsors to attend meetings and fully embrace the AA program. They had had it and were looking forward to a new life without alcoholic compulsion.

But they had had their **last** chance!

God sometimes uses people in ways past human understanding to "**carry** the message." The death of these two patients made such an impact on the speaker that when he was released from the hospital, he immediately joined a group and visited many others, absorbing everything he could about the program.

His personality completely changed from ebullience to the further **extreme** of shame and deep contrition. He sought advice from seemingly well-adjusted members on how to attain a peace-of mind.

He had no religious background and had difficulty in accepting a God who "**had** played such a cruel trick on the two who had died a horrible death in his presence. Both of them were **church-goers**. He resisted the suggestions of his advisors that he join a church to find God, the Supreme Power, who could give him peace and comfort. But the memory of the horrible deaths of his church-going fellow-patients would not fade. He simply could not understand how a so-called loving God could do such a cruel thing to two of His believers, just as they were prepared to atone for their neglect by throwing themselves into the AA program when they were returned to society.

God works in mysterious ways. His ways are past understanding. Little did these two know that they had accomplished His purpose. Their "Twelfth Step" work was in shocking the subject of this article into action.

This was the thought that was expressed by one of the many from whom he sought advice, and it opened up his eyes and his mind to the wonders of God's ways.

"I've been running scared ever since," he told his audience. "I've come to know Him, to fear and to love Him! He has given me my last chance, I know. The

(Continued on page four)

GIVE US SERENITY

Serenity. Webster defines it as the quality or **state** of being serene: calmness, tranquility, repose. Serene is defined as being clear, bright, unclouded or **undisturbed**, calm, quiet, tranquil. So much for Webster, who, probably, was not an alcoholic.

Such words do not fit too well into an alcoholic's life, at least not during the drinking years. However, once we have embraced AA, and are on the road to recovery and self-improvement, this word serenity can and should play an ever-increasing role in our lives.

There are those who believe-that-with sobriety, **serenity** and peace of mind come automatically, eventually. For some this may be the case, but it is not so with

all of us. For a group of people who barely knew what the word meant when we were drinking, to know very much about it now, is rather unlikely, at least at first.

Let's begin with the prayer itself. Where did it come from, etc. Our AA **prayer** was **composed** by Reinhold Niebuhr, 1892-1971. The following is taken from the 14th Edition of John Bartlett's Familiar Quotations: "**This** prayer was composed . . . when Niebuhr preached occasionally in the small church near his summer home in Heath, Massachusetts. After the service, Howard Chandler **Robbins**, a summer neighbor, asked for a copy. He is **reported** to have been handed the original, with words to the **following** effect: 'Here, take the prayer. I have no further use for it.' Other people, it is clear, have felt differently. **Robbins** published it as part of a pamphlet the following year. Since then it has been **adopted** by Alcoholics Anonymous; the **USO** distributed millions of copies to servicemen during

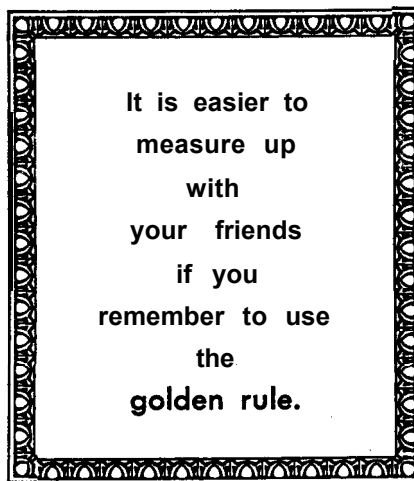
WW II; the National Council of Churches **has** distributed it; and even today it is used commercially on Christmas Cards." — June **Bingham**, Courage to Change: An Introduction to the Life and Thought of Reinhold Niebuhr (1961).

It is obvious that those who need to find some serenity can learn something from those who possess it, whether they be in AA or are normal non-alcoholic people such as Niebuhr. There are countless thousands of others who have known serenity and peace of mind, and have written about it, talked about it, been deeply grateful for it.

Another paragraph written by Niebuhr takes the writer's notice: "**Nothing** worth doing is completed in our lifetime; therefore, we must be saved by hope. Nothing true or beautiful or good makes complete sense in any immediate context of history; therefore, we must be saved by faith. Nothing we do, however virtuous, can be accomplished alone; therefore, we are saved by love. No virtuous act, from the standpoint of our friend or foe, is as virtuous as from **our** standpoint. Therefore, we must be saved by the final form of love, which is forgiveness." From "**The Irony of American History**."

To find serenity in our lives, it follows that these three things must be **present**. We must have hope, faith

(Continued on page four)



CENTRAL BULLETIN



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Harry D., pounder and Editor 1892-1968



Vol. 31

August, 1973

No. 11

MILL ENDS AND REMNANTS

Have you, too, ever reflected upon the order that displaces chaos after complete acceptance of the **Twelve Steps** as our regimen for life?

The regimentation didn't, of course, come easily or overnight, for as all of us know it can only come one hesitant but determined step at a time taken daily.

Yet, somewhere along the line after accumulating varying periods of happy sobriety we get somewhat untidy and **shortcut** ourselves.

Sometimes we place ourselves in **the** position of the harassed housewife, who, anticipating company on short notice, sweeps the dust and soil under the rug so the house will at least appear tidy to her visitors.

Some of us, on reflection, come to know that we have been similarly untidy, although on the surface all appears neat: yet, like the housewife, we know the truth of the matter.

More often than not our disorder is not long lived for we have become so conscious of the dictates of our **conscience** which is immersed in the knowledge that when things are not going well for us things are not right within us.

And not unlike the housewife, if we continue sweeping our untidiness under the rug the surface becomes distorted and the lumps are there for everyone to see.

Also, when the mess is cleaned up, which at **some** time or another it will need to be, the job, while not insurmountable, will take longer and a lot more work than had we not begun shortcutting in the first place.

All of which summarizes that a **working** knowledge of the Twelve Steps — each of them, **won't** let us be neglectful and untidy and sweep our shortcuts under the rug.

It behooves all of us to cover the floor of our program with wall-to-wall carpeting thus obviating the **temptation** to sweep our shortcuts under the rug, by **George!**

STRUGGLE KEEPS US GROWING

Sometimes we get discouraged because we seem to be constantly struggling with ourselves. We struggle "**not** to react" in the wrong way, against resentment or **self-pity**, **struggle** with jealousy, with depression. Or perhaps we must struggle for a sense of acceptance and belonging, for a happier attitude, or a forgiving attitude. We wonder if we will ever be able to be what we want to be without struggling for it. And we make the **fi**stake of supposing that the need to struggle with ourselves means that we are somehow failing, or falling short of what is required of us in spiritual growth. This is not **necessarily** so. It is struggle that **keeps** us growing, and it is the temptation to succumb to the wrong attitudes and reactions that keeps us struggling, or makes it necessary for us to struggle. Both temptation and struggle are part of growth and without them there could be no spiritual growth at all. The day we have **no** inner temptations, and no struggle in ourselves to overcome them will be the day we stop growing.

-Jean K. in SEARCH (Ky. AIAnon Journal)

MINUTES OF CENTRAL COMMITTEE MEETING JULY 3, 1973

Meeting was opened with the Serenity Prayer by Moderator Lou W. and 42 group representatives answered the roll call. Vice Moderator Bob W., read the Purposes of Central Committee and the Twelve Traditions of AA. Minutes of the previous meeting were read and approved as amended. Treasurer reported treasury balance of \$377.55 and \$305.00 in the Institution Fund.

COMMITTEE REPORTS:

Action Committee: Joe T., Chairman. See Old Business.

Areawide Meeting: Jim W., Chairman. Moderator reported in absence of the chairman that next meeting will be held September 7. Speaker will be announced.

Central Bulletin: George M., Editor, reports that renewals continue to lag and group representatives are requested to announce importance of promptly renewal of subscriptions. The old bugaboo of address changes without notification is a continuing source of irritation.

HOSPITAL COMMITTEES:

Bay View: Bernie B., Chairman, reported on members bringing in new people to hospital and forgetting their hospitalization contracts or identification cards and asked that all be alerted to the need for the information being available at time of patient admittance. Mimeographed regulations for Patients at Serenity Hall was shown and it was suggested that all group representatives procure copy for guidance.

Brecksville: Harry G., Chairman, reported that Cleveland VA Hospital and Brecksville VA Hospital will be consolidated.

Institution Committee: Helen D., Chairman, lead a discussion on Exodus House and reported on meeting to be held July 14 at Exodus House at which AA, Al-Anon and Alateen speakers would appear.

P.I.C.: Dick P., Chairman, advised 177 speakers had been supplied by the Cleveland AA District Office to non AA groups and meetings during the first six months of 1973.

Old Business: Chairman Joe T., of the Action Committee reported that subject of the Lake County Center on Alcoholism and Drug Abuse, Inc., was still under investigation and report will be given at August meeting. He asked for two more people to serve on his committee.

New Business: Joe T., as editor of NE-Ohio Message of AA discussed need for contributions and news. There is no subscription fee for this publication as it is a service of Northeast Ohio General Service Committee. Mail may be addressed to P.O. Box 46127, Westlake, Ohio 44145.

Frank M., Secretary of Metro General Hospital Group requested funds for literature for this group. It was moved, seconded and carried that \$20.00 for literature be withdrawn from the Institution Fund to provide literature to the Metro Group.

Meeting adjourned with the Lord's Prayer.

Joedy M., Acting Secretary

CLEVELAND AA DISTRICT OFFICE

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

PRAYER OF THE MONTH

Almighty God, we pray for all persons in need, and for every human institution; give hope to those who despair, comfort to those who sorrow, and direction to those who wander or are confused. Amen.

TO THINE OWNSELF . . .

Go go placidly amid the noise and the haste, and remember what peace there may be in silence. As far as possible, without surrender, be on good terms clearly; and listen to others, even to the dull and ignorant; they too have their story. Avoid loud and aggressive persons; they are vexations to the spirit. If you compare yourself with others, you may become bitter or vain, for always there will be greater and lesser persons than yourself. Enjoy your achievements as well as your plans. Keep interested in your own career, however humble; it is a real possession in the changing fortunes of time. Exercise caution in your business affairs, for the world is full of trickery. But let this not blind you to what virtue there is; many persons strive for high ideals, and everywhere life is full of heroism. Be yourself. Especially do not feign affection. Neither be cynical about love; for in the face of all aridity and disenchantment, it is as perennial as the grass. Take kindly the counsel of the years, gracefully surrendering the things of youth. Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with dark imaginings. Many fears are born of fatigue and loneliness. Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe no less than the trees and the stars; you have a right to be here. And whether or not it is clear to you, no doubt the universe is unfolding as it should. Therefore be at peace with God, whatever you conceive Him to be. And whatever your labors and aspirations, in the noisy confusion of life, keep peace in your soul. With all its shams, drudgery and broken dreams, it is still a beautiful world. Be cheerful. Strive to be happy.

BIG BOSS

Note: Our thanks to John F., of Monterey, who writes: "For a long while I've wanted to put into print my morning conversation with my Big Boss. Perhaps if you can use this, maybe it will help someone else . . ." We think it will be obvious why we couldn't pass it up.

Big Boss: Thank you for letting me see a new day, To wake up with all my senses intact, That I am aware of the amount of time given me anew. Let me — on your terms — handle each moment I meet With the new outlook on life given me. Let me never forget where I was, What happened, And where I stand now — but for your grace. Please let me give a hand when I can, To the best of my abilities. Let my motives, Be free from self-centeredness and ego. And help me, Just for today, To be myself in all ways. — From Good News, San Francisco

NOBILITY

One of the most noble accomplishments in this world is to exercise a constructive uplifting influence upon others. To touch a soul and to encourage that soul to reach for loftier heights is far more important than building monuments of stone.

— Mrs. Fred R. Burton

DATES TO REMEMBER

AUGUST

- 7— Central Committee, 8:30 p.m., Room 362, Hanna Building.
16— West Side Groups Third Legacy Meeting, 8:30 p.m., St. Mark's Church, 15300 Puritas Avenue.
17— 30th Anniversary of Gordon Square Group, 8:30 p.m., West Boulevard Christian Church, Madison Avenue & West 101st Street; Speaker: Henry W.
19— Northeast Ohio General Service Committee Quarterly Meeting, 2:00 p.m., American Legion Hall, Brecksville, Ohio. All welcome.
21— 26th Anniversary of Strongsville Group, 8:30 p.m., Strongsville City Hall, Corner Routes 82 and 42; Speaker: Chuck G., North Canton, Ohio.

SEPTEMBER

- 3— LABOR DAY

SMILES

Prisoner: "I wasn't drunk your honor." cop: "He was climbing a fire escape, sir." Prisoner: "Sure I was. You would to if you had a flock of ants and alligators chasing you."

Said one drunk to another: "I'm not a very good loser, which seems a bit sad considering all the practice I've had!"

The reveller protested loudly as he was shoved into the police station: "Thish ish an outrage! Why wash I brought here?"

"Sir," politely replied the officer, "you were brought here for drinking."

"Oh, thash diffrent," responded the celebrant. "Lesh get started!"

Anxious wife, as she observed her husband fishing in a bucket in the living room: "I'd take him to a psychiatrist, but we need the fish."

Doctor: "The best thing for you young man, is to give up drinking and smoking."

Patient: "I don't deserve the dest, doctor. What' the second best?"

Two nuns sat at a baseball game, their white caps partially blocking the view of the sourpuss behind them who finally grumbled to his pal, "Maybe we ought to go to Japan for our next game; there won't be so many nuns there." His companion said: "Or to Sweden. They're even fewer there."

One of the nuns turned and gently said, "Why don't you go to hell — where you won't find any?"

HOSPITALS AND INSTITUTIONS

Table listing hospitals and institutions with their addresses and service times for Sunday, Monday, Tuesday, Wednesday, and Thursday.

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.

ALCOHOLISM IN 1849

These are excerpts from a book written in 1849, by Charles Jewett, M.D.

"The law of artificial appetites is a law of increase." Their demand is for more, more; Give, give, until we drop in our graves. It is this law which, when a man has heedlessly formed an appetite for intoxication stimulates, drags him on and down, through a course of indescribable sufferings to a grave of infamy.

Alcohol has found means to adapt itself, as no other vice has ever done, to both sexes, all ages; classes and conditions of men. There are none so high that it may not drag them down. There are none so low but it will, with great condescension, stoop to their humble condition and contrive to sink them lower. The educated and the ignorant, the rich and the poor, the civilized man and the savage, the delicate female and the brawny backwoodsman, the aged man and the beardless boy, the master and the slave, each and all are within the reach of the power of alcohol. Alcohol makes no distinction.

I have never witnessed the operation of any other power than that of alcoholic drinks which was capable of conquering a mother's love.

Here is your good health, sir — and yours, sir, mutually exclaim the genteel consumers of alcoholic drinks, as they bow to each other, glass in hand, across the dinner table, or before the tavern bar. They both utter falsehoods and in nine cases out of ten, they do it knowingly. If they would utter the language of truth, in such cases, they would exclaim, as they lift the poison to their lips — 'Here my dear sir, is disease to us both — the clouding of our intellects, the-deprivation of our morals, the alienation of our social affections, weeping to our wives, and poverty to our children — and to ourselves perhaps, delirium tremens and an untimely grave.

This book was written 124 years ago. Makes you think, doesn't it?

-The Bracer, Reno, Nevada via Good News, San Francisco, Cal.

GIVE US SERENITY

(Continued from page one)

and forgiveness. . .

If we are sincere in our sobriety: if we believe in a Higher Power, or God, as most of us refer to Him, we can readily see that there was hope for us when we came to AA; that there had to be faith that someone could help us; that there had to be forgiveness by someone, else none of us could have achieved enduring sobriety.

It does not stop there. Serenity is a manifold undertaking, and is far more encompassing, more rewarding than our small, finite, minds can readily understand. It is a goal to be greatly desired, and to be deeply grateful for, once even a small measure of it is achieved. To remain sober it behooves us to keep alive that spark of hope, to constantly strengthen our faith in AA and our Higher Power, and to learn to forgive ourselves, as well as others, as we have been so graciously forgiven.

These things lead to serenity, to "the peace that passeth all understanding."

ARE YOU PLANNING TO MOVE?

If so, clip this coupon and mail to Box 6712, Cleveland, Ohio 44101, immediately.

It is urgently needed before the next issue of the Central Bulletin.

Name

New Address

City State Zip Code

It will help you and it will help us.

THINKING OUT LOUD

Sometimes I find it difficult to come up with the right answers to some questions my non-alcoholic friends ask. They hear a lot about Alcoholics Anonymous and about all the hopeless alcoholics this fellowship rehabilitated and restored back to their families. So now some relatives or friends think that AA can perform miracles.

As an example, a non-alcoholic friend asked me, "Why didn't some members of AA do something to stop my brother from giving up his sobriety and his AA activities and taking up his bar-room activities?" He added, "My brother was an active member of AA for eleven years, but when he learned that he wouldn't get the promotion he expected, he went out and got drunk. Surely after eleven years he should have learned to accept some disappointments, or do you teach that sobriety guarantees success in all endeavors?"

Well, I really don't know all the answers and perhaps it's a good thing I don't. There are men who made a life's study of human behavior but they have not learned why a grown human being acts like a spoiled brat. Psychiatrists do not have a complete answer to why a man who is loved by his family and trusted by his friends and neighbors, suddely and without any warning goes berserk and kills those who loved and trusted him. It is hard to understand why a woman who lives in luxury and has all the money at her disposal to buy all the things she needs, will go into a department store and steal some cheap trinket which she has no use for.

However, without passing any judgment on any person who decides to try the bottle again, I want to make some of my own observations from my own experience. In our drinking days we had no control over alcohol and as a result we lost our freedom of choice. But I do think when a person is sober eleven years, he has regained his choice and when he takes the drink, it is because he chose to do so without giving any thought to the penalty he will have to pay.

Life's pills are not all sugar-coated and there comes a time in every man's life when he must swallow the bitter pill which sometimes is the best medicine for a person's resentment and disappointment. I have never heard of anyone choking by swallowing his pride.

Our membership in this fellowship does not give us the right to give God an ultimatum by demanding extra rewards for our sobriety. The very obstacles that confronted our life are a challenge to our effort, both physical and mental. We all have disappointments to accept, problems to solve, and difficulties to overcome. These are the things that stimulate our thinking and help us to grow in character.

AA is a way of life, but we must have the will to live, a will to stay sober and to rise above adversities; otherwise there can be no true design for living a happy sober life.

I have been around for many years, so I know that life is an endless maze of joy and sorrow, of success and failure, of sickness and death. It is a strange medley of meeting and parting, of glad salutation and sad farewells, of joy wreathed faces and tear stained cheeks. At most we only have a few brief years to walk together with our loved ones and our friends.

I know that the sun shines on the saints and sinners alike, but the glorious achievements are the results of courageous battling against hampering circumstances.

— Edward B., Akron, Ohio

RUNNING SCARED

(Continued from page one)

only way I can make up for my past is to make every day a better one, by helping others to find Him."

— Harry D. in Central Bulletin, Oct. 1962

GET A NEW SUBSCRIBER

CLEVELAND AREA *Guest Speakers*

AUGUST, 1973

BAY FIRESIDE (Saturday) 4-Dolores J., West Side Morning; 11-Al P., Hague; 18—Ruth H., Strongsville; 25-Larry K., Berea Fri.

