



WHO IS READY?

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

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

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

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

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

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

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

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

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

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

It is discouraging for a sponsor to give up. It is like admitting defeat. But it is not this. It is the material

(Continued on page four)

REAL PRIDE

Away back in the depression days of 1933, a customer of ours came into the office and announced that he was unable to pay his bill of less than \$100. He had been wiped out. He didn't want to enter into bankruptcy, so he asked us, as he was asking his other creditors, to accept his plan of payment.

Every week he would distribute to each creditor, an exact percentage according to each debt over and above his absolute needs. Some weeks it might be only a dollar, but it would be there regularly.

We appreciated his frankness and sincerity, but we suggested that he let the weekly payments accumulate and pay us monthly. This he refused to do, so we concurred, fully expecting that this weekly shock to his ego would be too much for him.

Four months later after 18 weekly visits, his account was fully paid up as were the others whose amounts were far in excess of what he owed us.

We have never forgotten this man. He was a prominent man, highly respected in the business world. Certainly, we thought, he could have saved himself this weekly humiliation by mailing a check or sending his secretary or an errand boy!

"No," he said, when we expressed this opinion to him, "my reputation is vital to me. I couldn't live with myself if I felt that anyone would suspect me of dishonesty. These weekly contacts with each of you creditors has given me courage and a faith in the goodness and understanding of people, which I feared was lost."

"Why didn't you do as many others have done during this crisis," we asked — "offer to settle for a lesser

sum?"

"How could I face these people in the future?" he exclaimed. "How could I ask them to give me credit again? No. I want no one to ever say that I had victimized him."

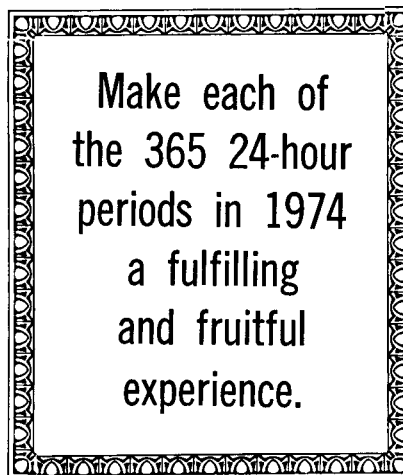
We have suggested this course of action to some of our debt-laden members whose lives have become unbearable because they can't face their creditors. What do they mean they CAN'T? They're still holding on to that silly ragged, besmirched "pride" of theirs! The Big Shot complex, still dominant in most alcoholic personalities, shudders at the thought of losing face.

When we embraced the AA Fellowship, morally we agreed to follow each of the 12 Steps. We were told that we should take it easy and not try to accomplish all the things we had to do overnight.

Unfortunately, however, too many of us lean on that "take it easy" advice and procrastinate on Step 8. It's hard to make amends, be truly humble and seemingly lose face with the people we approach by admitting our shortcomings.

The man who came to us back there in '33 was not an alcoholic. He was a proud man. But he, too, was humble! It takes a BIG man to do what he did.

(Continued on page four)





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

Harry D. Pounder and Editor 1892-1968



Vol. 32

January, 1974

No. 4

MILL ENDS AND REMNANTS

Eavesdropping is something to be avoided, but sometimes overhearing nearby conversations cannot be helped.

In thinking about this column and what could be written this month — we recalled overhearing the proud announcement by a grandchild to a playmate: "My Grandpa talks to squirrels."

And this is so, for although we don't know what they are conveying the squirrels do respond in kind to our click-clucks and tick-tacks on the roof of our mouth: so, notwithstanding it is a two-way conversation, it has a one-way understanding, else why would they jabber back.

On occasion we have known Big Red, as we are wont to call him, come down out of the oak tree, cross the patio and come up on the back porch to continue the conversation (through the screen door, to be sure) eye ball to eye ball.

On the otherhand, maybe it isn't what he hears, but what he sees — perhaps a king-sized nut and to heck with conversation.