BAY VIEW (Saturday) 4-Jim D.; 11-Murray S.; 18—Mary G.; 25-Dick S.

BEDFORD MORNING (Wednesday) 1-Laura M., Broadway-55th; 8—Gene M., Brookpark; 15-Chuck W., Newburgh; 22-Tom D., Angle; 29-Tom B., Bainbridge.

BRECKSVILLE WEDNESDAY (Wednesday) 1-Tony T., Brooklyn; 8—Ed P., Southwest Sun.; 15-Calvin C., American Indian ; 2 2-Dennis K., Independence ; 2 3—Ken M., Sister Ignatia.

CHARITY (Friday) 3-Bill H., Nela Park; 10—Levi C., Fredricksburg; 17—Jim M., Independence; 24-Tom K., Barberton; 31-Peggy C., West Side Breakfast.

EDGE LAKE (Tuesday) 7—Jim S.; 14-D. Mc.; 21—Joe L.; 28—Clarence B.

GARFIELD HEIGHTS (Tuesday) 7—Chris H., Forest City; 14-Bob H., Forest City; 21-June E., Garfield Heights Tues. ; 28—Carol R., Strongsville.

GORDON SQUARE (Friday) 3—Tom G., Angle; 10—Jim M., Sobriety; 17—30th Anniversary of Group, Speaker! Henry W. ; 24-Gene O., Gordon Square; 31-Minnie C., Grateful.

GRATEFUL (Sunday) 5-Joe K. (1st Anniv.) Euclid Wed. ; 12-Mill G. (1st Anniv.), Grateful; 19—Joe W. (1st Anniv.), Solon; 26-Marty Y., Euclid Wed.

LAUREL (Tuesday) 1-Terry L., 12th Step; 14—Donna S., Laurel-Parma Sat.; 21-Tom K., Barberton; 28—Louis P. (1st lead), Laurel.

MIDPARK (Thursday) 2—Cas P., Midpark; 9—Leo G., Midpark; 16-Larry P., Friendly Suburban; 23-Dick C., Friendly Suburban; 30-Jerry McF., Orchard Grove.

NORTH OLMSTED (Wednesday) 1-Tony W., Proven Way; &—John T. B., North Olmsted; 15-Chuck B., Orchard Grove; 22-Walter R., Avon Central; 29-Dick F., Southwest Sun.

PARMATOWN MEN (Friday) 3-Ray L., Brooklyn; 10—Al P., Strongsville; 17—Jim W., Parma Sat.; 24—Chris G., Parmatown Men; 31—Jose M., Lorain Tues.

RIVER BAY (Closed Women) (Monday) 6-Virginia L., West Side Women; 11-Frank M., Shaker; 20—Mary W., Golden Gate; 27—Dr. Custer, Brecksville VA Hospital.

ROCKY RIVER (Thursday) 2-Chuck B., Orchard Grove; 9—Bob W., Bay View; 16—Tony P., Kean; 23—Connie A., West Clifton; 30—Joe R., Pearl Road.

STRONGSVILLE (Tuesday) 7—Ed C., Midpark; 14—Franklin M., Shaker; 21-26th Anniversary of Group, Speaker: Chuck G., North Canton, O.; 28-Maggie D., River Bay Women.

TRINITY (Saturday) 4—Vince R., (?) ; 11-Surprise; 18—Ed P., Southwest Sun.; 25-Charles H., Pearl.

UAW-1005 (Wednesday) 1-Ted R., Valley View; 8—Bill W., TC-1005; 15-John C., UAW-1005; 22—Lois C., River Tues.; 29-Jim M., Sister Ignatia.

WARRENSVILLE WOMEN (Wednesday) 1-Gene A., Garden Valley; 8-Helen M., Steelworkers; 15-Paul O., Bedford Wed.; 22—Father D., Rosary Hall; 29—Carol R., Strongsville.

WEST SIDE MIDNIGHT (Saturday) 4-Tony P., Kean; 11-Dolores J., Ridgewood Women; 18—Bob P., Parmatown Men; 25-Edith H., West Side Women.

WEST SIDE MORNING (Thursday) 2-Father H., Wickliffe Wed. ; 9—Jack H., West 25th; 16-Ed M., Parmatown Men; 23-Lew N., YOUR; 30-Sophie L., Pearl.

WEST SIDE WOMEN (Monday) 6—Jean E., West Shore; 13-Ed H., Northwest; Mitzi B., West Side Women; 27—Caz L., Southwest.

Y.O.U.R. (Sunday) C-Frank M., Metro General; 12—Dale C., Avon Lake; 19—Lisa E., Euclid Wed.; 26—Joe K., St. Thomas, Akron, O.

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

AUGUST 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.

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-Bethany United Church of Christ 3183 West 41st 8:30
 C.A.H.—2205½ Lake Shore Blvd. 11:00 a.m.
 CASTALIA, O.—Church of Christ, 205 Main St. 8:30
 COLLINWOOD—14812 St. Clair (rear) 7:30
 DAY AT A TIME—13857 Euclid Ave 11:00 a.m.
 DEACONESS MIXED-Deaconess Hosp., 4229 Pearl Road 8:30

ELYRIA—St. Jude's School (rear) 590 Popular St., Elyria, O. 7:30
 GARDEN VALLEY-7100 Kinsman Ave. 4:30
 GARRETSVILLE-St. Ambrose Church, Windham St., Rte. 82, Garrettsville, O. 8:30
 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 Arcady Ave. 2:00
 LAKEWOOD ARMORY-First United Church of Christ, 2150 Warren Rd., Lakewood 9:00
 MANSFIELDO-20% SO. Park St. 8:00
 MARSHALL-Marshall Ford Agency (side door) 6200 Mayfield Rd. 8:00
 MENTOR SUNDAY-St. Bedes Church 9114 Lake Shore Blvd. 8:00
 MISLETOE-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—8516 Broadway 8:30
 NEWBURY-St. Helen's Church, Rt. 87, Newbury 8:15
 PURITAS SUNDAY-Church of Ascension, 14040 Puritas Rd. 8:30
 6700 DETROIT DISCUSSION-6700 Detroit Ave. 7:00
 SOUTHWEST SUNDAY-Bd. of Education Bldg., 390 Fair St., Berea 8:30
 SUPERIOR STAG—Orca House, 1905 East 89th St. 11:W a.m.
 TRI-COUNTY—1378 E. 340th St., Eastlake 12:30
 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

BLUE MONDAY DISCUSSION—Orca House, 1905 East 89th St. 11:00 a.m.
 BORTON-Forest Hills Presbyterian Church, Lee & Monticello Blvd., Cleveland Heights 8:30
 BROOKPARK-Redeemer Lutheran Church, 6151 Smith Rd. 8:30
 EARLY EARLY-St. John's Cathedral (Lower E. 9th & Superior (Superior Entrance) 7:30
 ELYRIA MEN-ST. Agnes School Basement, Lee & Dewey 8:30
 FRESH START-4807 Cedar Ave. 8:00
 FRIENDLY SUBURBAN-6037 Pearl Rd. (closed mtg.) 8:00
 FRIENDSHIP—Blvd P. Wesleyan Church, 2600 Lake Shore Blvd. 8:30
 GOLDEN GATE WOMEN—Highland Presby. Church Annex, 6832 Wilson Mills Rd. 8:30
 HARBOR LIGHT-1710 Prospect Av. 8:00
 HUMBLE-Beachland Presbyterian Church, 19100 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
 LANGUAGE OF THE HEART-1320 Kinsman (rear) Blvd. 8:00
 LEE MONDAY—First Presbyterian Church, Nela & Euclid Ave. 8:30
 LEROY BRAKEMAN-Leroy Grange Hall, Brakeman Rd. off Rt. 68, 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
 RIDGECLIFFE-HOSP.-25900 Euclid Ave., Euclid, O. 1:00
 RIVER BAY-Closed Women—Rocky River Presb. Luth. Church, 2124 N. W. 8:30
 SANDY & YOUNG PEOPLE—United Meth. Church, 2401 Columbus Ave., Sandusky, O. 8:00
 SHAKER-Christ Episcopal Church, 3445 Warrensville near Kinsman 9:00
 SOLON CROSSROADS-34295 Aurora Rd., Solon, O. 8:30
 SOLON PIONEER WOMEN (closed) Pioneer Meth. Church, 3400 Solon Rd., Solon, O. 12:00
 SOUTHEAST-8516 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 80 8:30
 WALTON HILLS—Union Hall, 7800 Northfield Ad., Northfield, O. 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., W. Madison 8:30
 WILLOUGHBY-First Presbyterian Church, 4765 Shankland Rd. 8:30
 WINDSOR-Unit ed Methodist Church, Rt. 322 & Rt. 534 8:30

TUESDAY

AMERICAN INDIAN-St. John's Episcopal Church, 2600 Church Ave. 9:00
 ASHLAND-Methodist Church, corner Cottage & Sandusky Sts. 8:00
 BAINBRIDGE GRATEFUL-Valley Presbyterian Church, Rt. 306 & Chagrin Rd. 8:30
 CLARK-1917 Clark Ave. 8:30
 CLOCKWATCHERS (Closed)-Christ Episcopal Church, Hudson 8:00
 DAY AT A TIME AM-3857 Euclid Ave. 8:30
 EASTSIDE WOMEN-Orca House 1905 East 89th St. 8:00
 EATON-Grace United Church of Christ, 14911 Westrop off E. 152 St. 8:00
 EOGELAKE-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 & 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:W
 FORD 1250—17250 Hummel Rd., Brookpark 11:00 a.m.
 GARFIELD HEIGHTS-Garfield Municipal Bldg., 5555 Turney Rd., Garfield Hts. 8:30
 HELPFUL—First United Church of Christ, 2150 Warren Rd., Lakewood 8:00
 KIRTLAND—Old South Church, Rt. 306, Kirtland 8:30
 LAKE COUNTY-Methodist Church Fellowship Hall, Rt. 20 & E. Southwood, Mentor 8:30
 LAUREL-Brooklyn High School Cafeteria, 9200 Biddulph Rd., Brooklyn 8:45
 LORAIN AVENUE TUESDAY-St. John Bosco Church, 6460 Pearl Rd., Parma Heights 9:W
 LORAIN CENTRAL-Trinity Church, Elyria Ave. & 25th, Lorain, 8:30
 LORAIN FORD-425—4910 Greenwood, Sheffield Lake, O. 10:30 a.m.
 MANSFIELD-Grace Episcopal Church, 41 Bowman St. 8:30
 MAYLYND—Hilcrest Evan. United Brethren Church, 1400 Lander Rd., Mayfield Heights 8:30
 MIDTOWN-Trinity Catholic Parish Hall (rear), E. 22nd & Prospect 8:30
 NEW SROADWAY-HARVARD-8516 Broadway 10:30 a.m.
 NIGHT & DAY-2205½ Lake Shore Blvd. 8:30
 NO. RIDGEVILLE—Shepherd of Ridge Lutheran Church, Rt. 29, East Rt. 76 8:30
 NOW-6304 Detroit Ave. 8:30
 RIVER TUESDAY-Rocky River Methodist Church, 19414 Detroit Rd., Rocky River 8:30
 ST. JOHN'S—St. John's School, E. 50th & Friele Ave. 8:30
 SANDUSKY AFTERNOON-Municipal Bldg., Melig 1:00
 SANDUSKY SOLDIERS & SAILORS HOME—Strubb Rd., Sandusky, O. 8:30

SERENITY WOMEN (Closed), 1378 E. 340th St., Eastlake, O. 8:30
 SEVEN HILLS—Closed Discussion—Seven Hills Meth. Ch., Elmhurst Ave., off Pl. Valley 8:30
 SHOREGATE MEN'S STAG—Wickliffe City Fire Station (up), 28730 Ridge Rd., Wickliffe 9:W
 STRONGSVILLE—Community Library, 2224 Prentiss Road 8:30
 SUPERIOR—North Presbyterian Church, -E. 40 St. & Superior 8:30
 TRW-6402 Cedar Ave. Guard Post #2, Bldg. 32, 2nd Fl. 7:00
 12 STEP WOMEN'S DISCUSSION—Episcopal Church of the Advent, 3760 Dover Center Rd., Westlake 1:00
 WEST PARK—Puritas Lutheran Church, W. 138 St. & Puritas 8:30
 YOUNG PEOPLES-First Methodist Church, Euclid Ave. & 7th 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 Warrenville Church, Blaine & Warrenville Center Rd. 8:30
 BRAINARD CIRCLE WOMEN-Trinity Cong. Church, Inter. Brainard, Shaker & Gates Mills Rds. 8:30
 BRECKSVILLE WED.—V.A. Hospital, 2900 Brecksville Road 8:00
 BRUNSWICK—Cuyahoga Savings Bldg., Laurel Square (entrance next to Marshall Drug) 8:30
 CHAGRIN VALLEY DISC. (Closed Men)—St. Martin's Episcopal Church, Bentleyville, Ohio. 8:30
 CHRISTIAN TEMPLE, 5th & Washington, Lorain, O. 8:30
 COLLINWOOD-14812 St. Clair (rear) 8:00
 DOAN MEN-First Presbyterian Church, 16200 Euclid Avenue 8:30
 EASTSIDE MORNING-Orca House, 1905 East 89th St. 11:W 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-5516 Broadway 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:W
 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
 MANSFIELD CENTRAL-PO% Park St. So., Mansfield, O. 8:00
 MANTUA CENTER-Elementary School, Rte 82, Mantua, O. 8:00
 NASA, 21000 Brookpark Rd. 8:00
 NORTH EATON (Closed), Rtes. 76 & 82, No. Eaton, O. 8:30
 NORTH OLMSTED—Episcopal Church of the Advent, 3760 Dover Center Rd., Westlake 8:30
 OPPORTUNITY DISC.—St. Ann's Church, Madison, O. 7:30
 PARMA HEIGHTS-AH Saints Episcopal Church, 8911 Ridgewood Drive 8:00
 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 St., Sheffield Lake 8:30
 SOS, Matt Talbot Inn, 9305 Superior 7:30
 STEEL WORKERS-Swiss Hall, 271 Walton Avenue 11:00 a.m.
 T.C. 1005 UAW (Progressive Hall)—5615 Stumph Rd. (between Brookpark & Snow 10:00 a.m. & 8:30
 TWENTY-FOUR HOUR—Church of Ascension, 13216 Detroit Road 8:30
 WEDNESDAY MEN'S DISCUSSION—St. Paul's Shrine, 4120 Euclid Avenue 8:30
 WEST SHORE—West Shore Unitarian Church, 20401 Hilliard Rd., Rocky River 8:45
 WEST SIDE YOUNG PEOPLE—First United Church of Christ, 2150 Warren Rd., Lakewood 8:30
 WICKLIFFE—Presbyterian Church, E. 296 St. & Ridge (so. off Euclid) 8:30
 WOMEN'S DISCUSSION (Closed)—Deaconess Hospital, 4229 Pearl Road 8:30
 WOMEN'S WELCOME (Closed)—Community Church, Cor. Big Creek Pkwy. & Bagley Rd., Midlg. Hts. 8:00

THURSDAY

ALLEDALE-St. Paul's Episcopal Church, 15837 Euclid Avenue 8:30
 ANGLE—St. Malachi's Church, 2459 Washington Avenue 8:30
 ASHLAND THURSDAY—St. Matthew's Church, 1515 Millfin Avenue 8:00
 ASHTABULA HARBOR—Bethany Lutheran Church, Penn. Ave. (between 9th & 10th) 8:30
 BAY WEST DISCUSSION (Closed)—Church of the Redeemer, 23500 Center Ridge Rd., Westlake 8:30
 BERA 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 Broadway Rd., at Oak Park Dr. 8:30
 CHRYSLER TWINSBURGH-Chrysler Union Hall, 8650 Chamberlin Rd., Twinsburg 8:30
 COVENTRY-Fairmont Presbyterian Church, Scarborough & Fairmount 9:W
 DAY AT A TIME-13857 Euclid Avenue 11:00 a.m.
 EASTLAKE-Reformation Lutheran Church, 34300 Lake Shore Blvd. 9:00
 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. 95th Street 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 (Closed)—20% Park St. N., Mansfield, O. 10:00 a.m.
 MANSFIELD DISCUSSION (Closed)—20% Park St. N., Mansfield, O. 8:00
 MAPLE LEAF—Congregation Church Fellowship Hall, West of park, Burton 8:30
 MIDPARK—Middleburg Heights Community Church, Big Creek Pkwy. & Bagley Rd. 8:30
 NIGHT & DAY-2205½ Lake Shore Blvd. 11:00 a.m.
 NORTH RANDALL—Lakeland Village Hall, 21937 Miles Avenue 8:30
 OBERLIN-Grace Lutheran Church, West Lorain St., Oberlin 8:30
 PAINESVILLE-Salvation Army Bldg., 69 Pearl Street 8:30
 RIVERSIDE-St. Christopher's by the River, Old Mill Rd. at Gates Mills, O. 8:30
 ROCKY RIVER—Rockport Methodist Church, 3301 Wooster Rd., Rocky River 8:30
 ST. CLAIR THURSDAY—2205½ Lake Shore Blvd. 8:30
 SANDUSKY AFTERNOON—"Ridge", Meigs St., Sandusky, O. 1:00
 WESTSIDE MORNING-West Hesperian Lutheran Church (rear entrance) 11:00 a.m.
 WESTLAKE THURS. DISC.—Westlake Christian Church, 25800 Hilliard Rd. 10:W a.m.
 WILLARD-Willard United Bank Bldg., Willard 8:30

FRIDAY

AVON LAKE-United Church of Christ, 3281 Elyria Blvd. 8:30
 BERA FRIDAY—Berea Congregational Church, Seminary & C. States Mills, O. 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 Street 8:30
 CHARITY-St. Vincent Charity Hospital Amp., 6th Floor, 2222 Central Ave. 8:30
 CLOCKWATCHERS—Christ Episcopal Church, Hudson (Closed Meeting) 8:30
 CONNEAUT—Closed Meeting Elem. School, Mill St. 8:00
 DAY AT A TIME—13857 Euclid Ave. 10:45
 EAST SIDE FRIDAY (Closed)—Lynchurst Community Presbyterian Church, 5312 Mayfield 9:00
 ELYRIA FRIDAY—St. Andrews Church, 300 S. Third St., Rt. 20 8:30
 EUCLID FRIDAY—Church of Epiphany, Lakeshore — E. 210 Street 9:W
 FRIDAY AFTERNOON WOMEN—Plymouth Church, Coventry & Drexmore 1:00
 FRIDAY NON-SMOKING-even Hills Methodist Church 7593 Elmhurst Dr. 8:30
 GORDON SQUARE-West Blvd. Christian Church, Madison Ave. & W. 101 St. 8:30
 HEIGHTS CLOSED DISCUSSION-Heights Christian Church (rear), 17300 Van Aken at Avilon 8:30