This eccentricism won't surprise our AA contemporaries, nor will other people be surprised in face of some of the capers they witnessed, concluding we were a bit, or more than a bit, squirrely.

Nevertheless, this propensity for talking to squirrels came about quite a few years before alcohol became the force in our life that it did.

During our drinking years it is not unlikely it helped in getting along with and tolerating some of the characters with which we associated, for as the saying goes, "like attracts like."

Also, during our drinking years we didn't have the intelligence of the squirrel, although we could converse with them, for a squirrel knows enough to leave a poisoned nut alone, but we continued with our poison.

After our acceptance of our powerlessness and acquiring some of the intelligence of our bushy tailed friends, we continued to talk like and frequently act squirrely in our skitterings here and yon.

Yet, as time wore on, we built ourselves a reasonably comfortable nest of sobriety, venturing out only for the nurturing wisdom of our meetings and AA associations, with an occasional sortee into the night to help a sufferer in need of help and who was as squirrely and nutty as once we were.

It isn't necessary to be squirrely or nutty to become sober in AA, but it helps, by George!

LATE EDITIONS

Deadlines are sometimes impossible and it is with regret that not infrequently your CENTRAL BULLETIN reaches you later than we would like it to do so.

Closine dates, delayed CODY, production difficulties as result of long holiday weekends and shortage of help in getting issues out arc but a few of the problems encountered. Nevertheless, we keep trying and appreciate your bearing with us.

MINUTES OF CENTRAL COMMITTEE MEETING DECEMBER 4, 1973

Moderator Lou W., opened the meeting with the Serenity Prayer. There were 28 group representatives answering the roll call. Bob W., Vice Moderator read the Purposes of Central Committee and the Twelve Traditions of AA. Minutes of the November 6 meeting were read and approved. Treasurer's report disclosed a balance in the General Fund of \$247.60 and a balance in the Institutional Fund of \$347.20, making a grand total of \$594.80.

COMMITTEE REPORTS:

Action Committee: John B., reported although by notification of intent to resign and action at November meeting of acceptance of such resignation that formal resignation from Joe T., as chairman had not been forthcoming.

Areawide Meeting: Lou W., advised that speaker will be Jim C., Canton, Ohio, for the meeting at 8:30 p.m. in Jordan Hall of Charity Hospital on December 14.

Central Bulletin: George M., Editor, asks that a renewed effort be made by all groups and by all individual members to procure new subscribers. There has been an obvious decline in activity in this direction.

Hospital Committee:

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

Bay View: Bernie B., Chairman, reported everything running smoothly and spoke of the excellent cooperation there. He thanked everyone for their help during 1973.

Brecksville: Harry G., Chairman. No report.

Lorain County: Jack S., Chairman. Will report fully in January.

Institution Committee: Helen D., Chairman, reported plans for the Annual Christmas Party at Warrensville Women's Group on December 19 were proceeding on schedule, adding that all groups, female and male members, were welcome.

P.I.C.: Dick P. Chairman, reported that 232 speakers for non AA meetings and groups had been furnished by the Cleveland District Office during the first eleven months of 1973.

There was no old business and first item of new business comprised request of Jack McG., for funds for literature for Grafton, Manfield and J. Dorm groups. By motion, duly seconded and carried, \$100.00 was allocated from the Institution Fund for the purposes cited.

Also request for funds for literature was made by Milton B., for the Fireside CRC Group, and by motion was made and carried \$20.00 was allocated from the designated fund for literature for this group.

Annual election of officers was then conducted with the following results: Moderator: Bob W., Vice Moderator: Helen D., Treasurer: Joedy M. Moderator Bob W. announced following Committee Chairmen: Action: Dick F. and Jack S.; Areawide Meeting: Gene M.; Rosary Hall: Ray M. and Lou W.; Bay View: Bernie B.; Brecksville: Gregg P.; Lorain County: Jack S.; Institution: Helen D.; Secretary: Imogene P.

Central Committee then commended Lou W., for the splendid job he had done as Moderator for the past year.

It was announced that the January meeting would be held on the 2nd Tuesday of the month (8th) as New Year's Day falls on the customary 1st Tuesday meeting night.

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

—Joedy M., Secretary Pro-Tern

TAPE LIBRARY

Announcement has been made that the Cleveland AA District Office is developing a tape library for use of the groups in the area.

Tapes may be borrowed by advance notice to the Office and details as to the tapes and the type of machine required to play them will be furnished at time of inquiry. Borrower will assume responsibility for care of the tape while in his custody and for prompt and damage free return.

PRAYER OF THE MONTH

Almighty God, as we cross the threshold of a New Year, help us to be steadfast in our resolve, genuine in our love, forthright in our dealings with each other and guide our thoughts and utterances so that they will be void of double meaning and intent. Amen.

WHEN ALL ELSE FAILS, FOLLOW DIRECTIONS

Why is sobriety so difficult for some and seemingly easy for others? Like a woman who uses one of the modern cake mixes, she wonders why it falls, or is not as good as the woman's next door. She may find that the directions are simple, but she can foul it up easily if directions are not followed.

One of the directions in AA is "don't get on the wagon, get on the program." The program directs you simply: first **be** honest with yourself. No more games! Alibis' Lies' or false promises. If you are honest with yourself, you can then turn your problems to the higher power. This first direction is repeated over and over again, and yet how many fail to follow the first direction.

The next direction is to lay out a program for daily living without alcohol. Next comes involving yourself in the fellowship of a program seeking to help other alcoholics seeking recovery. It is said Alcoholics Anonymous is a simple program and the directions are easy to follow: but somehow too many try short cuts, substitutions, and like the woman baking the cake, discovering she substituted some ingredient or left out an important step. So again the saying KISS, "Keep it simple stupid," and when all else fails follow directions.

-from Chit Chat

"DON'T BOTHER ME, I'M DYING"

This is said to have been uttered by the late H. G. Wells to friends gathered round his deathbed. We wonder if you and I have not said the same thing unconsciously when it comes to our AA.

Too many of us soon forget we vowed to do anything to stay sober. At last we were really living. The days were far too short. Then the months and years began to add up fast. Slowly but surely for some of us the enthusiasm began to fade. So we began, to die.

We started taking our sobriety for granted. We had forgotten the thrill it was to awaken to a new day unafraid. We had forgotten what an adventure it was to eat breakfast. We were forgetting how wonderful it was to hear children laugh, to receive encouragement from another AA. We try to condone our actions by saying 'Let the newer members do it.' And we conveniently forget that the new man will do as the old man. He is looking for an example — from the old man.

Every day brings us 24 hours in which we can be grateful for our sobriety by being active . . . or we can say "Don't bother me, I'm dying."

-The Reviver, Sydney, via Road Back, Dublin

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 :

DENNIS COUGHLIN, passed away suddenly on November 20, 1973. A member of the Newburgh Group, he contributed 15 years of active and fruitful participation in the fellowship.

FRANK McNALLY, an active 15-year member of Lorain Avenue Tuesday Group, passed away suddenly on December 9, 1973, while leading meeting at Lake-wood Armory Group.

Both of these men will be sorely missed.

DATES TO REMEMBER

JANUARY

- S-Central Committee, 8:30 p.m., Room 362, Hanna Building.
- 15—Advisory Committee to Cleveland District. Office Operating Committee', 8: 00 p.m., Garden Room, Mezzanine Floor, Cleveland Plaza. On this date sale of tickets will begin for the Annual Intergroup Dinner to be held May 4, 1974. No money will be accepted for tickets before that time.
- 18—AIAnon Anniversary Meeting, 8: 30 p.m., Jordan Hall, Charity Hospital, East 22nd St. and Central Avenue.
- 30-26th Anniversary of Garfield Wednesday Group, 8:30 p.m., 8516 Broadway; Speaker: Sam P., Pittsburgh, Pa.