KEAN—Westlake Christian Church, 25600 Hilliard Rd. 8:30
 MA NSFIELD FRIDAY—20% South Park St. 8:00
 MAPLE HEIGHTS-Maple Heights City Hall, Corner Lee Rd. & Maple Hts. Blvd. 8:30
 METROPOLITAN-Metropolitan General Hospital, 3395 Scranton Rd. 7:30
 NIGHT & DAY—2205½ Lake Shore Blvd. 10:45
 NORTHEAST-Hope Evangelical Lutheran Church, 2222 Taylor Rd. at Northvale 8:30
 PAINESVILLE FRIDAY-1st Congregational Church, 82 Liberty St., Painesville, O. 8:30
 PARMA TOWN MEN'S—Parma Community Hospital Cafeteria, 7007 Powers Drive 8:30
 POST OFFICE GROUP—Main Post Office, Room 4053 8:00
 RIDGEWOOD WOMEN—St. Matthew Luther & Church, 6901 Ridge Road, Parma 8:00
 SISTER IGNATIA—St. Paul Church, E. 200th & Chardon Rd. 9:00
 SMITH-WILSON MIDDLE—8516 Broadway 8:30
 SOLIDARITY—2382 Unwin Rd., Quincy & E. 55 St. 8:30
 SPANISH-AMERICAN—Our Lady of Guadalupe Church, 30th & Clinton, Lorain, O. 8:30
 STELLA MARIS—1320 Washington St. 8:15
 TGIF MEN—Bethesda Lutheran Church, 28607 Wolf Rd. Bay Village 8:00
 TRI-COUNTY—1378 E. 340th St. 11:00 a.m. & 8:30
 TRW—6402 Cedar Ave. Guard Post #2, Bldg. 32, 2nd Floor 1:00
 UNIVERSITY CIRCLE CLOSED-Church of the Covenant, 1120 S. Euclid Avenue 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-8516 Broadway 8:30
 ASHTABULA—St. Peter's Episcopal Church, Main St. at So. Park 8:30
 BAY FIRESIDE-Bay Presbyterian Church, Cor. Columbia & Lake Roads 8:30
 BAYVIEW—Bayview Hospital, 23200 W. Lake Rd., Bay Village 8:30
 CALVARY-Calvary Church, E. 79 & Euclid 8:30
 CLEVELAND TEAMSTERS-Teamsters Joint Council Bldg., 41, 20 E. 22nd St. 8:00
 DAY AT A TIME-13857 Euclid Ave. 7:30
 FOREST CITY-2125 Broadview Rd. 8:30
 L.S.I.—17600 Broadway, Maple Hts. (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, 15309 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 Roads 8:15
 MADISON AVE. (Open)—Martin Luther Church, Madison Ave. & W. 89th St. 8:30
 MANSFIELD-MM South Park St. 8:00
 MATT TALBOT—First Presbyterian Church, 16200 Euclid Avenue 8:30
 MEMPHIS—Cove Church, 12501 Lake Ave. 9:00
 NEW LONDON—First Methodist Church, Main St., New London 8:00
 NIGHT & DAY-2205½ Lake Shore Blvd. 8:30
 PARKMAN—St. Edwards Church, 425 N. Parkman, O. 8:30
 PARMA FRIDAY-Third Federal Savings & Loan, 550 Ridge Rd. (rear entrance) 8:45
 PLAINS-Mentor Plains Methodist Church, Rt. 306 & Lake Shore Blvd. Mentor 9:W
 REDWOOD-Euclid Lutheran Church, E. 260 St. & Forestview, Euclid 8:30
 SANDUSKY VACATIONLAND—Providence Hospital Cafeteria, Hayes & Sandusky, O. 8:30
 SATURDAY SECURITY—Elyria Savings Bldg., Lowell, St., Elyria, O. 8:30
 S&L VA Hospital, 10701 East Blvd. 10:00 a.m.
 SOBRIETY-St. Mark's Church, 15300 Puritas 8:30
 TRI-COUNTY ARID-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 RICHFIELD-United Church of Christ, Rt. 307, West Richfield 8:30
 WEST SIDE MIDDLE-15300 Puritas Ave., St. Mark's Church of Christ 8:30



COLLEGE COED TALKS TO AAs

My name is Ann and I am a student at Akron University. No, I am not an alcoholic but after working with Founder's Day. I almost wish I were. You see, I had never met an alcoholic before in my life, much less any members of Alcoholics Anonymous. Your Founder's Day weekend was such an important part of my life that I have asked Bacchus to allow me to speak to all of you through his column.

When I was asked to work with other college students on Founder's Day weekend, I'll admit I was curious. Oh sure, the money was important as it is to any college student but more than that, I was plain curious about you people. True, I had read about AA; had even studied your organization in one of my classes. But nowhere did I find any kind of description of you as people, much less any information about what you all were like inside. You were people from another planet to me and I wanted to study you. Don't misunderstand, please. I knew you didn't have two heads; I knew you didn't wear Army overcoats to AA meetings. However, I had no profile which would fit each one of you, except for your disease of alcoholism.

Well, the weekend is over and I know what? I still don't have a profile that will fit everyone of you because the first thing I discovered was, you are alcoholics yes, but you are also separate individuals. Each one of you is different except in your basic character defects, and never have I seen so many people smilingly admit, "Yes, I'm afraid at times. Yes, I have resentments plus bouts of self-pity. Through AA though I have learned to handle my emotions before they get out of hand and handle me."

We college students insist on, "Tell it like it is." Paradoxically, I blush when I admit that you have been doing this since your organization was founded in 1935, before many of us current collegiates were born. And you tell it like it is, not to get the facts on some issue, but to help another human being. When you tell it like it is, you are giving away humanity and love for the most unselfish reason in the world: to lift a still suffering alcoholic out of the hell of his alcoholism. Now I am not saying the social issues with which college students are concerned are not important. No way. They are vital to the good life we hope to make when it is our turn to run the world. And, yet, you AAs are directly saving lives through the most old-fashioned, the simplest method ever invented: by human contact and concern. You are making a better world and have been for years through the beautiful principles of your organization.

Not only are the principles beautiful (Yes, I sat down and read your Big Book all the way through). You are all such beautiful people. Your faces shine and your eyes are alive. You carry yourselves with confidence and pride, yet not with arrogance. Those of you who brought

(Continued on page four)

POWER

Someone once told me alcoholics had no will power. As I recall, it was my **ex-wife** (note underscoring on the "ex"). Of course, since I had no will power (according to that source), I had to be an alcoholic, and it was all that simple really!

Deep down inside me somewhere I couldn't completely agree with her theory, however rational and sensible it sounded. Yet, since it was obvious she had more ammunition to use, I really never enjoined the battle, which could have been called: "The Battle Of Whether A Drunk We Shall Call 'X', Did Or Did Not Have Any Will Power." I would have, undoubtedly, lost the battle, as I always lost the battles with my ex.

Today, ten or fifteen years later and a few years in Alcoholics Anonymous, I realized I probably have as much or more will power than the average "Joe" in the street. Whatever it was that kept me drinking so tenaciously for 23 years **must** have been will power. Some people may call it stick-to-itiveness — I call it tenacity, and I stuck-to-drinking with unsurpassed vim and vigor. **Nothing** was permitted to stand in the way of my drinking. Brother, that's will power!

It appears to me that all alcoholics have a streak of this tenacity, or stubborn refusal to give up instilled in them. Some seem to have more than others.

It would follow, I imagine, that the drunk who wants to quit drinking the most, is going to be the one who works the hardest at **getting** sobriety and keeping it. We find, however, there are all sorts of variations in AA. Some rather disinterested, disenchanted beginners develop into the most enthusiastic

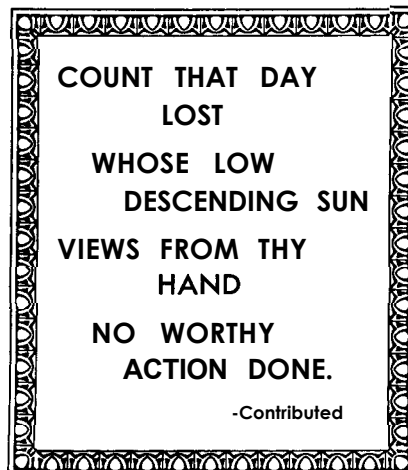
members and on the other side of the coin there are those who, at the outset, seem to be veritable "Mr. AAs" and then "just fade away" like old soldiers.

This article, for example, is being written in a hospital room. When I was admitted ten days ago and began to recover slightly at first, I requested my faithful wife to bring me paper and pen, as I would like to do an article for By, George! However, complications set in and writing articles was a bit out of the question for several days. Nevertheless, the old tenacity or stubbornness was still there, and this morning I ventured forth with what you read here.

The experience was very good for me, because it has shown me that though there be obstacles along the path of sobriety and situations which don't agree with what we'd like, we can stay sober and exercise that will power in positive patterns.

Thus this article, which isn't really all that good anyway, got written simply because I used a little of that will power (I call it Higher Power) my ex said I didn't have.

Editor's Note: It is a lucky editor who has a devoted colleague meeting his deadline, a coronary notwithstanding. Thanks, Paul, now PLEASE take it easy.





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Harry D. Pounder and Editor 1892-1968



Vol. 31

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No. 12

MILL ENDS AND REMNANTS

With this edition of Central Bulletin, the oldest such journal in the Alcoholics Anonymous program, will have completed its 31st year of continuous publication.

For all of its history the unrecorded story of every one of the 372 issues has been one of devotion. Behind every word that has been written and between every line there is and has been an unwritten word of gratitude.

There have been many periods and times of frustration, but the motivating factor of gratefulness, the call to share our hopes, strengths and experiences, has always prevailed, our human inclinations notwithstanding.

That Central Bulletin is a labor of love needs only the proof of the devotion given it by Harry and Louise D. for twenty-six of its thirty-one years, and in this, for varying periods of time, they were joined by many, many members whose great motivation was one of gratitude.

Gratitude is a wonderful word and a wonderful attitude, but only assumes greatness when it is accompanied by and stirs action.

Countless upon countless times we have listened to expressions of gratitude, only to observe the lack of active responsible expression, and it is in this area from which stem the frustrations mentioned earlier. There has to be follow through if gratitude is to be the selfless attribute it is programmed to be.

Someone once told us that pain is the price of leadership, and sometimes it takes considerable self-discipline not to react improperly or impulsively to the hurt of the frustration.

Yet, when even one individual comes through with devotion, as disclosed by our co-editor, Paul, all of the frustrations of the past fade away and we make ready for new challenge, even though we might smart a little from the rebuffs of other directions.

It is not unusual during the month to receive somewhat petty complaints, all of which are displaced with an occasional word of commendation for an article or item that helped someone over a hump.

Yes, in the five years now that we have helped with the Bulletin, we have had many frustrations and many doubts, all of which pass away with time, as long as we don't take them or ourselves too seriously, for after all, today only is ours, and we can never be certain that all of it will be ours all day, by George!

FORESTS

To have an intimate friendship with a forest is the most rewarding experience man can have. A forest is a personal thing. As the individual who is privileged to have a wilderness of his very own to know becomes better acquainted with his woods, he sees that this woods has a personality of its own. It is as distinct, and changeable — warm or cruel — as any human personality. It can be loved, and can return love. It also can be abused, and it becomes hostile. The forest is responsive.

Roy Nickerson

MINUTES OF THE CENTRAL COMMITTEE MEETING AUGUST 7, 1973

Meeting was opened with Moderator Lou W., leading the Serenity Prayer. There were 36 group representatives present. Bob W., Vice Moderator, read the Purposes of Central Committee and the Twelve Traditions of Alcoholics Anonymous. Minutes of July 3 meeting were read and approved, following which Lillian W., in absence of Treasurer Jean C., reported a balance in Institution Fund of \$420.20 and in the General Fund a total of \$346.27; grand total \$766.47.

COMMITTEE REPORTS:

Action Committee: Joe T., Chairman. John B., in absence of Chairman, reported on his finding with respect to the Lake County Center on Alcoholism and Abuse, advising that the matter had been resolved.

Areawide Meeting: Jim W., Chairman reported next meeting will be on September 7 in Jordan Hall of Charity Hospital. Speaker will be announced.

Central Bulletin: George M., Editor. While new subscriptions are being received at good rate, renewals are not keeping pace, so overall gain in subscriptions is nil.

Hospital Committee:

Rosary Hall: Ray M., Chairman, led discussion on hours in which to come in for Vitamin B shots. Members should avoid the periods between 7:30 a.m. and 8:30 a.m.; 12:00 Noon and 1:00 p.m., and 5:00 p.m. and 6:00 p.m. as these are busy hours at Rosary Hall. Restated the rule that women visitors to the Women's Ward are not to go through the Men's Section. Women should come up from first floor stairway opposite Sister Victorine's office.

Bay View: Bernie B., Chairman, reported all is quiet.

Brecksville: Harry G., Chairman, no report.

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

P.I.C.: Dick P., Chairman, reported 174 speakers had been supplied by the Cleveland AA District Office to non AA-meetings and groups during the first seven months of 1973.

There was no old business and new business consisted of a discussion from proposal of Jim R., that a brief communication, not as an ad, be published in the daily newspapers as to help being available through AA. Following lengthy discussion motion was made and carried that communication read as follows: "If you drink and want to, that's your business. If you want to stop and can't, that's our business. Understanding help is available. For information call ALCOHOLICS ANONYMOUS, 241-7387." By motion, which was seconded and carried, Jim R. was appointed to carry through with this matter.

Following a motion, duly seconded and carried it was agreed that each of the three prison groups (J. Dorm., Grafton Honor Farm and Mansfield) be allocated \$20.00 with which to purchase literature.

Milton B. Secretary of the new Cleveland Reintegration Center, Fireside Group, 8615 Euclid Avenue, made an appeal for support and attendance at this new group which meets at 7:30 pm. each Sunday.

John B. reported the need of donations to support the NE Ohio Message of AA, also advising office space had been acquired and would be opened the first of September. Mail contributions and news should be mailed to: P.O. Box 45127, Westlake, Ohio 44145.

There was a short discussion of Lorain County Hospital and this will be looked into and reported back at next meeting.

Meeting adjourned with the Lord's Prayer.

Respectfully submitted,
Joedy M., Acting Secretary

SUPPORT YOUR DISTRICT OFFICE
BE A BULLETIN BOOSTER

PRAYER OF THE MONTH

Almighty God, we are grateful to you for your understanding and forgiveness of our frailities, and pray that we may with each other share understanding and forgiveness. Amen.

WELL LIVED ? ! ?

All of us are familiar with the lovely thought in the front of our Twenty Four Hour book, the second verse of which reads:

“For yesterday is but a dream
 And tomorrow is only a vision.
 But today, well lived,
 Makes every yesterday a dream of happiness
 And every tomorrow a vision of hope!
 -Sanskrit Proverb

In our Christian world the verse might be historically interesting if only because “The World Book” tell us that Sanskrit is generally accepted at having been introduced in India about 1500 B.C., but that by 500 B.C. local dialects had sprung up and that Buddha preached his doctrine in one of the latter.

However, it is the words “well lived” which seem increasingly significant to me. It has occurred to me that the verse does not say “lived well,” nor does it say “well lived.” Is it possible to read those words simply as “well lived” ?

It is printed
 “But today, well lived.”

As persons newly introduced to AA, can anyone tell us what Dr. Bob and Bill W., have ever said or written on that particular subject?

Has anyone else in AA ever said or written about those two words, per se, which are apparently so much a part of AA doctrine?

If not, is it a possible subject for thought?
 -Jane M., Wooster, Ohio

Editor's Note: Thanks, Jane, for your foregoing letter, which is shared with our readers and from them we shall hope to receive thoughts on the subject of your letter. In the meantime, we shall research for any previously written material.

GROUP NEWS

Fairview Park Group has moved and now meets on Tuesdays at 8:30 p.m. at Parkview Community Reformed Church, 5575 West 220th Street, Fairview Park.

New open meeting group is the Fireside Group which meets on Sundays at 7:30 p.m. at Cleveland Reintegration Center, 8615 Euclid Avenue — use side entrance on 87th Street. It is hoped every effort will be made to support the work of this new group.

IN MEMORIAM

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

RALPH BRITT, a 21 year member, passed away on July 21. Ralph was active in the Mentor Plains Group.

FRED HUTSON, who had observed his 14th Anniversary in AA on June 17, 1973, passed away, following a short illness, on July 24, three days after his 65th birthday. Fred, a revered friend and effective and selfless AA, was a member of the Garden Valley Group.

HERMAN P. WAHL, for a number of years assistant director at Rosary Hall in Charity Hospital, passed away on August 12.

WINFIELD (WYNN) WEBER, a long time member, passed away August 11, at age 73. Wynn served in various capacities on the Operating Committee of Cleveland AA District Office, as well as at the group level.

DATES TO REMEMBER

- SEPTEMBER
 3-LABOR DAY
 4-Central Committee, 8:30 p.m., Room 362, Hanna Building.
 7—Area-wide Meeting, 8:30 p.m., Jordon Hall of Charity Hospital, East 22nd and Central Avenue. Speaker will be announced.
 16—1st Anniversary, UAW-10 0 5 Wednesday Morning Group, 8:00 p.m., UAW Progressive Hall, 5 615 Chevrolet Boulevard, Parma, Ohio. Speaker: Pat W., Cincinnati, Ohio.

VALUES

- The greatest handicap — “FEAR”
 The best day — “TODAY”
 The easiest thing to do — “TO FIND A FAULT”
 The greatest mistake — “GIVING UP”
 The greatest comfort — “WORK WELL DONE”
 The most disagreeable person — “THE COMPLAINER”
 The worst bankruptcy — “LOSS OF ENTHUSIASM”
 The best teacher — “ONE WHO MAKES YOU WANT TO LEARN”
 The greatest need — “COMMON SENSE”
 The meanest feeling — “REGRET AT ANOTHER'S SUCCESS”
 The best gift — “FORGIVENESS”
 -Anonymous

WORKING THE PLAN

God can work through you better when you are not hurrying. Go very slowly, very quietly, from one duty to the next, taking time to rest and pray between. Do not be too busy. Take everything in order. Venture often into the rest of God and you will find peace. All work that results from resting with God is good work. Claim the power to work miracles in human lives. Know that you can do many things through the Higher Power. Know that you can do good things through God who rests you and gives you strength. Partake regularly of rest and prayer.

-Broward County (Fla.) News Letter

ON LONELINESS

Loneliness, like pollution, is a problem which has crept up on industrial society until it now plagues the whole spectrum of life from the cradle to the grave. Industrial society has unwittingly managed to create a very lonely world and nowhere is it lonelier than in the U.S. because industrialization is more advanced and the people lack the familial and spiritual ties with one another which would alleviate the unwanted aloneness in which so many find themselves.

— Moises Sandoval

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 Turner Rd., New Chapel Bldg. # 1	8:00
TUESDAY	
BRECKSVILLE V.A. HOSPITAL-1000 Brecksville Rd.	7:30
FRIENDS OF EXODUS-4041 Northfield Road	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:W
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.

MY HOME GROUP

My home group is where I form the closing ties in AA. The kind of "ties" that quickly dispel all thoughts of a drink because of a brand of sobriety I've grown to desire and admire. Here are the people who swiftly administer the "kick in the pants" that I need from time to time. These same people pat me on the back when it is due.

Within my group I can learn tolerance, because I know that my group tolerates me.

When one of the speakers said "find a group where you're comfortable and stay there" he gave some real solid advice to the new man or woman in AA.

How's my group doing? Better yet what am I doing to repay my group for all they offer me? Have I asked the new person to join my group. This is indeed a Program of attraction and this is particularly true at the group level.

Support your group! It may reflect the quality of your sobriety.

-Jim W. in Toledo Area News

COLLEGE COED TALKS TO AAs

(Continued from page one)

your families took such joy in each other.