FEBRUARY

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

HAVE YOU EVER KNOWN

- A man to lose his **Job** because he drank too little?
- A doctor to advise his patients, "Your chances would have been better if you would have been a drinker?"
- An employer seeking a man for a responsible place to say, "Give me a drinker every time?"
- A wife to explain, "My husband would be the best man in the world if he would only drink?"
- A husband to say his wife would be a better mother to the children if she spent some of her time at the cocktail bar?
- A defendant in a court to seek acquittal with a plea, "If I had been drunk, I never would have done it?"
- An insurance company to offer reduced premiums on drinkers?
- The value of a business or home to rise when a tavern is opened next door?
- A community that listed its taverns, beer parlors, and roadhouses among its advertised assets?
- A chief of police who advocated more liquor-selling places as a means of reducing crime?

CLEVELAND AA DISTRICT OFFICE

The Cleveland AA District Office is open to anyone, male or female, who is seeking an answer to all alcoholic problems. The office, located in Roott 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 telephonic service which responds to calls made after the office is closed. The telephone number is CHerry 1-7387.

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

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.

AA BOULEVARD

Once upon a time (this is a fable — Ed.) a joyously happy member of AA was walking down AA Boulevard. This mythical street was a wide one, graced with spacious lawns, and lined with stately shade trees.

As he strode down this beautiful boulevard he gratefully filled his chest with cool sweet air . . . and he found life good. And he thanked God for permitting him to breath it.

Suddenly a frantic cry for help assailed his ears, and, being a good AA he responded instantly. He traced the source to an open manhole in the middle of the street.

Looking down into the sewer he saw a man desperately struggling to keep from submerging into the filthy waters and he called down to the victim, urging him to stop thrashing around and to just remain afloat for a few minutes longer until he brought a ladder.

True to his word he was back in a flash, for at the curb was a convenient 16 rung AA ladder.

As he lowered the ladder into the hole the man made a frantic grab at it and was quickly admonished by his rescuer to wait until he had the ladder firmly anchored on the bottom. The ladder almost tipped over as the victim disregarded the advice and tried to climb on before it was set properly.

Quietly, but firmly, the rescuer warned him that the ladder has 16 rungs which were widely spaced and that if he tried to come up too quickly by possibly skipping a rung he would be in danger of missing and diving head first back into the mess.

"Take it easy!" he told him. "Just follow these simple instructions. Grasp the right upright firmly in your right hand and the left upright with the other and be sure you have your feet firmly planted on each rung and in a short time you'll be up here where I can give, you my hand and you'll be able to breathe this wonderful, exhilarating air again."

Cautiously the victim obeyed instructions and soon was up the ladder to **express** gratitude to his Samaritan for his rescue.

This 16 rung ladder, you see, was the AA ladder. The right upright symbolized God (or if you prefer, the Power greater than yourself) and the left upright the AA group. The 16 rungs symbolized the Twelve Steps of AA and the Four Absolutes (Honesty, Purity, Unselfishness and Love).

Ignore either of the uprights in your desire to escape from the mess you're in by still trying in typical swashbuckling style to do it differently, the probabilities are that you'll fail and get in even a worse mess again.

Attempting to skip ANY of the Steps and ignoring the Absolutes will almost certainly prevent you from finding the key to happy sobriety, self-respect and the ultimate return of the respect and confidence of our intimates.

Read over the Tenth Step again and check yourself. If you don't remember its content, ask a good AA member. It might **save** your life!

-Harry D., Aug. 1956

COURAGE

Have COURAGE for the great sorrows of life and patience for the small ones. And when you have accomplished your daily task, go to sleep in peace. God is awake.

-Toledo Area News

SMILES

People can be placed in three classes: the few that make things happen; the many who watch things happen; the overwhelming majority who **have** no idea what has happened.

A stranger, while traveling through Arizona, noticed the dry, dusty appearance of the country.

He asked: Doesn't it ever rain here?

Native: Why say friend, there's frogs in this town over 10 years old that haven't learned to swim yet.