I watched strangers meeting strangers. Yet, they were not strangers as they immediately started talking a mile a minute. And you AAs do talk — like, wow! The difference in your talk and much of the boring junk I have to listen to is that you have so much to say and it's all so worthwhile. (Oh, I eavesdropped shamelessly. Talk about an instant psychology course, that's what Founder's Day weekend was. I mean, you really laid it on me in the most interesting course I ever took. By accident, yet. And for free!)

Naturally, my fellow students and I talked about all of you. We dissected you. We put you under figurative microscopes and probed and punched. "What makes these AAs tick?" we kept asking. We came up with theories you wouldn't believe — and threw them all out! Because there is no single theory that suited Alcoholics Anonymous members. The one word we found which says it all is something (I'm blushing again!) the younger generation thought it had invented and, again, we found you AAs beat us to it. It is the word which described what I felt all around me when I walked into Spanton Hall where you were registering. It was so obvious, I thought, "Unreal. These things happen only in books. Can't be."

It can be and it is. The feeling we thought members of my generation had invented is good old: l o v e. I could reach out and touch it. It was palpable. And glorious.

You are truly the beautiful people, you wonderful AAs. Thank you for letting me and my friends get to know you.

-Ann (instead of Bacchus) in Akron (O.) Intergroup News

THINKING OUT LOUD

August is a very important month for me. It was 29 years ago on August the 4th that I had my last drink of alcohol. It was 62 years ago on August 30th that Annie and I got married. Both of these events are very important, and by the grace of God and this Fellowship we both can look forward to celebrating our wedding anniversary with a dinner, surrounded by our family and friends. I also passed my 82nd milestone on June 7th, so I think that makes me an old-timer in AA and out of AA.

Hence on this important month, I think it's appropriate to express my sincere thanks to God and to all my AA friends throughout the world for taking me into this fellowship when all the other doors were closed to me, and for sharing your strength with my weakness. As a result of your help I was able to acquire a new lease on life which gives me a deep satisfaction and a philosophy of life with inner serenity that has kindled a zest for a full active life.

Through the long years of my association with you I have learned that it takes time to grow old, but you kept me busy and didn't give me time to grow old. No one grows old by living — only by losing interest in living. You have helped me to maintain an attitude of active appreciation for all of life's blessings. The greatest blessing is the simple fact of being alive — not yesterday, not tomorrow, but today.

You have taught me how to live one day at a time which made my load easier to carry. And by living one day at a time, I have learned that life is not a succession of time-tight compartments. However time does flow into the present, bringing with it a wealth of memories, and if I capitalize on the experience of my yesterdays, I can enlarge the enjoyment of my todays, but in doing so I must be selective, taking over the assets of the past and leaving out the liabilities. I was told that if I follow the Steps that you took I will measure up to my best. And as a result of following the steps you took I am now able to treat myself with self-respect, discipline my anger and lust and liberate myself from false demands of perfection.

The older I get the more I realize that life is made up of many little things, and if I want to rise to higher usefulness I should share and cherish the seemingly trifles that I find in my daily living. I also know that my standing in this world and in this wonderful fellowship is measured by my donation, and not by my duration.

Over the 29 years you have planted many plants of love and friendship in my garden of memories, and they are all in full bloom now. The sweet fragrance lingers on to remind me of your many kind acts and your warm friendship and now as I am in the December of my life the blooms are more beautiful. You made it possible for me to pick roses in December. The years may have slowed me down but my spirit has grown more serene and your friendship grows holier with each shared year. Memories are growing more hallowed. The harvest of your love and friendship which you so freely planted is now ripe for reaping. The prayer I never had time to say, the God I never had time to get acquainted with — all this is now mine because you took me in when I had no place else to go. And when my chapter ends, surely the best of all is yet to be.

-Edward B., Akron (0.) Intergroup

S M I L E S

One drunk to another: "I don't have to listen to the all-night talk shows, I married one."

The minister called at the Smith home one Sunday and little Willie went to the door. "Pa ain't home," he announced. "He went to the golf club."

The minister glowed and Willie added: "Oh, he ain't gonna play golf. Not on Sunday. He just went over for a few highballs and a little stud poker."

Customer leaving a state store: "Well, the cost of living is up a buck a fifth."

AA CENTRAL BULLETIN ORDER BLANK. Please write distinctly... or print... to avoid errors. Includes fields for Name, Address, City, Zone No., and payment information.

CLEVELAND AREA

Guest Speakers

SEPTEMBER, 1973

BAY FIRESIDE (Saturday) 1-Jim R., Parmatown Men; 8—John G., Bay View; 15-Tom C., West 25th; 22—Charlie P., Garden Valley; 29-Terry L., West Side Women.

BAY VIEW (Saturday) 1-Phil H., Edgelake; 5-Bob W., Bay View; 15-Jack M., Southwest Sun.; 22-Kevin O., West Shore; 29—Al M., Lake Shore Men.

BEDFORD MORNING (Wednesday) 5-Dick M., Chagrin Falls; 12-Shirley W., Chagrin Falls; 19—Doc F., Lake County; 26-John K., 12th Step.

BORTON (Monday) 3-Harry S., Ravenna, Ohio; 10—Mary Ellen B., Youngstown, Ohio; 17-Lewis K. R., Youngstown, Ohio; 24-Ann C., Niles, Ohio.

BRECKSVILLE WEDNESDAY (Wednesday) 5-C.R.S., Seven Hills; 12—Fred P., Parma Sat.; 19—Norman K., Parma Sat.; 26-Dick F., Southwest Sun.

BROOKLYN (Thursday) 6—Tony T. (24th Anniv.), Brooklyn; 13-Walter M. (3rd Anniv.), Brooklyn; 20—Don T., Parma Heights; 27-Jerry W., Angle.

BROOKPARK (Monday) 3—Landon M., (?); 10—Alanon Anniversary; 17—Bill C., Wakeman Twilight; 24—Al M., Lake Shore Men.

CHARITY (Friday) 7—Area Wide Meeting, Jordan Hall; 14—Leo G., Angle; 21-Bob G., Lee-Seville; 28—Chink E., Mistletoe.

FRIDAY NON-SMOKING (Friday) 7-Earl J., Parma Sat.; 14-Wally M., Seven Hills Men; 21-Dom C., Seven Hills Men; 28-Pat P., Bedford.

GARFIELD HEIGHTS (Tuesday) 4—Jim K., Garfield Tues.; 11-Jim G., Bedford Wed.; 18—Berth F., Walton Hills; 25-Fred S., Bedford Wed.

GORDON SQUARE (Friday) 7—Joe H., Humble; 14—Sophie Le J., Pearl; 21-Laura M., Ramona; 28-Kevin B., Lakewood Armory.

GRATEFUL (Wednesday) 2—Don T., Solon; 9—Joe K. Golden Link; 16—Scotty R., Bedford Wed.; 23-Wally B., Bedford Wed.; 30—Vince K., Twinsburg.

LAUREL (Tuesday) 4—Dean O., Ridgewood Women; 11-Lee H., Southwest Sun.; 18—Paul C., Parmatown Men; 25-Jim W., Southwest Sun.

NORTH OL MSTED (Wednesday) 5-Florence C. (1st lead), North Olmsted; 12—Don C., Borton; 19—Harry J., Bay View; 26-Bob H., Parma Heights.

PARMATOWN MEN (Friday) P-Jerry W., Angle; 14—Roger M., UAW-1005; 21-Bill C., Bainbridge; 28—Jerry W., Brooklyn.

RIVER BAY (Closed Women) (Monday) 3-Ray B., Angle; 10—Midge S., Lake County Tues.; 17-Helen D., Garden Valley; 24-Phyllis H., Wickliffe.

ROCKY RIVER (Thursday) 6—Phil H., Edgelake; 13—Dick S., Edgelake; 20-Bill L., Sr., Edgelake; 27—Ross S., Edgelake.

SOUTHWEST SUNDAY (Sunday) 2-Dick B., Midpark; 9—Norm H., Brooklyn; 16—Earl J., Parma Sat.; 23—Barney N., Parmatown Men; 30-Frank H., Strongsville.

STEEL WORKERS (Wednesday) 5-Frank M., Day at a Time; 12—Helen D., Garden Valley; 19—Mary G., Edgelake; 25-Otto K., (1st lead), Bedford Wed. Morning.

STRONGSVILLE (Tuesday) 4—Ed S. (1st lead), Lodi; 11-Jack S., Westlake; 18—Jane C., Ashtabula; 25—Walter M., Brooklyn.

TRINITY (Saturday) 1-Garland H., Brookside; 8—Jim B., Brookside; 15-Jim B., Brookside; 22-Pearl K., Clark; 29-Earl C., Brookside.

UAW-1005 MORNING (Wednesday) 5-Mose Y., Alliance, Ohio; 12—Joe H. (1st lead), UAW-1005; 16—(Sunday 8 : 00 p.m.), 1st Anniversary of Group, Speaker: Pat W., Cincinnati, Ohio; 19—Beth G., Independence; 26—Tom and Betty B., Chagrin.

WARRENSVILLE WOMEN (Wednesday) 5-Midge S., Lake County Tues.; 12-Charlotte L., TRW; 19—Joan M., Angle; 26-Joan B., Calvary.

WEST PARK (Tuesday) 4-Calvin C., American Indian; 11-Sheila J., Ashtabula, Ohio; 1&-Richard L., J & L; 25-Dick Z., Angle.

WEST SIDE MIDNIGHT (Saturday) 1-K. K.; 8—Dennis C., Borton; 15-Tom L., Newburgh; 22-Joan B., Young People; 29—Minnie C., Grateful.

WEST SIDE MORNING (Thursday) 6—Eddie McN., Mansfield, Ohio; 13-Jim McD., Painesville Thurs.; 20—Al B., Parma Heights; 27-Jack C., Clark.

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

SEPTEMBER 13, 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.

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-Bethany United Church of Christ, 3388 west 41st	8:30
C. A.-22050 Lake Shore Blvd.	11:00 a.m.
CASTALIA, O.-Church of Christ, 205 Main St.	8:30
COLLINOWOOD-14812 St. Clair (rear)	7:30
DAY AT A TIME-13857 Euclid Ave.	11:00 a.m.
DEACONESS MIXED-Deaconess Hosp., 4229 Pearl Road	8:30
ELYRIA-St. Jude's School (rear) 590 Popular St., Elyria, O.	7:30
GARDEN VALLEY-7,000 Kinsman Ave.	4:30
GARRETTSVILLE-St. Ambrose Church, Windham St., Rte. 82, Garrettsville, O.	8:30
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% So. Park St.	8:00
MARSHALL-Marshall Ford Agency (side door) 6200 Mayfield Rd.	8:00
MENTOR SUNDAY-St. Bedes Church 9114 Lake Shore Blvd.	8:00
MISTLETOE-St. John's Cathedral Lower Sacristy, Entrance off Superior & 9th	7:00
NELA PARK-General Electric Co., Cafeteria Off Noble Road	7:30
NEWBURGH Broadway	8:30
NEWBURY-St. Helen's Church, Rt. 87, Newbury	8:15
PURITAS SUNDAY-Church of Ascension, Puritas Rd.	8:30
6700 DETROIT DISCUSSION-6700 Detroit Ave.	7:00
SOUTHWEST SUNDAY-Bd. of Education Bldg., 830 Fair St., Berea	8:30
SUPERIOR STAG-Orca House, 1905 East 89th St.	11:00 a.m.
TRI-COUNTY-1378 E. 340th St., Eastlake	12:30
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. Job's Lutheran Church School Bldg., E. 176 Nottingham, so. of Lake Shore Blvd.	7:15

MONDAY

BLUE MONDAY DISCUSSION-Orca House, 1905 East 89th St.	11:00 a.m.
BORTON-Forest Hills Presbyterian Church, Lee 8 Monticello Blvd., Cleveland Heights	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 8 Dewey	8:00
FRESH START-4807 Cedar Ave.	8:30
FRIENDLY SUBURBAN-6037 Pearl Rd. (closed Mtg.)	8:00
FRIENDSHIP-Bldg Presy terian Church, 24600 Lake Shore Blvd.	8:30
GOLDEN GATE WOMEN-Highland Presby. Church Annex, 5632 Wilson Mills Rd.	8:00
"ARBOR LIGHT"-1710 Prospect Av.	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
"LANGUAGE OF THE HEART"-1320 Kinsman (rear) LEE MONDAY-First Presbyterian Church, Neia & Euclid Ave.	8:00
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. Pa's Luth. Church, Detroit & Arthur Ave.	8:30
PEANUTS-2125 Broadview Rd.	8:30
RAMONA-St. Michael's Church, 10000 Union Ave.	8:30
RIDGECLIFF HOSP.-25900 Euclid Ave., Euclid, O.	1:00
RIVER BAY-Closed Women-Rocky River Presbyterian Church, 2714 Detroit Rd.	8:30
SANOUSKY YOUNG PEOPLE-United Meth. Church, 7401 Columbus Ave., Sandusky, O.	8:00
SHAKER-Christ Episcopal Church, 3445 Warrensville near Kmsman	9:00
SOLOAN CROSSROADS-34295 Aurora Rd., Solo, O.	8:30
SOLOAN PIONEER WOMEN (Closed), Pioneer Meth. Church, 35100 Salon Rd., Solon, O.	12:00 Noon
SOUTHEAST-8516 Broadview	8:30
STREETSBORO-St. Thomas Lutheran Church, Rt. 43 south of Rt. 14	8:30
TEMPLE-St. Adelbert Church, 2347 E. 83 St. VERNILION-Congregational Church, State St., Route 60	8:30
WALTON HILLS-Union Hall, 7800 Northfield Rd., Northfield, O.	8:30
WEST 25th STREET-Eighth United Church of Christ, 2409 Willowdale Ave., off W. 25 St.	8:30
WESTSIDE WOMEN-West Blvd. Christian Church, W. 101 St. & Madison Ave.	8:30
WILLOUGHBY-First Presbyterian Church, 4785 Shankland Rd.	8:30
WINDSOR-United Methodist Church, Rt. 322 & Rt. 534	8:30

TUESDAY

AMERICAN INDIAN-St. John's Episcopal Church, 2600 Church Ave.	9:00
ASHLAND-Methodist Church, corner Cottage & Sandusky Sts	8:00
BAINBRIDGE GRATEFUL-Valley Presbyterian Church, Rt. 306 = Chagrin Rd.	8:30
CLARK, 917 Clark Ave.	8:30
CLOCKWATCHERS (Closed)-Christ Episcopal Church, Hudson	8:00
DAY AT A TIME AM-3857 Euclid Ave.	8:30
EASTSIDE WOMEN-Orca House, 1905 East 89th St.	8:00
EATON-Grace United Church of Christ, 1491 Westrop off E. 152 St.	8:00
EOGLAKE-Trinity Lutheran Church, 16400 Detroit Ave., Lakewood	8:30
ESQUIRE-St. James Episcopal Church, 1681 E. 5 & Whittier, off Payne	8:30
EUCLID MORNING-Lake Shore Christian Church, E. 280 & 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
HELFPUL-First United Church of Christ, 2150 Warren Rd., Lakewood	8:00
KIRTLAND-Old South Church, Rt. 306, Kirtland	8:30
LAKE COUNTY-Methodist Church Fellowship Hall, Rt. 20 & E. Southwood, Mentor	8:30
LAUREL-Brooklyn High School Cafeteria, 9200 Biddulph Rd., Brooklyn	8:45
LORAIN AVENUE TUESDAY-St. John Bosco Church, 8460 Pear, Rd., Parma Heights	9:00
LORAIN CENTRAL-Trinity Church, E. 9th Ave. & 25th Lorain	8:30
LORAIN FORD-425-4910 Greenwood, Mansfield Lake, O.	10:30 a.m.
MANSFIELD-Grace Episcopal Church, 4 1 Bowman St.	8:30
MAYLINO-Hillcrest Egan, United Brethren Church, 1400 Lander Rd., Mayfield Heights	8:30
MIDTOWN-Trinity Catholic Parish Hall (rear), E. 22nd & Prospect	8:30
NEW BROADWAY-HARVARD-8516 Broadway 10:30 a.m.	10:30 a.m.
NIGHT & DAY-22050 Lake Shore Blvd.	8:30
NO. RIDGEVILLE-Shepherd of Ridge Lutheran Church, Rt. 20, East Rt. 76	8:30
NOW-8304 Detroit Ave.	8:30
RIVER TUESDAY-Rocky River Methodist Church, 19414 Detroit Rd., Rocky River	8:30
ST. JOHN'S-St. John's School, E. 5th & Euclid Avenue	8:30
SANOUSKY AFTERNOON-Municipal Bldg., Meig St.	1:00
SANOUSKY SOLDIERS & SAILORS HOME-Strubb R d., Sandusky, O.	8:30

SERENITY WOMEN (Closed), 1378 E. 340th St., Eastlake, O.	8:30
SEVEN HILLS-Closed Discussion-Seven Hills Meth. Ch., Elmhurst	8:30
SHOREGATE MEN'S STAG-Wickliffe City Fire Station (UP), 28730 Ridge Rd., Wickliffe	9:00
STRONGSVILLE-Community Library, 12313 Pearl Road	8:30
SUPERIOR-North Presbyterian Church, 501 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
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)	8:00
BAXTER-St. Stanislaus Recreation Hall, E 65 St. & Baxter	8:30
BEFORE WEDNESDAY MORNING-Bedford Christian Church, Blaine & Warrenville Center Rd.	10:30 a.m.
BEDFORD-Bedford Christian Church, Blaine & Warrenville Center Rd.	8:30
BRAINARD CIRCLE WOMEN-Trinity Cong. Church, Inter. Brainard, Shaker & Gates Mills Rds.	8:30
BRECKSVILLE WED.-V.A. Hospital, 11000 Brecksville Road	8:00
BRUNSWICK-Cuyahoga Savings Bldg., Laurel Square (entrance next to Marshall Drug)	8:30
CHAGRIN VALLEY DISC (Closed Men's) Martin's Episcopal Church, Bentleyville, Ohm.	8:30
CHRISTIAN TEMPLE, 5th & Washington, Lorain, O.	8:30
COLLINOWOOD-14812 St. Clair (rear)	8:00
OOAN MEN-First Presbyterian Church, 16200 Euclid Avenue	8:30
EASTSIDE MORNING-Orca House, 1905 East 89th St.	11:00 a.m.
EUCLID WED. (Closed)-Master's Evan. United Church, 77, E. 260th St.	8:30
FAIRPORT HARBOR-525 Eagle St., Fairport Harbor	8:30
GARFIELD HEIGHTS-8516 Broadway	8:30
HAGUE-Bethany Presbyterian Church, W. 6 5 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 INTERACCIAL-Mt. Zion Baptist Church, 30th & Wood Ave.	8:00
MANSFIELD CENTRAL-PO+ Park St. So., Mansfield, O.	8:00
MANUTIA CENTER-Elementary School, Rte 82, Mantua, O.	8:00
NASA, 21000 Brookpark Rd.	8:00
NORTH EATON (Closed), Rtes. 76 & 82, No. Eaton, O.	8:30
NORTH OLMSTED-Episcopal Church of the Advent, 3760 Dover Center Rd., Westlake	8:30
OPPORTUNITY DISC.-St. Ann's Church, Madison, O.	7:30
PARMA HEIGHTS-All Saints Episcopal Church, 8911 Ridgewood Drive	8:30
ST. JAMES-St. James Church, E. 84 & Cedar	8:00
SANOUSKY GROUP -I-Providence Hospital Cafeteria	7:30
SHEFFIELD LAKE-St. Thomas School (new hall south east bldg.), Harris Rd., Sheffield Lake	8:30
SOS, Matt Talbot Inn, 930 S Superior	7:30
STEEL WORKERS-Swiss Hall, 27, Walton	11:00 a.m.
T.C. 005 UAW (Progressive Hall)-5615 Stumph Rd. (between Brookpark & Snow	10:00 a.m. & 8:30
TWENTY-FOUR HOUR-Church of Ascension, 13216 Detroit Road	8:30
WEDNESDAY MEN'S DISCUSSION-St. Paul's Shrine, 4120 Euclid Avenue	8:30
WEST SHORE-west Shore Unitarian Church, 2700 Hilliard Rd., Rocky River	8:45
WEST SIDE YOUNG PEOPLE-First United Church of Christ, 2150 Warren Rd., Lakewood	8:30
WICKLIFFE-First Presbyterian Church, E. 286 St. & Ridge (so. off Euclid)	8:30
WOMEN'S DISCUSSION (Closed)-Deaconess Hospital, 4229 Pearl Road	8:30
WOMEN'S WELCOME (Closed)-Community Church, Cor. Big Creek Pkwy. & Bagley Rd., Mdlbg. Hts.	8:00

THURSDAY

ALLENDALE-St. Paul's Episcopal Church, 15837 Euclid Avenue	8:30
ANGLE-St. Malachi's Church, 2459 Washington Avenue	8:30
ASHLAND THURSDAY-St. Matthew's Church, 1515 Millfin Avenue	8:00
ASHTABULA HARBOR-Bethany Lutheran Church, Penn. Ave. (between 9th & 10th)	8:30
BAY WEST DISCUSSION (Closed)-Church of the Redeemer, 23500 Center Ridge Rd., Westlake	8:30
BEREA THURSDAY-Fine Arts Club, 329 Reley Rd. (east of Eastland Rd.)	9:00
BROADWAY 55th-Our Lady Lourdes School Ha., 4771 Broadview Rd., at Oak Park Or.	8:30
BROOKLYN-St. James Lutheran Church Hall, 4771 Broadview Rd., at Oak Park Or.	8:30
CHRYSLER TWINSBURGH-Chrysler Union Hall, 8650 Chamberlin R d., Twinsburgh	8:30
COVENTRY-Fairmount Presbyterian Church, Scarborough & Fairmount	9:00
DAY AT A TIME-13867 Euclid Avenue	11:00 a.m.
EASTLAKE-Reformation Lutheran Church, 34900 Lake Shore Blvd.	9:00
EOGLAKE 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 Street	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 (Closed)-20% Park St. So., Mansfield, O.	10:00 a.m.
MANSFIELD DISCUSSION (Closed)-20% South	8:00
MAPLE LEAF-Congregational Church, Fellowship Hall, West of park, Burton	8:30
MIDPARK-Middleburgh Heights Community Church, Big Creek Pkwy & Bagley Rd.	8:30
NIGHT & DAY-22050 Lake Shore Blvd.	11:00 a.m.
NORTH RANDALL-North Randall Village Hall, 2197 Mills Avenue	8:30
OVERLIN-Grace Lutheran Church, West Lorain St., Oberlin	8:30
PAINESVILLE-Salvation Army Bldg., 69 Pearl Street	8:30
RIVERSIDE-St. Christopher's by the River, Old Mill Rd., Galloway, Mills, O.	8:30
ROCKY RIVER-Rockport Methodist Church, 330 Wooster Rd., Rocky River	8:30
S. T. CLAIR THURSDAY-22050 Lake Shore Blvd.	8:30
SANOUSKY AFTERNOON-City Bldg., Meig St., Sandusky, O.	1:00
WESTSIDE MORNING-West Hungarian Lutheran Church (rear)	11:00 a.m.
WESTLAKE THURS. DISC -Westlake Christian Church, 25800 Hilliard Rd.	10:00 a.m.
WILLARD-Willard United Bank Bldg., Willard	8:30

FRIDAY

AVON LAKE-United Church of Christ, 328, 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 Bell St.	9:00
CHARDON-Chardon United Methodist Church, 515 North Street	8:30
CHARITY-St. Vincent charity hospital Amp., 6th Floor, 2222 Central Ave	8:30
CLOCKWATCHERS-Christ Episcopal Church, Hudson (Closed Meeting)	8:00
CONNELAUT-Southeast Elem. School, Mill St.	8:30
DAY AT A TIME-13867 Euclid Avenue	10:45
EAST SIDE FRIDAY (Closed)-Lindhurst Community Presbyterian church, 5312 Mayfield	9:00
ELYRIA FRIDAY-St. Andrews Church, 300 S. Third St., Rt. 20	8:30
EUCLID FRIDAY-Church of Epiphany, Lakeshore = E. 210 Street	9:00
FRIDAY AFTERNOON WOMEN-Plymouth Church, Coventry & Drexford	1:00
FRIDAY NON-SMOKING-Seven Hills Methodist Church, 7593 Elmhurst Or.	8:30
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

KEAN-Westlake Christian Church, 25800 Hilliard Rd.	8:30
MANSFIELD FRIDAY-20% South Park St.	8:00
MAPLE HEIGHTS-Maple Heights City Hall, Corner Lee Rd. & Maple Hts. Blvd.	8:30
METROPOLITAN-Metropolitan General Hospital, 3395 Scranton Rd.	7:30
NIGHT & DAY-22050 Lake Shore Blvd.	10:45
NORTHEAST-Hope Evangelical Lutheran Church, 2227 Taylor Rd., at Northvale	8:30
PAINESVILLE FRIDAY-1st Congregational Church, 22 Liberty St., Painesville, O.	8:30
PARMATOWN MEN'S-Parma Community Hospital, Cafeteria, 7007 Powers Drive	8:30
POST OFFICE GROUP-Main Post Office, Room 405	8:00
RIDGEWOOD WOMEN-St. Matthew Lutheran Church, 6901 Ridge Road, Parma	8:00
SISTER IGNATIA-St. Paul Church, E. 200th & Chardon Rd.	9:00
SMITH-WILSON MIDNITE-8516 Broadway	Midnight
SOLIDARITY-2382 Unwin Rd., Quincy & E. 55 St.	8:30
SPANISH AMERICAN-Our Lady of Guadalupe Church, 30th & Clinton, Lorain, O.	8:30
STELLA MARIS-1320 Washington St.	8:15
TUFF MEN-Bethesda Lutheran Church, 28607 Wolf Rd., Bay Village	8:30
TRI-COUNTY-1378 E. 340th St.	11:00 a.m. & 8:00
TRW-6402 Cedar Ave. Guard Post # 2, Bldg. 32, 2nd Floor	7:00
UNIVERSITY CIRCLE CLOSED-Church of the Covenant, 11205 Euclid Avenue	Noon
VENICE-Betty Rinderle School, Galloway Rd., Sandusky	8:30
WELLINGTON FRIDAY-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
BAY FRESIDE-Bay Presbyterian Church, Cor. Columbia & Lake Roads	8:30
BAYVIEW-Bayview Hospital, 23200 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-3857 Euclid Ave.	Midnight
FOREST CITY-2125 Broadview Rd. L.S.I.,-17600 Broadway, Maple Hts. (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, 15309 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 & Towline Roads	8:15
MADISON AVE.(Open)-Martin Luther Church, Madison Ave. & W. 89th St.	8:30
MANSFIELD-20% South Park St.	8:00
MATT TALBOT-First Presbyterian Church, 16200 Euclid Avenue	8:30
MEMPHIS-Cove Church, 12501 Lake Ave.	9:00
NEW LONDON-First Methodist Church, Main St. New London	8:00
NIGHT & DAY-22050 Lake Shore Blvd.	Midnight
PARKMAN-St. Edwards Church, center St. Parkman 0	8:30
PARMA SATURDAY-Third Federal Savings & Loan, 9500 ruge kv. (rear entrance)	8:45
PLAINES-Mentor Plains Methodist Church, Rt. 306 & Lake Shore Blvd., Mentor	9:00
REDWOOD-Euclid Lutheran Church, E. 760 St. & Forestview, Euclid	8:30
SANDISKY VACATION-Hope Evangelical Hospital Cafeteria, Hayes Ave., Sandusky, O.	8:30
SATURDAY SECURITY-Elyria Savings Bldg., Lowell, St., Elyria, O.	8:30
SL&L, VA Hospital, 10701 East Blvd.	10:00 a.m.
SOBRIETY-St. Mark's Church, 15300 Puritas	8:30
TRI-COUNTY ARIO-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 RICHFIELD-United Church of Christ, Rt. 303, West Richfield	8:30
WEST SIDE MIDNITE-15300 Puritas Ave., St. Mark's Church of Christ	Midnight



LETTER TO A NEWCOMER

Dear X,

You have been so kind as to ask me to be your sponsor, a great compliment to me, and for my thinking about AA and its Way of Recovery. Naturally you must take what I write as the views of just one out of the million or so who have joined our Fellowship since its start.

My outlook has obviously changed since I came in. I began, as is quite normal for new members more with the ambition to escape from trouble and drunkenness than **with any clear** hope or idea of being able to become permanently sober. Then that outlook, from growing contact with AA, changed to a feeling of delight that slowly my new sobriety was the cause of my being accepted once more as a whole man by my circle of relations and friends. Then I started to become enamoured of the serenity and feeling of safety that came seeping into me as the result of trying to practice our spiritual Steps honestly and in the company of my new friends in AA. Now? . . . Well, AA has crept under my skin; I would feel naked and alone and utterly strange without it. All these changes will certainly never transform me into being one of the major Saints nor Great Mystics of this century, nor indeed into being an authority on the disease of alcoholism. But they have added up to my becoming something closer to the man I set out to be when young and filled with the generous, though often muddleheaded, idealism of Youth. I have found that Willingness to accept our programme and its **principles** is the essential for ME. No matter how poor my practice of it and them has been, the Willingness to persevere in seeking to improve it has been the thing

c o u . . . that e d .

Ours is a programme to bring us back to Reality. I think the beginner's first approach to Reality is to face the question: Does he wish to live or die? If he can't make up his mind that alcoholism has him beaten to the ropes; if he can't conquer his pride and admit that his own power isn't enough to cope with his problems; if he can't bring himself to admit that he needs and must have help from his group; if he goes on telling himself that attempting to live on a spiritual programme is strictly for sickly women and children but not for him; then he has almost certainly subconsciously decided for death.

There is no valid argument about that. AA's worldwide experience has been that those who persist in refusing help, those who think they can recover without having to come to terms with themselves, their world and their conscience have written themselves off for good, or until they change their attitudes. The only Older Members in AA are those who were prepared to throw away their pride and take and give generously all the help available. Here are a few things to remember. There are no special laws of alcoholism for us individually. We do have to try all that AA's 38 years of

(Continued on page two)

THINKING OUT LOUD

STEP TWELVE: Having had a spiritual awakening as the result of these Steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs. It does not mean (as the result of these Steps we carry the alcoholic and supply him with all the **necessities** of life).

Yet there are many good men and women in AA who think that they must carry the alcoholic and provide him or her with shelter, clothing, food and transportation. This generosity by some of our good members attracts **many** professional **panhandlers** who prey on the generosity of the member with the open purse, but when the purse is empty they move on to other territories. The sad part is that the professional panhandler makes it hard for the honest person who wants to stop drinking and needs some financial help. Sometimes those honest men and women are denied financial help which they need to carry them over the poverty hump because they are put in the same class with the free-loader.

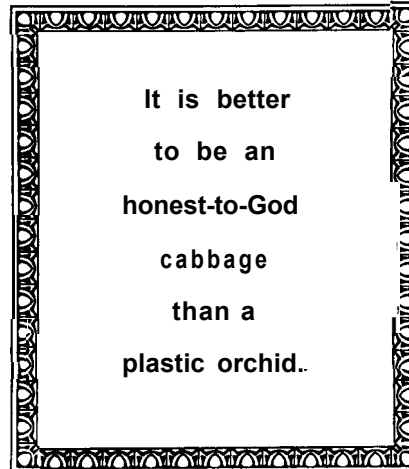
Every man and woman who really wants help with their drinking problem should not be denied help. After a long drink bout some of them are destituted and need some financial and material help and if it is possible they should be helped to meet their immediate obligations. However the new man or woman should not test the bonds of friendship by pulling on the reins just to see how much strain they will stand. Sometimes when a person tries to milk his friends for everything they have, the milk of human kindness may go sour.

Perhaps the greatest damage a person can do to a new man's faith is to **milk him** dry and then forget him, and this has happened to many honest men and women. There are some men and women who want to jump from rags to riches through their benefactor's purse. So they borrow the new man's pot to cook his goose. They move from one group to another looking for a soft-touch, and unfortunately they find one or more in every group. After they milk their new friends dry, they **move** to another group to exploit new victims.

Most men and women who **come** into AA are honest working people who have many financial obligations of their own and they cannot afford to carry the financial load of others without depriving their own family of some necessities of life. It is only a selfish person who will ask another person to deprive his family of meat and potatoes and provide him with caviar. Our primary purpose is to stay sober and carry the message to other alcoholics, we are not asked to take over his obligations.

Most men and women who call for help with their drinking problem have used alcohol and their friends as a crutch because they could not stand on their own two feet and face reality. So instead of taking over the alcoholic's obligations, we should take the crutch away from him and teach him how to stand on his own feet and face life's problems squarely. Every problem that confronts us is a challenge, both physical and mental and

(Continued on page four)





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Harry D. pounder and Editor 1892-1968



Vol. 32

October, 1973

No. 1

MILL ENDS AND REMNANTS

Decisions, decisions, decisions!

For a group of human beings whose track records are anything but decisive or definitive in the much used current **verbage**, it is no wonder that great numbers of us let the other fellow act.

Yet those of us who leave it to one or more of our colleagues to do, in our own indecisiveness become master of the second-guess when generally something that has been done could well be irrevocable.

So, we continue to observe definitive actions being taken that could well have been left unpursued or done only after thorough exploration with more experienced colleagues and more deliberate consideration by slower thinkers, as well as doers.

On occasion it would appear that we are working for merit badges to attach to the invisible sashes we wear across our shoulders. There are no bars, oak leaves or stars to be fastened to our individual epaulets. Rather, any stars that any individual might earn belong in the crown of Alcoholics Anonymous to be worn by the fellowship as a whole.

None of us, however inflated egos may become, has the head on which the overall crown will fit, as, befitting the first tradition, it is in unity in fact and purpose that our common welfare is strengthened.

Notwithstanding, to some there may appear to be a golden road of glory, but this is a mirage, for there is no glory in love and service, just gratitude for the opportunity to serve and in small measure repay.

To drink the cool water in the oasis of accomplishment we can only do so TOGETHER, by George!

A SALUTE TO ED B.

After 18 years as the moving spirit and editorial voice of the Akron, Ohio, Intergroup News, Ed B., assumes the mantle of "Editor Emeritus".

His quality column — "Thinking Out Loud" has always reflected the humor and profound philosophy of a fine AA, wonderful and completely unselfish man whose gratitude for sobriety is matchless.

It has been our privilege over the years to share Ed's editorials with our Central Bulletin readers, knowing that they, too, would benefit from their excellence. We take heart in the news that he will continue to record his thoughts "out loud".

CLEVELAND AA DISTRICT OFFICE

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

MINUTES OF CENTRAL COMMITTEE MEETING SEPTEMBER 4, 1973

Meeting was opened with Moderator Lou W., leading in the Serenity Prayer. There were 23 group representatives in attendance. Vice Moderator, Bob W., read the purposes of Central Committee and the Twelve Traditions of Alcoholics Anonymous, following which minutes of the August 7 meeting were read and approved. Treasurer's report disclosed total amount of \$766.47 of which \$420.20 is in Institution Fund and \$346.27 in the General Fund.

COMMITTEE REPORTS:

Action Committee: Joe T., Chairman, reported nothing needed attention.

Area-wide Meeting: Jim W., Chairman, stated that next meeting on September 7 would have Laura W., Chicago, Illinois, as the speaker.

Central Bulletin: George M., Editor, is gratified with the continuing job being done by some of the groups in transmitting new subscriptions but stated it is evident that many groups make little or no effort to be a "Bulletin Booster". Asked that renewed efforts be made at group level to increase subscriptions.

Hospital Committee:

Rosary Hall: Ray M., Chairman, reported that sponsorship activities are improving.

Bay View: Bernie B., Chairman, stated things are on the quiet side.

Brecksville: Harry G., Chairman. No report.

Lorain County Hospital: Jack S., gave a short report on the facility which opened July 5.

P.I.C.: Dick P., Chairman, reported that during the first eight months of 1973 the Cleveland AA District Office had supplied 174 speakers to non AA meetings and groups.

There was no carryover business and new business consisted of approval of request of SL&L Group at VA Hospital for literature. Motion was made, seconded and carried to allocate \$20.00 from the Institution Fund for this purpose.

Meeting was closed with the Lord's Prayer.

Respectfully submitted,

Joedy M., Acting Secretary

ARTISTRY

An original painting depicting the "bottom" reached by a drunk, his desperation and broken spirit and then being helped, first to his knees, then through the open door of AA where recovery is possible and death is cheated by the grace of a Higher Power, has been lithographed and a supply is available at the Cleveland AA District Office. The 18"x12" reproduction may be purchased for 75 cents.

LETTER TO A NEWCOMER

(Continued from page one)

experience has shown to be the minimum requirement for contented sobriety. Grudging sobriety has never kept any alcoholic from drinking for long. The strongest link with sobriety is the serenity and happiness that a full acceptance of our Programme carries with it. And above all, once again, is the need for Willingness . . .

Willingness to work for sobriety, Willingness to count oneself up and know the answer must always be ONE: Willingness not to try to be the centre of one's group, but just glad to be A member; Willingness not to look for Gratitude for the little one does for other alcoholis; Willingness to remain grateful to those who are helping US.

The best of good fortune,
yours ever,

Anon.

-From Road Back, Dublin, Eire.

SUPPORT YOUR DISTRICT OFFICE
BE A BULLETIN BOOSTER

PRAYER OF THE MONTH

Almighty God, in filling our own needs and providing for our own comforts, help us to be mindful of the needs also of others; help us to cast off the fear of becoming involved in someone's continuing need; and help us to respond quickly when we witness suffering; and give us the power to let your love flow through our lives to others. Amen.

LIFE AND CHESS

Life is like a gigantic game of chess; so many strategic moves or maneuvers can be made in the game that will eventually effect the piece that seems to be in jeopardy. When things seem to be desolate and problems are seemingly without visible solution, how often do we stop to consider ourselves as just pawns in the hands of the Master? Too many times we want to make our own moves in the game of life, yet we, from our vantage point as a pawn, cannot see the whole board and take into account what future results may be caused by an improper move. The final victory comes when we allow the Master to play His own game, for He alone knows what final results will be best for us.

J. M. in Akron, O., Intergroup News

A MAN'S EYE

There's many a lesson a man must learn but one is simply told, when one man another doth behold look him in the eye and let him know by eye, as well as tongue, you mean what you say;

And when another man speaks to you, listen to him with your eye, as well as your ear, so know he will the genuineness of your intent.

Too many people talk only to be heard by self nor give a damn for any man who speaks from his heart, for they'll not listen.