Traffic Officer (stopping motorist) : Sir, your wife fell out of the car three blocks back.

Motorist: So that's it! I thought I had gone stone deaf.

An Australian was trying to impress the visitor from Texas with the wonders of his country. Just then the Texan saw a kangaroo in full gallop across a field. Drawled the man from the Lone Star state: "I'll grant you one thing, suh, for sure. Your grasshoppers are bigger'n ours."

"My wife talks to herself."

"So does mine, but she doesn't realize it. She thinks I'm listening."

Teller to man at window: Sorry, Mr. Jones, your wife beat you to the draw.

"I'll give you \$5 if you'll let me paint you," the artist told the old mountaineer, who thoughtfully shifted his tobacco from one cheek to the other. "It's easy money," encouraged the artist.

"No question 'bout that," agreed the hillsman. "Was jes' awonderin' how to get the paint off afterward."

After looking over the customer's head, the barber said : "Your hair seems to be getting thin on top, sir. Have you tried our own brand of hair tonic?"

"No, I haven't," the customer said, "so it can't be that."

Little Boy: Dad, I wish you would let Mom drive. It's more exciting.

Be kind, remember everyone you meet is fighting a hard battle.

— T. H. Thompson

WHO IS READY?

(Continued from page one)

we work with. Therefore, we could devote the same time to someone who really wants the program. Then when the person under pressure finally comes to AA without prodding we can be reasonably sure of success.

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REAL PRIDE

(Continued from page one)

Even if it takes a couple of years to do it, only one dollar a week will pay off a \$100 debt and put an end to cowardly, hateful, skulking and alibiing.

A speedier return to the public's faith and confidence can't be offered — if that is honestly what is desired.

-Vol. XIX • No. 5 — Feb. 1956

BE A BULLETIN BOOSTER, GET A NEW SUBSCRIBER

AA CENTRAL BULLETIN	
ORDER BLANK	
Please write distinctly. . . or print. . . to avoid errors	
Date
Name
Address
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.....
City	Zone No.
<input type="checkbox"/> One year at \$2.50	Amount enclosed \$.....
Mail to Central Bulletin, Box 6712, Cleveland, Ohio 44101	
THE YEAR 'ROUND GIFT	

CLEVELAND AREA

Guest Speakers

JANUARY, 1974

ALLEDALE (Thursday) 3 — Fred J., Bay View; 10 — Tom McP., Riverside; 17 — Al B., Wickliffe; 24 — Bill L., Wed. Lee; 31 — Jon N., Nela Park.

BAY FIRESIDE (Saturday) 5 — Rose & Terry S., AA and AlAnon; 12 — Marilyn D., Mantua Center; 19 — Chuck W., Toledo, Ohio; 26 — Phyllis W., Post Office.

BORTON (Monday) 7 — Ed H., Northeast; 14 — Jennifer M., Nela Park; 21 — Surprise; 28 — Don C., (27th Anniv.), Borton.

BRECHSVILLE (Wednesday) 2 — Cal W., Laurel; 9 — Bob H., Brecksville Wed.; 16 — Woody M., Parma Sat.; 23 — Jim C., Wed. Lee; 30 — Art Z., Parma Sat.

BROOKLYN (Thursday) 3 — Orrie K. (25th Anniv.), Brooklyn; 10 — Jim J. (12th Anniv.), Brooklyn; 17 — Calvin C., American Indian; 24 — Frank C., Clark; 31 — Cliff B. (6th Anniv.), Brooklyn.

CHARITY (Friday) 4 — Dick P., Parma Sat.; 11 — Bill S., Lorain Ave. Mon.; 18 — No meeting — attend AlAnon Anniversary in Jordan Hall; 25 — Helen D., Warrensville Women.

EQUITY (Wednesday) 2 — Dick G., Avon Central; 9 — Mose Y., Alliance, Ohio; 16 — Tom McG., Edgelake; 23 — Bill A., Avon Lake; 30 — Henry W., Euclid Wade.