The eyes convey much of a man, a heart sincere which knows how to speak and to listen!

-From Broward County (Fla.) Newsletter

THOUGHTS

We can make this job of sobriety as easy or as tough as we care to. AA can work absolute miracles in our lives, if we make ourselves willing to let it. It is our inadequacy to cope with "living" that makes us need to drink. The honest application of the 12 Steps will help us overcome this inadequacy, if we are willing to become honest. The Big Book tells us that "halfway measures avail us nothing." I don't think that phrase was meant as a threat, but rather a statement of fact derived from their experiences!

By no stretch of the imagination is a dry spell termed "sobriety." Besides not drinking, we must work on changing our attitudes, opinions and maybe some of our beliefs, and the easiest way to accomplish this job is through the application of all 12 of the Steps of Alcoholics Anonymous. There need be no guess work involved. The facts are there clearly and precisely recorded for us in the Big Book.

-Bud G., in Silver Dollar, Fargo, N.D.

IN MEMORIAM

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

JACK HENNESSY, long time member, active in the West 25th Street Group, passed away in early September.

JACK SPRINC, also a member of the West 25th Street Group, a long time member with many activities, passed away in early September.

DATES TO REMEMBER

OCTOBER

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

6-1st Anniversary of Bay Fireside Group, 8:30 p.m., Bay Presbyterian Church, Corner Columbia and Lake Roads; Speaker: Tom C., Young People.

24-13th Anniversary Alanon Office Council, 8:30 p.m., Trinity United Church of Christ, 3525 West 25th Street; Speakers: Richie F. (AA), Julie F. (Alanon), Michael F. (Alateen).

ONE SOLITARY LIFE

Here is a young man who was born in an obscure village, the child of a peasant woman. He grew up in another village. He worked in a carpenter shop until he was 30, and then for three years he was an itinerant preacher. He never wrote a book. He never held an office. He never owned a home. He never had a family. He never went to college. He never put his foot inside a big city. He never traveled 200 miles from the place where he was born. He never did one of the things that usually accompany greatness. He had no credentials but himself.

While he was still a young man, the tide of public opinion turned against him. His friends ran away. He was turned over to his enemies. He went through the mockery of a trial. He was nailed to a cross between two thieves. While he was dying, his executioners gambled for the only piece of property he had on earth, and that was his coat. When he was dead, he was laid in a borrowed grave through the pity of a friend.

Nineteen wide centuries have come and gone, and today he is the central figure of the human race and the leader of the column of progress.

I am far within the mark when I say that all the armies that ever marched, and all the navies that were ever built, and all the parliaments that ever sat, and all the kings that ever reigned, put together, have not affected the life of man upon this earth as has that One Solitary Life.

-Quoted in The Presidio
(edited by the men of Iowa State Penitentiary)

Over a period of years the foregoing anonymous tribute has appeared in many anthologies and has been often quoted in sermons. It has been attributed to Phillips Brooks but a search of his published works reveals no trace of it. To try to determine its origin the editors have consulted libraries and prominent ministers. All agree that it is a piece of great distinction, but none can name the author.

----- Reader's Digest

HOSPITALS AND INSTITUTIONS

	S U N D 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
FRIENDS OF EXODUS-4041 Northfield Road		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.

CLEVELAND AREA

Guest Speakers

OCTOBER, 1973

BAY FIRESIDE (Saturday) 6 — 1st Anniversary of Group, Speaker: Tom C., Young People; 13 — Bud K., Mantua Center; 20 — William L., Edgelake; 27 — Mac McC., Bainbridge.

BEDFORD MORNING (Wednesday) 3 — Judy O., Bainbridge; 10 — Betty M., Painesville; 17 — Beth R., Mantua; 24 — Jim B., Bedford Wed.; 31 — Harry S., Ravenna.

BORTON (Monday) 1 — Mose Y., Huntsville, O.; 8 — Parker A., Youngstown, O.; 15 — Bruce M., Akron, O.; 22 — Jessie P., Fri. Afternoon Women; 29 — Henry W., Euclid Wade.

BRECKSVILLE WEDNESDAY (Wednesday) 3 — Bill W., Madison Sat.; 10 — Dick C., Madison Sat.; 17 — Charlie P., Orwell, O.; 24 — Dick F., Newbury; 31 — John D., Brecksville Wed.

BROOKLYN (Thursday) 4 — Joe J., Brooklyn; 11 — Helen D., Warrensville Women; 18 — Bob J., Brooklyn; 25 — Joe K., Brooklyn.

CHARITY (Friday) 5 — Ed S., Lakewood Armory; 12 — Bill G., Southwest Sun.; 19 — Keith McC., West Side Young People; 26 — Lisa E., Euclid Wed.

DOAN MEN (Wednesday) 3 — Harry E., Night and Day; 10 — Al W., Shaker; 17 — Henry W., Euclid W.; 24 — Bill K., (?); 31 — Tom B., Newbury.

GARFIELD WEDNESDAY (Wednesday) 3 — Dick F., Southwest Sun.; 10 — Tony K., Smith-Wilson; 17 — Bill L., Cleveland Teamsters; 24 — Ed B. (1st lead), Garfield Wed.; 31 — Emmett M., NASA.

GARFIELD HEIGHTS (Tuesday) 2 — Jean M., Lakewood; 9 — Jim W., Esquire; 16 — Richard C., North East; 23 — Chollie P., Orwell; 30 — Ivan B., Wickliffe.

GRATEFUL (Sunday) 7 — Jack D., Akron; 14 — Martha DeM. (2nd Anniv.), Grateful; 21 — Sandy P., Akron, O.; 28 — Lyle S., Ravenna, O.

MIDPARK (Thursday) 4 — Peggy B., Euclid Wed.; 11 — Father B., Wed. Discussion; 18 — Fred P., Midpark; 25 — Jim M., Angle.

PARMATOWN MEN (Friday) 5 — Dick D., Brookpark; 12 — Bob C., Steel Workers; 19 — Tony W., Elyria, O.; 26 — Jerry W., Angle.

ROCKY RIVER (Thursday) 4 — Sybil L., River Bay; 11 — Joe M., Sheffield Lake; 18 — Joe M., West Side Breakfast; 25 — Beth G., Independence.

STEEL WORKERS (Wednesday) 3 — Marie R., Lakewood Crossroads; 10 — Lou W., Temple; 17 — Frank C., Clark; 24 — Pat G., Clark; 31 — Pearl K., Clark.

STRONGSVILLE (Tuesday) 2 — Don W., Strongsville; 9 — Jim D., Bay West; 16 — Jane P., Bay West; 23 — Dick P., Parma Sat.; 30 — Mary B., Lorain County Women.

UAW 1005 MORNING (Wednesday) 3 — Jim M., Independence; 10 — Charlie K., Lakewood Men; 17 — Les S., Lakewood Men; 24 — Harry D., Day-At-A-Time; 31 — Carol D., Edgelake.

WARRENSVILLE WOMEN (Wednesday) 3 — John B., Young People; 10 — Lenny C., Broadway-55th; 17 — Bill L., North Randall; 24 — Bruce T., Fresh Start; 31 — Cliff B., (?).

WEST SIDE MORNING (Thursday) 4 — Tom B., Novelty, O.; 11 — "Doc" F., Lake County Tues.; 18 — Tom McG., Edgelake; 25 — Dick L., Painesville.

Y.O.U.R. (Sunday) 7 — Earl J., Parma Sat.; 14 — Wes D., Valley View; 21 — Bill M., Chagrin Falls; 28 — Will be announced.

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THE SET OF THE SAIL

Some ships sail east, and some sail west,
by the self-same wind that blows.
It's the set of the sail and not the gale that
determines the way each one goes.

It's a well know "saying" that "you can lead a horse to water, but you can't make him drink." Many of us come to AA the first time because of pressure from family, employer or law enforcement authorities. Many stay, some **stick** it out a while, leave, and show up again in a few months or a few years, and some leave and never return.

In thinking about my first contact with AA I remember how I felt and thought at the time. The little blue pamphlet "A Way of Life" was placed in my hand, I read it, and identified. My sister drew me a map how to get to the AA Club and as soon as I was sober enough I went. I went "on my own" to the extent that no one said, "Go or else . . ." I wanted to go. Stumbling and trembling onto a city bus and transferring to a street car and walking up "thousands" of steps to an upstairs clubroom did not clear my thinking and make me suddenly sane and sober. That trip was very necessary . . . lonely journey . . . an alcoholic in the tattered shreds of his one time dignity, shaken with fear and misgiving, the vision of his total life in dust about his feet . . . lonely journey . . . God help me, God help me, I don't know where I am going I won't know anybody there . . . are they really like me . . . how could they be, how could anyone be quite as bad as me . . . maybe they won't want me . . . if I'll just keep my mouth shut and not blurt it out about that terrible thing night before last there is the block now, if I can just pull the cord for the bus to stop without jerking it loose entirely . . . that's the number, there at the entrance to that stairway . . . why do I keep praying to a God I said I no longer believed in . . . Is that really a liquor store there beneath the AA Club? Oh, how I need a drink, but I must not . . . I will not if I can just get up these steps without passing out . . . please make them let me stay.

That was the beginning. I now believe that a Power Greater than myself led my footsteps to AA, but there was one thing He would not do for me. He may very well have said, "you are a human being and to you I have given what no other living creature has been given: the power of choice, the right and the reasoning power to make a decision. I have been with you always, even when you would not acknowledge me, and I'll never leave you, but I will not force you to go one road or the other you alone must make a decision." We speak so much of the heart-warming fellowship of AA that we so desperately needed . . . and the security of never being alone again. But an AA sponsor or the AA group cannot make your decision for you. AA members can tell a new prospect what it was like, what happened,

(Continued on page four)

THINKING OUT LOUD

It is a long time since I was a small child, but I still remember my mother saying, "If you want to be a good boy, you should always play with some good boys." Now I hear my AA friends and some speakers at our meetings say, "If you want to stay sober, stay in dry places."

But most of us have to work for a living and live with people whose morals and habits are not on the same level as ours. We just cannot leave our job and move to another community. Even if we do move, we will find the same situation there. In our drinking days we tried to run away from ourselves, but we could not run far enough.

With all the rough and harsh aspects that we find in this world. This is still the best world for our moral and character growth. No doubt God could have made it impossible for us to break His Commandments or do any harm to others, but we no longer would be human beings. We would be like some animal and go through life under the control of our instincts. If moral evil is impossible, so too is moral good. There cannot be one without the other. We can only build a strong character when we have the freedom to choose between good and evil.

There are many things in this world we cannot change, but we all can learn to live with the shortcomings of others. Alcohol is here to stay, and there will always be men and women who will drink as long as they can get it, but we learn to live, work, and play with these people without the fear of losing our sobriety. Any philosophy which demands that we cut & selves loose from people who do not follow our

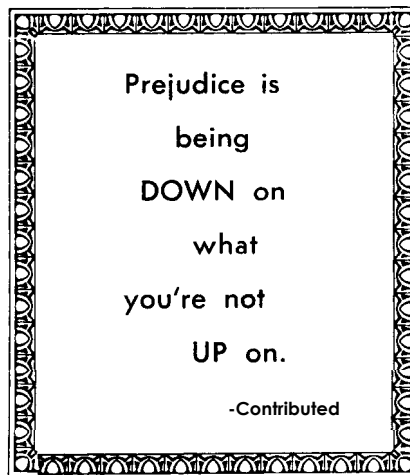
principles is not adequate enough to discipline our lust or treat others with equally profound respect.

The hucksters of depravity are all around us with their merchandise on display in alluring colors and fancy garb. They are advertising their goods day and night, on radio, television, newspapers and billboards. They are well stocked with everything that will satisfy a person's lower instincts. Their motto is, "Let's drink and be merry, for tomorrow we die." But such philosophy has never produced a truly noble life, nor helped any man make any real contribution to any good cause.

Yet amid the grasping greed and brutalizing self-indulgence, there are many men and women who shine as a bright light on a dark night. This troubled world has produced many good men and some great saints who by their examples, transformed the lives of many men and women.

Even the founders of AA lived in this world where alcohol controlled the lives of many men and women. They were the victims of alcoholism and wasted many years searching for pleasure and happiness in bottles with no success. But in the midst of all the human ills and greed, men and women went out to the human scrap-heap to restore the derelict that was cast aside as a worthless human being. This is where the founders of

(Continued on page four)



CENTRAL BULLETIN



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Harry D. Pounder and Editor 1892-1968



Vol. 32

November, 1973

No. 2

MILL ENDS AND REMNANTS

In recognition of the fact that for many years the month of November has been observed as Traditions Month we think it desirable that they be recorded as we are doing below:

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 hut trusted servants; they do not govern.
3. The only requirement for AA membership is a desire to stop drinking.
4. Each group should be autonomous except in matters affecting other groups or AA as a whole.
5. Each group has hut one primary purpose — to carry its message to the alcoholic who still suffers.
6. An AA group ought never endorse, finance, or lend the AA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every AA group ought to be fully self-supporting, declining outside contributions.
8. Alcoholics Anonymous should remain forever non-professional, hut our service centers may employ special workers.
9. AA, as such, ought never be organized, but 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.

We would dare hope that every member of AA would give due recognition to the great purpose of The Twelve Traditions and be guided by them in deliberation or the making of decisions that may affect AA whatever the level of activity may be involved.

Time and truth have borne out the need and desirability for the Traditions as effective reins on ill-ventured activities more often than not promulgated by some totally ignorant of them or self-serving to the degree that The Traditions are pushed into the background, rather than in the place of prominence they deserve in our individual programs and our individual activities.

AA is a program of Recovery, Unity and Service, by George!

COME FLY WITH ME?

Much realistic thinking was behind the reply of an AA member when a stewardess on his plane flight one July asked him if he would take a cocktail before dinner. "No," he replied, "I promised my wife I'd be home for Christmas."

MINUTES OF CENTRAL COMMITTEE MEETING OCTOBER 2, 1973

Meeting was opened by Moderator Lou W., with the Serenity Prayer. Bob W., Vice Moderator, then read the Twelve Traditions of AA and the Purposes of Central Committee. There were 37 group representatives in attendance. Minutes of September 4 meeting were read and approved. Full report of Treasurer was not available, hut will be presented at October meeting; however, treasury halanres show \$346.27 in the General Fund and \$420.20 in the Institution Fund.

COMMITTEE REPORTS:

Action Committee: John B., reported in the absence of Chairman Joe T., saying that no action presently needed.

Areawide Meeting: Jim W., Chairman. Moderator reported in the absence of Chairman that September 7 meeting went well, although stated that more attendance is needed at these meetings.

Central Bulletin: George M., Editor. Reported that efforts of some groups in continuing to send in subscriptions is appreciated; however, many, many groups would appear not to be boosting the Bulletin. A number of groups are giving their speakers yearly subscriptions in token of appreciation.

Hospital Committee:

Rosary Hall: Ray M., Chairman, reports that things are going smoothly.

Bay View: Bernie R., Chairman, stated that visitation and sponsorship continues to be good.

Brecksville: Harry G., Chairmann, no report.

Lorain County: Jack S., gave a short report, stating that it is anticipated two full-time people will be employed — one an AA member and another from Family Service.

Institution Committee: Helen D., Chairman, led a lengthy discussion with respect to new regulation requiring members and visitors in attendance at meetings to fill in lengthy, time consuming forms. Matter will be discussed with proper authorities to resolve the matter.

P.I.C.: Dirk I., Chairman, reported that 178 speakers had been supplied by the Cleveland District Office to non-AA meetings and groups during the first nine months of 1973.

OLD BUSINESS embraced lengthy discussion on NE Ohio Message and it was reported by John B., that their sole purpose was a service to AA members for acquiring literature from their office and the publishing of a monthly newsletter of Ohio General Service activities, etc.

New Business comprised another lengthy discussion concerning outside interests soliciting funds at meetings, and it was concluded that the subject will be brought to attention of proper parties and corrective action required will be taken.

Meeting was adjourned with the Lord's Prayer.

--- Joedy M., Secretary Pro Tern

ACCEPT

ACCEPT the world. (Creation was no accident.)

ACCEPT other people. (They too are searching for happiness and meaning.)

ACCEPT the other person's opinions (To deny an opinion is to assume infallibility.)

ACCEPT yourself as you are. (Don't try to live in a make-believe world.)

ACCEPT change. (The earth turns on its axis. To stand still is stagnation.)

— Akron (0.) intergroup News

SUPPORT YOUR DISTRICT OFFICE BE A BULLETIN BOOSTER

PRAYER OF THE MONTH

Our Father it is our need to be eternally and daily grateful, yet we are inclined to be forgetful. So, during this period of national Thanksgiving help us to be more than ever mindful of that which we receive by looking for opportunities to share whatever is ours to share in gratitude. Amen.

HOW'S YOUR GARDEN

Just as the gardener cultivates his plot, keeping it free from weeds and growing the flowers and fruits which he requires, so may a man tend the garden of his mind, weeding out all the wrong, useless, and impure thoughts, and cultivating toward perfection the flowers and fruits of right, useful and pure thoughts.

By pursuing this process, a man sooner or later discovers that he is the master-gardener of his soul, the director of his life. He also reveals, within himself, the laws of thought, and understands, with ever-increasing accuracy, how the thought forces operate in the shaping of his character and destiny.

Good thoughts bear good fruit, had thoughts bad fruit.

James Lane Allen

WHAT IS LOVE?

That question has been posed to me so many times, especially recently, and there are probably as many definitions of love as there are people who attempt to define it. I, for one, have proffered many a suggestion as to what love is in its many different forms. And almost invariably it boils down to "love is sharing." No matter in what form this sharing comes, whether it be good times or had times, pain or pleasure, joy or sorrow, I believe that to share with each other as we do in Al-Anon is to venture into a unique form of sharing, a unique style of love.

I have "shared love" with my God, my parents, my child, a husband. Each one of these loves were different but also alike in that these loves seemed to be the natural order of things, something over which I seemed to have little or no control. I would never have imagined at the time I came into Al-Anon, that my "sharing" would spread out to hundreds of thousands of people throughout the world, most of whom I'll never see, some of whom are not as yet a part of our unique family of sharing. Already you and I are sharing with these suffering unknowns by helping ourselves, practicing Al-Anon principles and keeping the home fires burning so they will have a warm place to come to as I did.

At the time of my greatest unhappiness and desperation four years ago, at a time when even those natural loves of God, parents, etc., seemed to escape me, I sought your help and found a "caring and sharing" that I can only define as love. Most of us probably weren't the most lovable creatures going, but because we had already shared so much without knowing it and because we were reborn of a common pain, we love.

So sharing a little until you can care enough to share a lot. This must be love. Thank you for caring and sharing. Thank you for love.

— Regina M. — Gateway in Search
(Kentucky AlAnon Journal)

ON FAITH

Some say "faith" is the gift of God. So is the air . . . but you have to breathe it. So is bread . . . but you have to eat it. So is water but you have to drink it. Some are wanting some miraculous kind of feeling, but that is not "faith." Faith will come by fearing and hearing the word of God! It is not for me to sit and wait for "faith" to come over me with a strong sensation, but it is for me to take God at His word.

F. J., Akron, Ohio

DATES TO REMEMBER

NOVEMBER

- 3—12th Anniversary Night & Day Group, 11:00 p.m. 22050% Lake Shore Boulevard, Speaker: Jim S., Maple Heights.
- 6—Central Committee Meeting, 8:30 p.m., Room 362 Hanna Building.
- 10—28th Anniversary Memphis Group, 9:00 p.m., Cove Church, 12501 Lake Avenue, Lakewood; Speaker: Howard O., Indianapolis, Ind.
- 12-34th Anniversary Borton Group, 8:30 p.m., Forest Hills Presbyterian Church, Lee and Monticello Blvd., Cleveland Heights, Ohio, Speaker: dim. M., Independence.
- 15—31st Anniversary Rocky River Group, 8:30 p.m., Rockport Methodist Church, 3301 Wooster Road, Rocky River, Ohio; Speaker: Henry W., Tuesday Luncheon Group.
- 16—District 5 Ohio Area Al-Anon — Gratitude Night, 8:30 p.m., Jordan Hall, Charity Hospital, East 22nd and Central Avenue; Speaker: AA and Al-Anon.
- 20-30th Anniversary West Park Group, 8:30 p.m., Puritas Lutheran Church, West 138th Street and Puritas Avenue; Speaker: Sam P., Pittsburgh, Pa.
- 22-THANKSGIVING DAY
- 22-Annual Thanksgiving Day observance by West Side Morning Group, 11:00 a.m., West Hungarian Lutheran Church (rear), West 98th St., and Dennison Avenue; Speaker: Rnhrrt (Scotty) R., Bedford, O.

DECEMBER

- 1—26th Anniversary Trinity Group, 8:30 p.m., Speaker: Bill G., Southwest Sunday.

WORLD DIRECTORY

At last, the 1973 AA **World Directory, Part I: U.S. and Canada** is being printed. Each group will receive one free copy. Additional copies, if needed, can be ordered through your group secretary. Price is \$1.50 to AA members only.

The copy you'll get is for the entire group's use, not for just one member. Please pass it around, or tell your group about it. Also note: the **Directory** is clearly marked **CONFIDENTIAL: FOR AA USE ONLY**.

As reported before, the **Directory** is late because the rapid growth of AA presented problems in production this year. As a result, the 1973 General Service Conference approved a one-year moratorium on our directories, in order to make possible an in-depth study of production problems.

This means there will be no 1973 **Part II** (overseas) and no **1974 Part I** (U.S. and Canada) published at all, so take good care of the new (1973) one! It has to last.

Box 4-5-9

HOSPITALS AND INSTITUTIONS

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

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.

DO I KNOW WHO I AM?

Who am I? I can see myself in the mirror. OK, just who is this face I see? Is it the face of a self-directed person, who is strong enough to live his own life, or is it that of a person who feels his worthlessness and spends his time dodging and turning, attempting to please sponsor, and "old timers." Is it the reflection of a person trying to continually please others, reshaping his image of himself so often that he has lost track of who he is?

I must come to grips with myself. I must every day — if only for a little while — set all else aside and think about the most important person in the world. Me. I am surviving physically, but am I really my own self, or am I some one else? Am I strong enough to be myself?

I must understand that happiness can come only by accepting myself as I am, with all my imperfections. If I spend my time trying to imitate someone else, I will tarnish the good self-image that I must build and cherish.

I must not measure myself by others' standards. I must stick to the standards that I set for myself through the twelve suggested steps that have been given to me to follow as a pattern of living.

I know now that I am a human being of worth. There are rights that I have, and I owe myself the forgiveness of my human imperfections. I have just as much right to see good in myself as the other fellow.

— "Green Horn" — in Akron (O.) Intergroup News

SMILES

"The Smiths were really hard drinkers. In fact, they had their water cut off on Monday and didn't discover it until the following Saturday."

Cousin John was driving his car the wrong way down a one-way street in a rather drunken condition and was stopped by an officer who asked him where he thought he was going.

"Im not really sure," said Cousin, "But wherever it is, I must be late, because everybody is coming hark already."

Motorcycle cop: "Okay, Buddy, pull over, I've never seen such crazy driving. Are you drunk?"

Driver: "Of course I'm drunk. Do you think I'm a stunt driver?"

Psychiatrist to alcoholic patient: "You are quite right that a man has been following you. He's trying to collect the two hundred dollars you owe me."

BE A BULLETIN BOOSTER, GET A NEW SUBSCRIBER

AA CENTRAL BULLETIN ORDER BLANK. Please write distinctly... or print... to avoid errors. Includes fields for Name, Address, City, Zone No., and subscription options.

FABLE OF THE BEAR

In the woods of the far west there once lived a bear who could take it or leave it alone. He would go into a bar and have just two drinks. But finally he took to drinking by himself most of the day.

He would reel home at night, kickk over the umbrella stand, knock down the lamps and ram his elbows through the windows. Then he would collapse on the floor. His wife was greatly distressed and his children were very frightened.

At length the bear saw the error of his ways and began to reform. In the end he became a famous teetotaler. He would tell everybody about the awful effects of drink and would boast about how strong and well he had become since he gave up the stuff. To demonstrate this, he would turn cartwheels in the house, kicking over the umbrella stand, knocking down the lamps and ramming his elbows through the windows. Then he would lie down on the floor, tired by this healthful exercise and go to sleep. His wife was greatly distressed and his children were very frightened.

MORAL: You might as well fall flat on your face as lean over too far backward.

— Between Us via Silent Rostrum

"MOTHER HAS A HABBIT . . ."

"Dear Sirs," starts a handwritten letter to us from a boy in the Southwest U.S. "Me and my younger brother have a problem on our hands that we just can't stop. Our mother has a habbit of drinking a lot of beer and sometimes wine or whiskey while we are at school.

"We do not like this to happen and Brother feels very hurt when she does. We warn her of having a wreck in the car, hut she pays no attention. She works four times a week at night 20 miles from here. Is there any information you could send us that we could get across to her?"

"P.S. Could you tell me how to get a person sober? Thanks again."

— From Box 4-5-S

THE SET OF THE SAIL

(Continued from page one)

and what life is like today and make the Fellowship of Alcoholics Anonymous very attractive to a newcomer, but after that, where does that leave you and me? In a very lonely spot . . . the last of the lonely lonelies help all around, eager, willing, waiting . but helpless until I made a decision . . . to go their way, to reach out and open the door to let them in, to accept the AA Way of Life as my own way of life. No one, however loving and understanding, could do that for me.

Some ships sail east, some sail west, by the self-same wind that blows, it's the set of the sail and not the gale that determines the way each one goes. No one can set the sail for us. No one but ourselves. But once we make a decision, a Power Greater than Ourselves through the Fellowship of AA, like the wind, will guide our frail crafts safely home.

— M. C., In Silent Rostrum, Houston, Texas

THINKING OUT LOUD

(Continued from page one)

AA were found and restored to their family and their community as useful citizens. And in gratitude they went out into the world to share their new life with other sick alcoholics and as a result of their sobriety and their effort you and I are sober, and thousands of men and wnmnen throughout the world.

Edw. B. in Akron (O.) Intergroup News

TRUE TITLE

Employment Agent: "Whar was your last job?" Applicant: "Diamond Cutter." Employment Agent: "In the jewelry business, eh?" Applicant: "No. I trimmed the lawn at the ball park."

CLEVELAND AREA

Guest Speakers

NOVEMBER, 1973

BAY FIRESLDE (Saturday) 3 — Father B., Seven Hills Discussion; 10 — Harry J., Bay View; 17 — Bob F., West Side Young People; 24 — Ladd T., Sheffield Lake.

BAY VIEW (Saturday) 3 — Arthur D., River Tues.; 10 — Joe S., Lake Shore Men; 17 — Shirley K., (1st lead), Southwest Sun.; 24 — Fred J., Bay View.

BORTON (Monday) 5 — Eddie G., Shaker 12 — 34th Anniversary of Group, Speaker: Jim M., Independence; 19 — Joe R., Brooklyn; 26 — Bob K., Borton.

BRECKSVILLE (Wednesday) 7 — Harry P., Wickliffe; 14 — Don M., Garfield Wed.; 21 — Bill H., Bfecksville Wed.; 28 — Pat G., J&L.

BROOKLYN (Thursday) 1 — Ted B., Memphis; 8 — Dick K., Parma Heights; 15 — Bill S., Laurel; 22 — No meeting; 29 — Ken M., Geneva.

CHARITY (Friday) 2 — Dick B., Los Angeles, Calif.; 9 — Calvin C., American Indian; 16 — No meeting, attend Al-Anon Gratitude Night; 23 — Tex H., TC-1005; 30 — Bessie K., Wickliffe.

EDGELAKE (Tuesday) 6 — Bill G., Southwest Sun.; 13 — Mary Y., Independence; 20 — Annual Sponsors' Night, Speaker: Tom McG., Edgelake; 27 — Lee H., Southwest Sun.

EQUITY (Wednesday) 7 — Richard K., Akron, 0.; 14 — Father S., Rosary Hall; 21 — Tom D., Brooklyn; 28 — Valarie McC., Pearl.

GARFIELD HEIGHTS (Tuesday) 6 — No meeting account of election; 13 — Mose Y., Alliance, 0.; 20 — Mel B., Garfield Tues.; 27 — Lew N., YOUR.

GARFIELD WEDNESDAY (Wednesday) 7 — Ralph V., TC-1005; 14 — Jim "Whip" S., Maple Heights; 21 — Frank M., Metro-General; 28 — Rita L., St. Johns.

GORDON SQUARE (Friday) Speakers at the Gordon Square Group for November will be on tapes. Speakers are from different parts of the United States. Seriousness and laughter combined.

GRATEFUL (Sunday) 4 — Alex D., Matt Talbot; 11 — Norm H., Nela Park; 18 — Dick M., Collinwood; 25 — Tom O'M., Coventry.

LAUREL (Tuesday) 6 — A. K., Newburgh; 13 — Ray G., Charity; 20 — Mary G., Edgelake; 27 — Gus P., Broadway-Harvard.

MEMPHIS (Saturday) 3 — Mary W., May Lynd; 10 — 28th Anniversary of Group, Speaker: Howard O., Indianapolis; 17 — Carolyn B. (5th Anniv.), Memphis; 24 — Bob C., (4th Anniv.), Memphis.

MID PARK (Thursday) 1 — Tex H., TC-1005; 8 — Terry L., North Olmsted; 15 — Fred J., Bay View; 22 — Dorothy C., Edgelake; 29 — Harry J., Bay View.

NIGHT & DAY (Saturday) 3 — 12th Anniversary of Group at 11:00 p.m., Speaker: : Jim S., Maple Heights; 10 — Tom C., Superior; 17 — Robert (Scotty) R., Bedford Wed.; 24 — Walter J., Wickliffe.

NORTH OLMSTED (Wednesday) 7 — Jack B., Lakewood Men; 14 — Harry J., Bay iView; 21 — Larry S., Charity; 2X — Mary W., West Side Women.

PARMATOWN MEN (Friday) 2 — Chuck P., Broadway-East 55th; 9 — Fred P., Midpark; 16 — Tex H., TC-1005; 23 — John C., Pearl; 30 — Leo G., TC-1005.

RIVER TUESDAY (Tuesday) 6 — Bob F., West Side Young People; 13 — Tom B., Avon Lake; 20 — Bob & Lois C., Memphis; 27 — Jack M., Bay View.

ROCKY RIVER (Thursday) 1 — Franklin W. (22nd Anniv.), Rocky River; 8 — Connie A., West Clifton; 15 — 3 1st Anniversary of Group; Speaker: Henry W., Tuesday Luncheon; 22 — Thanksgiving; 29 — Ed. H., North East.

SISTER IGNATIA (Friday) 2 — Calvin C., Angle; 9 — Father A., Tiffin, 0.; 16 — Edward C., Newburgh; 23 — Jerry W., Angle; 30 — Tom F., Angle.

STRONGSVILLE (Tuesday) 6 — Frank M., Day-at-a-Time; 13 — Ken M., Tri-County Arid; 20 — Carol R., Strongsville; 27 — Bob F., Port Clinton.

TRINITY (Saturday) 3 — Adam K., Brookside; 10 — Tom D., Brooklyn : 17 — Frank C., Clark; 24 — Ken B., Pearl.

WARRENSVILLE WOMEN (Wednesday) 7 — Jim R., Akron, 0.; 14 — Bob W., St. James; 21 — Bob G., Lee Seville; 28 — Ruth C., Sister Ignatia.

WEST PARK (Tuesday) 6 — Jim R., Brookpark; 13 — Jack W., Newburgh; 20 — 30th Anniversary of Group; Speaker: Sam P., Pittsburgh, Pa.; 27 — Dick D., Brookpark.

WEST SHORE (Wednesday) 7 — Louis C., Euclid Wed.; 14 — Vince C., Friendship; 21 — Mary K., Akron, 0.; 28 — Dick L., Euclid Fri.

WEST SIDE MORNING (Thursday) 1 — Frank K., Barberton, 0.; 8 — Bob K., Parmatown Men; 15 — Mike S., Lakewood Armory; 22 — Robert (Scotty) R., Bedford (Thanksgiving Day Meeting); 29 — Jack S., Parmatown Men.

WEST SIDE WOMEN (Monday) 5 — Mary W., Golden Gate; 12 — Regina R., (?); 19 — Tex H., Memphis; 26 — Jack E., West Shore.

Y.O.U.R. (Sunday) 4 — Will be announced; 11 — Florence & John Z., YOUR and Euclid ALAnon; 18 — Merrill H., YOUR; 25 — Eddie S., Euclid Fri.

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VOL. XXXII-No. 3

THE CHRISTMAS CANDLE.

LIMITATIONS

Many years ago a cobbler and his wife lived in a cottage on the edge of a village in Austria. They had few possessions, but whatever they owned they shared with others. Symbolic of this generosity and love of mankind was the lighted candle they placed in the window of their cottage.

Over a period of years, war, famine and destruction fell upon this little village — and yet, through it all the cobbler and his wife suffered far less than the other villagers. "Surely there is something special about them, they are always spared from our misfortunes," said the villagers. "Let us put a candle in our window and see if that is the mysterious charm."

Now it happened that the first night that a candle was lighted in the windows of every home was Christmas Eve, and before the first rays of the morning sun, a messenger rode into the village to bring the great news — peace had come! That Christmas Day there was amazement and awe in the hearts of the humble villagers. And, as they thanked God for the blessings of peace, they said to one another: "Let us always remember to light candles on the evening of Christ's birth."

And now, many years later, the beautiful custom of placing a lighted candle in the window on Christmas, has spread all over the world, sending a message of love, hope and cheer.

I would hope that our readers will join us in seeing the analogy of the foregoing Legend of the Christmas Candle and the beginnings of Alcoholics Anonymous over 33 years ago in Akron, Ohio, when with the flickering light of hope in their hearts two men shared that hope and love with each other and subsequently all of mankind.

While adversity is not unknown to us and often we suffer with the ills of our fellowman, the something "special" about us are the tools with which we have been endowed and with which we can meet and overwhelm.

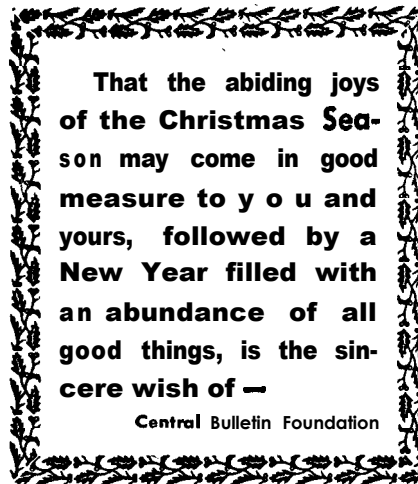
When we light our individual candles in our hearts, which comes with the admission of our powerlessness, and as we feed the flickering light with the oxygen of living soberly 24 hours at a time, the flame grows and brightens and we receive the great news of the messenger that the peace for which we had searched is at hand.

As the custom of placing a lighted candle in the window on Christmas has spread all over the world, sending forth a message of love, hope and cheer, so has the message of AA spread all over the world giving to all who suffer hope, strength and love.

So, let us, each of us, keep the flame of our candles well-fed and bright so that all may see, thus sharing the message of Christmas and AA at all times.

* * *

Brightening up the life of someone else will put a fresh shine on your own.



One of the many things instilled into us is the need to know our limitations. Looking back into our lives before we started to recover, it becomes clear that for the most part we were too eager to take on things that lay beyond our capabilities, physically, materially or spiritually. Reality, thereby, brought unhappiness, resentment and another recourse to alcohol to wash the memory of failure away. To recognize our limitations is effectively a return to Reality: and to act within them is to reduce our hopes and aims to an attainable level.

But it would, I think, be a cardinal error to imagine that limitations are permanent fixtures. With the spiritual power attainable to us now through the approach

to living generated by the spiritual programme of the Steps, things never in our reach before are now within our grasp. We have still to admit our limitations, but do not have to rest on them. We have to recognize that we have been given some good qualities which we should not misuse by pretending that we have not got them; a thought that might more easily arise from laziness than humility.

On the reverse side, Gerald Vann has this to say: — (And if you think it does not apply to yourself, apply it to your friends, and then take another look at yourself.)

"Most of us are far less likely to minimize our gifts than to exaggerate them and take the credit for them. Psalm LXXX runs . . . Lord, I am not haughty of heart; nor are my eyes arrogant; neither have I moved among great matters and things too arduous for my strength."

"Haughty of Heart . . . Being very much on our dignity, thinking we are so much better than X or Y, taking offense at any slight.

"Nor are my eyes arrogant . . . A man who always looks superior, who looks through you, or perhaps can't be bothered to look at you at all. "I gave him such a look," people say sometimes; meaning they have put him in his place, which is very much lower than their own.

Neither have I moved among great matters . . . The man with the very important walk, as if he is proceeding to a conference with the Head of State.

And things too arduous for my strength . . . Trying to fly before we can walk. Deciding we are on the way to become great mystics before we have learned how to keep the Ten Commandments.

We have to accept limitations, and the first one to accept is that we are creatures; that God gave us such gifts as we have and that our duty is to use them."

And perhaps our limitations often come from a misuse of our talents rather than their use. In Brother Lawrence's words . . . "All things are possible to him who has Faith." But he didn't write, "to him who bases his Faith on himself alone."

-from Road Back, Dublin, Erie

It is often surprising to find that heights may be attained to remaining on the level.



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Harry D. Founder and Editor 1892-1968



Vol. 32 December, 1973 No. 3

MILL ENDS AND REMNANTS

Divisiveness is an interesting word, but only from the alignment of letters in it; otherwise it is an ugly word whose meaning conjours thoughts of distressing proportions.

Last month we wrote of the need for every member of AA to be steeped in the knowledge and great purpose of The Twelve Traditions so that the Second Legacy of Unity would be an unassailable heritage, remaining inviolate and unviolated at either individual or group level.

The First Legacy of Recovery embraced by The Twelve Steps is accepted as unassailable, for to shortcut in their acceptance or application is to court disaster.

Why then should the Second Legacy not be held inviolate? What further guidelines do we need than they in our deliberation and consideration of or making of decisions that could well affect AA as a whole, or one segment of AA, or one service entity of AA, or one local group of AA?

As we have written before, time and truth have borne out the need and desirability for the Traditions as effective reins on ill-ventured or ill-considered actions.

In the world outside of AA today we hear a great deal about divided houses in the political arenas, in diplomatic and foreign relations, in domestic relations and in almost any other field.

In AA, however, there is our hope, strength, experience and love — a common ground, a common understanding and a common purpose, all circumscribed by the divinely inspired guidelines of the Three Legacies.

Why then need we imperil continuing Recovery by not practicing the suggested guidelines of the First Legacy? By the same token, can a house divided prevail if all of the guidelines of the Second Legacy are not practiced? Isn't the same true as concerns the Third Legacy?

There is no left of center or right of center. It's right down the middle, by George!

THOUGHT PROVOKERS

He is no fool who parts with what he cannot keep to get that which he cannot lose.

If you hoot with the owls at night you can't soar with the eagles in the morning.

To suppress a truth is to give it force beyond endurance.

Who remembers when instant recall was a sign of intelligence, not bad manufacturing?

If you go through life with one eye on yesterday and the other on tomorrow, you will become cock-eyed.

You have reached middle age when you feel on Saturday night the way you used to feel on Monday morning.

MINUTES OF CENTRAL COMMITTEE MEETING NOVEMBER 6, 1973

Moderator Lou W., opened the meeting with the Serenity Prayer in which he was joined by the 33 group representatives in attendance. Vice Moderator Bob W., then read the Purposes of Central Committee and the Twelve Traditions of AA, following which the minutes of the October 2, 1973 meeting were read and approved.

The Treasurer's report for October was made, showing balance in the Institution Fund of \$346.20 and balance in the General Fund of \$286.50, making the grand total \$633.70.

November report of the Treasurer show a balance in the Institution Fund of \$352.20 and General Fund balance of \$191.60, making the grand total \$543.80. Since the General Fund balance was below prescribed minimal amount, motion was made, seconded and carried that groups be circulated for contributions to bring the total required.

COMMITTEE REPORTS:

Action Committee: John B., in the absence of Chairman Joe T., reported the latter's wish to resign, and my motion duly seconded and carried it was agreed the resignation be accepted.

Arcawide Meeting: Jim W., Chairman. Next meeting will be held on Friday, December 14, 1973 at 8:30 p.m., in Jordan Hall of Charity Hospital. Speaker will be announced.

Central Bulletin: George M., Editor. While things continue to go smoothly, the editor would like more members writing articles for publication. He said not to be concerned with grammar or spelling as editing would take care of those areas, what is sought are messages from the heart. No poetry, however.

Hospital Committee:

Rosary Hall: Ray M., Chairman, no report.

Bay View: Bernie B., Chairman, no report.

Brecksville: Harry G., Chairman. Need more visitation.

Lorain County: Jack S., Chairman, advised that patients may be admitted at any time as long as admission has been approved by the doctor in charge. There are facilities for ten men and four women.

There was no old business and new business comprised the announcement of the annual election of a Vice Moderator from the East Side and election of a Treasurer at the December meeting.

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

—Joedy M., Secretary Pro Tern

ADVISORY GROUP MEETS

On Tuesday, December 11 the Advisory Committee to the Operating Committee of Cleveland AA District Office will meet at 8:00 p.m., in the Garden Room on the Mezzanine Floor of the Cleveland Plaza (formerly Statler-Hilton Hotel).

There are several important items on the agenda of this meeting, not the least of which is a proposed amendment to the Constitution of the AA District Office.

Every group should be represented at this meeting and each group representative should have necessary credentials authorizing him or her to vote on the proposed amendment. Each group secretary has copy of proposed amendment.

CLEVELAND AA DISTRICT OFFICE

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

A CHRISTMAS PRAYER

We thank thee for this place in which we dwell, for the love that unites us, for the peace accorded us this day, for the hope with which we expect the morrow, for the health, the work, the food and the bright skies which makes our lives delightful, for our friends in all parts of the earth. Amen.

-Robert Louis Stevenson

NO SUBSTITUTE FOR "YOU"

The stirring reminder that every person has an irreplaceable role to play on life's stage comes from John Henry Newman . . . 'God created me to do Him some definite service; He has committed some work to me which He has not given to another. I have my Mission. I am a link in a chain, a bond of connection between persons. He has not created me for naught; I shall do good. I shall do His work.'

Newman concluded: 'Therefore I will trust Him. Whatever, wherever I am, I am not to be thrown away. If I am in sickness, my sickness may serve Him; if I am in sorrow, my sorrow may serve Him. He does nothing in vain. HE knows what He is about.'

Some years ago, unwell, I decided to have a check up. I knew many doctors who were available and near to my home. But for some reason I did not then know, I decided to consult a lady doctor whose husband was a member of AA. An extraordinary thing about my deciding to consult this doctor was that she practiced out of town. The day I went was cold and rainy. After being reassured that there was nothing serious the matter and being given a prescription for a tonic, I was about to leave the surgery when her husband arrived home. She asked me to wait in the surgery for a few minutes. I gathered from what he said to her that he had had a very trying day of it and that if he could have stopped his car in the traffic home, he would have got out and taken a drink. When told I was in the surgery, he asked if I had been drinking and came straightaway in without waiting for an answer. I saw the relief and joy in his face when he saw that I was cold sober.

He insisted that I stay for tea and we talked of many things and AA in general; then he asked me why I had come to consult his wife all the way out of town. I told him honestly that I didn't know. Then he said 'know that God works in strange ways. You had to come here or I should have been drinking again before very long.' The upshot of all this was that I found the chemist had closed shop for the day and didn't get the tonic. The next day I felt much better. That talk had done us both good, and Newman's words were true. He knows what HE is about.

-J. M. R. in Road Back, Dublin

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

IN MEMORIAM

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

JAMES J. LAUGHLIN, a long time member of the Doan Men's Group, passed away on August 5, 1973. He will be sorely missed by all who knew him.

CARL W. DRAEGER, who passed away on November 12, was a ten year member of the Edgelake Group. Through his many activities and contributions, Carl is well-known in area AA councils. He was a most effective sponsor, hence it can be well said of him, as well as others, that the true monument to a man's life is built in the hearts of others.

DATES TO REMEMBER

DECEMBER

- 1—26th Anniversary Trinity Group, 8:30 p.m., Trinity Evangelical Church, 3525 West 25th Street; Speaker: Bill G., Southwest Sunday.
- 2—10th Anniversary Southwest Sunday Group, 8:30 p.m., Berea High School Cafeteria, Bagley Road at Eastland, Berea, Ohio; Speaker: Al S., Newton, N.J.
- 4—Central Committee Meeting, 8:30 p.m., Room 362 Hanna Building.
- 5—13th Anniversary North Olmsted Group, 8:30 p.m., Episcopal Church of the Advent, 3760 Dover Center Road, Westlake, Ohio; Speaker: Chuck W., Toledo, Ohio.
- 6—4th Anniversary Midpark Group, 8:30 p.m., Middleburg Heights Community Church, Big Creek Parkway and Bagley Road, Middleburg Heights, Ohio; Speaker: Pat W., Cincinnati, Ohio.
- 11—Advisory Committee to Cleveland AA District Office meeting, 8:00 p.m., Garden Room, Mezzanine Floor, Cleveland Plaza (formerly Statler-Hilton).
- 14—Area-wide Meeting, 8:30 p.m., Jordan Hall, Charity Hospital, East 22nd Street and Central Avenue; Speaker: To be announced.
- 19—Warrensville Women's Group Christmas Party, 7:45 p.m. Women's House of Correction, 4041 Northfield Road. All groups, both female and male members welcome. Give a gift — donation, cigarettes, candy, etc. (May be sent to District Office.)

25-MERRY CHRISTMAS!

JANUARY

1-HAPPY AND PROSPEROUS NEW YEAR!

NEW GROUPS

Parma-Padua High School, 6740 Riestler Street, off State Road; 7:00 p.m., men and women closed discussion group. Source did not disclose day of meeting.

New Way of Life Group, Good Shepherd Lutheran Church, 18615 Harvard Avenue, Cleveland — 8:00 p.m. on Wednesdays.

COMPUTER DATE

A bachelor told the computer dating machine he wanted someone small, who likes sports, formal dress and doesn't talk too much. He drew a penguin.

WIFE'S WARNING

Housewife: "If grocery prices get any higher, every grocery store ought to have to put up a sign: 'Buying groceries is hazardous to your wealth!'"

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
FRIENDS OF EXODUS-4041 Northfield Road	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.

REFLECTIONS

I believe I was born with my life pointed in the direction of Al-Anon. After being in the program for six years, which is a comparatively short time, I am finding in it what I have been striving for. My feelings of frustration, fear, inadequacy, insecurity — not being a total person — are beginning to be overcome in this program. I claim no great talent for any one thing — but my selfish goal is accepting and liking me as I am today — with all of my yesterdays as gone; some sad, lonely miserable days; some happy, beautiful good days. When totaled, I find they have been the foundation laid for me today. Before alcoholism became a part of my life, during and now, they are what I have made each one to be.

I was asked by a still suffering Al-Anon member at the Kentuckian Conference, "Why do so many of you say, 'This is my life, this is the greatest thing that ever happened to me' — tell me why. I'm looking for answers, not statements. You are so narrow to say this, there are a lot of other things in life." My feeling is that this is a total program or way of life if I use it in all areas of my life, not just when I am dealing with Al-Anon alone, but every day. I'm very selfish when something has been given me — I want to keep it! But hidden away, I find no joy in having it. It has to be shared with others. The more I share it the more joy I receive. This is Al-Anon to me.

Why can't the Twelve Steps, be a way of life? And striving to use them and the slogans doesn't mean it is necessary for me to "shout them from the house top" or force them down someone who isn't ready for them, but to use them in my life that others may see and feel them through me.

No, I don't always use the Al-Anon tools I've been given. I run ahead and do it my way until I hit the wall that doesn't move, and then God, whom I choose to call my Higher Power, says to me, "Marge, try it my way." You see, I turn it over to Him and a better way is mine for the asking. Someone said you can't push a man up the hill if he doesn't want to climb.

Getting to know and like myself has been the most difficult task I've been given. I continue to find myself picking up bad habits that have played havoc with my inner peace and harmony with my fellow man. A psychiatrist once told me the things in other people that upset me are reflections of things I would not accept of myself. As we are told in Al-Anon, the only one I can really change is me so my serenity is sought this way. Live and let live.

Thus through the experiences of tragedy sorrow, sickness, joy, happiness, serenity, trial and error, getting up, falling down and up again, sticking my foot in my mouth, sticking my nose in other people's business, and the many sides of me that are Marge is a little part of God's plan being used to share experience, strength and hope with others. To love is to give.

—Marge G., Glasgow, Ky. in SEARCH

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ASSESSMENT

In recent conversation with a friend about coffee, he indicated that coffee upset his stomach and caused him physical distress. He learned that the distress symptoms were present whenever he drank coffee and regardless of whether or not it was decaffeinated. As a result of the knowledge he gained by experimentation with coffee types he decided to switch to tea which has no harmful effects and does not cause him pain.

It is doubtful that this type of person could or would become alcoholic simply because he has the capability of assessment. Few of us who are alcoholic bothered to evaluate our behavior and the resultant pain. Indeed, we went to great lengths to deny the fact that alcohol was at the base of our problems. Sick and over hungry we blamed the "flu" or something we had eaten. When reality demanded that we admit to having been drunk we blamed job pressures, our wives, the children or the economic and moral degeneration existent in society. Unlike friend tea drinker, we could not or would not do the necessary assessment required by our troubles, physical or otherwise.

Time and time again we repeated the same experiment with alcohol. We did not learn when we switched from the "hard stuff" to beer or something else that the end result was the same. Not until we were forced either by our own dissatisfaction with life or by some outside influence such as wife or boss or judge or economic problem, did we assess our situation.

Reluctantly we arrive at the door of AA with little consideration given to the basic problem, seeking only a solution to the troubles in which we find ourselves. To admit that one is powerless over alcohol and that life has become unmanageable requires the making of a value judgement, an assessment of the situation in which we find ourselves, before any progress can be made. This is a pre-requisite to continued sobriety.

It is only through active participation in the AA program, conversation with our sponsor and prayer along with "not taking the first drink, one day at a time," that we finally arrive at the point where we can assess our situation. When we are able to Identify With instead of Comparing Ourselves To another alcoholic we are on the road to recovery. Of course when this happens our job has only begun.

Success in the AA program for recovery is contingent upon how well we apply the assessment process to all of the 12 steps. Isn't this what we are asking when we pray, "God grant me the serenity to accept the things I cannot change; courage to change the things I can and the wisdom to know the difference."

-Contributed

NUGGET

If I value good and truth enough, then I will struggle to protect them in myself. I will struggle against any temptation to betray them, and by so doing strengthen them.

I should take care, however, that what I value as good and truth are good and truth indeed, for what a man values as good and truth determines the quality of the man.

SMILES

"What do you mean by coming in so late?" demanded Harry's father.

A sudden inspiration came to Harry. "Oh Dad," he said, "I forgot to tell you. I knew you wouldn't mind. I was sitting up with the sick son of the sick man you told mother you visited last night."

Customs officer: "I thought you said there was nothing in this suitcase but sleeping garments. What's this whiskey doing in here?"

Tourist: "That's my nightcap."

Wife: "Do you think getting drunk is the way to remember our anniversary?"

Hubby: "Who's trying to remember?"

CLEVELAND AREA

Guest Speakers

DECEMBER; 1973

BAY FIRESIDE (Saturday) 1 — Bob H., Parma Heights; 8 — Don H., North Olmsted; 15 — Florence C., North Olmsted; 22 — Ed D., Fairview Park; 29 — Bob M., Fairview Park.

BAY VIEW (Saturday) 1 — Bill C., Oberlin, Ohio; 8 — Tony P., Kean; 15 — Ted D., Lake Shore Men; 22 — Pat H., Edgelake; 29 — Panel.

BORTOS (Monday) 3 — John N., Northeast; 10 — Al D., May Lynd; 17 — Betty A., Calvary; 24 — Doc S., Borton; 31 — New Year's Eve Special.

BRECKSVILLE (Wednesday) 5 — Beth G., Independence; 12 — Tom C., Newburgh; 19 — Pete E., Kean; 26 — Grace N., Strongsville.

BROOKLYNS (Thursday) 6 — Bob H. (8th Anniv.), Brooklyn; 13 — Group Christmas Party; 20 — Bill B. (26th Anniv.), Brooklyn; 27 — Al S. (27th Anniv.), Brooklyn.

CHARITY (Friday) 7 — Ben Z., Painesville Fri.; 14 — Areawide Meeting Jordan Hall; 21 — Jim W., Esquire; 28 — Beth G., Independence.

DOAN MEN (Wednesday) 5 — Larry M., 12 — George W.; 19 — Lee A.; 26 — Ed T.

EDGE LAKE (Tuesday) 4 — Bonnie F., Golden Link; 11 — Phil B., Independence; 18 — Jim M., Independence; 25 — Christmas Day No Meeting.

FRIDAY NON-SMOKING (Friday) 7 — Emmett M., Southwest Sun.; 14 — Les S., Lakewood Men; 21 — Charlie K., West Shore; 28 — Phil B., Independence.

GARFIELD WEDNESDAY (Wednesday) 5 — Ken M. (1st lead), Garfield Wed.; 12 — Imy P., Laurel; 19 — Bernie C. (1st lead), Newburgh; 26 — Pat C., Angle.

GARFIELD HEIGHTS (Tuesday) 4 — Bill M., Newburgh; 11 — Helen D., Warrensville Women; 18 — John Z., Newburgh; 25 — Christmas Day No Meeting.

GORDON SQUARE (Friday) 7 — Tom B., Avon, O.; 14 — Oscar O'N., Garden Valley; 21 — Frank O'N., Gordon Square; 28 — Carol P., Gordon Square.

GRATEFUL (Sunday) 2 — Carl M., Trinity; 9 — Joe J., Golden Link; 18 — Gene O., Lee Mon.; 23 — Mary W., May Lynd; 30 — Paula B., Serenity Women.

KEAN (Friday) 7 — Dick H., Olmsted Falls; 14 — Ron J. (1st lead), Bay Fireside; 21 — John G., North Olmsted; 28 — Vivian S., Bay View.

MIDPARK CLOSED (Thursday) 6 — 4th Anniversary of Group, Speaker: Pat W., Cincinnati, O.; 13 — Jim M., Lorain Mon.; 20 — Cliff B., Brooklyn; 27 — Gene G., Puritas Sun.

NORTH OLMSTED (Wednesday) 5 — 13th Anniversary of Group, Speaker: Chuck W., Toledo, O.; 12 — Ed D., Midpark; 19 — Orville H., Berea Fri.; 26 — Pattie D., River Bay.

PARMATOWN MEN (Friday) 7 — Gene G., Puritas; 14 — Jim R., Brookpark; 21 — Walter M., Bedford Wed.; 28 — Larry S., Lorain Tues.

REDWOOD (Saturday) 1 — Barry C., Nite & Day; 15 — Tom J., Euclid Wed.; 22 — Joe N., Sister Ignatia; 29 — Marty Y., Euclid Wed.

RIVER BAY (Closed Women) (Monday) 3 — Mary M., West Side Women; 10 — Bill C., Wakeman Twilight; 17 — Frank M., West Shore; 24 — No meeting Christmas Blessings; 31 — No meeting New Year Greetings

ROCKY RIVER (Thursday) 6 — Art D., Lakewood Armory; 13 — Joe H., Lorain Mon.; 20 — Pat McL., Edgelake; 27 — George S., Edgelake.

STRONGSVILLE (Tuesday) 4 — Can B., Ford 1250; 11 — Joe R., Lorain, Ohio; 18 — Beth G., Independence; 25 — No Meeting Christmas Day.

TRINITY (Saturday) 1 — 26th Anniversary of Group, Speaker: Bill G., Southwest Sun.; 8 — Ray L., Brooklyn; 15 — Cris G. (?); 22 — Frank M., Metro General; 29 — Joe S., Cedar.

WARRENSVILLE WOMEN (Wednesday) 5 — Maria S., Broadway Tues. Morning; 12 — Herman W. (2nd Anniv.), Garden Valley; 19 — Annual Christmas Party, 7:45 p.m., Speaker: Milton L., Mansfield, O. Donations for this annual party would be appreciated and may be made through the Cleveland AA District Office. Male AA members will be welcome at this meeting. 26 — Marion B., Lee Seville.

WEST CLIFTON (Friday) 7 — Kevin B., Lakewood Armory; 14 — Ken McG., Northeast; 21 — Esther R., St. James; 28 — Lois C., River Tues.

REST SIDE FRIENDLY (Sunday) This is former West Side Breakfast Group and meets at Cove Methodist Church at Cove and Lake Avenues, Lakewood. 2 — Pat S., Lorain Monday; 9 — Marilyn D., Mantua Centre; 16 — Cora McD., Hague; 23 — Chuck B., Orchard Grove; 30 — Surprise lead.

WEST SIDE MORNING (Thursday) 6 — Tom A., Solidarity; 13 — Leo G., TC-1005; 20 — John C., Humble; 27 — Jack E., West Side Morning.

WEST SIDE WOMEN (Monday) 3 — Carolyn B., Memphis; 10 — Les S., Lakewood Men; 17 — Christmas Party, Speakers: Charles and Mary K., West Shore and Alanon; 24 — No Meeting; 31 — Father J., tapes.

Y.O.U.R. (Sunday) 2 — Al DeM., Allendale; 9 — Ruth C., Serenity Women; 16 — Jerry W. (?); 23 — Bob B., Tri-County Thur.; 30 — Jay W., Sister Ignatia.

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DECEMBER 13, 1973

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