GARFIELD HEIGHTS (Tuesday) 1 — No meeting; 8 — Ken M., Tri-City Arid; 15 — Tex H., Memphis; 22 — Charlie K., West Shore; 29 — Les S., Lakewood Men.

GARFIELD WEDNESDAY (Wednesday) 2 — Marty Y., Euclid Wed.; 9 — Jack McG., Lakewood Men; 16 — Eddie B., Lorain Tues.; 23 — Woody McG., Parma Sat.; 30 — 26th Anniversary of Group: Speaker: Sam. P., Pittsburgh, Pa.

GRATEFUL (Sunday) 6 — Marshall P., Collinwood; 13 — Lisa R., Euclid Wed.; 20 — Marge A., Euclid Wed.; 27 — Phyllis H., Tri-City Arid.

MIDPARK CLOSED (Thursday) 3 — Tom McG., Edgelake; 10 — Surprise; 17 — Jim D., Bay West Discussion; 24 — Surprise; 31 — Tom D., Bay West Discussion.

PARMATOWN MEN (Friday) 4 — George T., Teamsters; 11 — Jim D., Garfield Tues.; 18 — Bill L., Teamsters; 25 — Jose M., Parma Sat.

REDWOOD (Saturday) 5 — Murray S., Bainbridge; 12 — Vic M., Wickliffe; 19 — George McF., Wickliffe; 26 — John Y., Wickliffe.

ROCKY RIVER (Thursday) 3 — Mose Y., Alliance, Ohio; 10 — Virginia H., River Tues.; 17 — Joe K., West Clifton; 24 — Jack B., Lakewood Men; 31 — Carolyn B., Memphis.

STRONGSVILLE (Tuesday) 8 — Chuck Z., Berea Thurs.; 15 — Bill G., Parma Sat.; 22 — Norm K., Parma Sat.; 29 — Betty P., Berea Thurs.

TRINITY (Saturday) 5 — Julius W., Trinity; 12 — Bob H., Brooklyn; 19 — Dick G., Rocky River; 26 — Frank H., Strongsville.

WEST SIDE MORNING (Thursday) 3 — Father S., Rosary Hall; 10 — Danny H., Gunnison, Colo.; 17 — Tony V., League Park; 24 — Betty C., Clark; 31 — Jerry M., Pearl Mon.

WEST SIDE WOMEN (Monday) 7 — Margaret H., West Side Women; 14 — George M., Lakewood Armory; 21 — Joe K., West Clifton; 28 — Mary M., West Side Women.

Y.O.U.R. (Sunday) 6 — Tom D., Garfield Tues.; 13 — Will be announced; 20 — Jim F., Tri-County; 27 — Bob B., Euclid Fri.

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 15, 1974

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.



THIS BUSINESS OF THREES

How often I have heard it. Things come in threes. As a child, teenager and into adulthood the word has come to me — the mother is sick and father has wrecked the car — as sure as I write this I can hear, "Oh well, things come in threes and then it will be over for a while." Or, as it was in my early drinking, I can hear it now, ringing in my ears — Bill has been drunk, he has spent too much money, and what next? Sure enough the word would come. Things come in threes something else will happen and then it will be **alright** for a time.

As I progressed into the illness of alcoholism the old saying seemed to bear truth. I was living out this business of threes. If I failed to show up for work, that was the day of an important appointment, a missed sale, or even an advancement. If I stayed out late, it was the night for the children's piano recital, the night we had tickets for a play, or even our anniversary. If I came home it was the night to meet the wife at her mother's for supper, or I was drunk and the Jones were coming for dinner, or it was my daughter's birthday and her friends saw me in my condition. Even in the community I suffered in threes. A neighborhood party — P.T.A. — or the church program and guess who didn't show up, or was drunk at the scene? You are right, the **powerful** words of three were playing their cards until I had lost the final three. **JOB . HOME - and . COMMUNITY.**

There seemed to be no recovery for this final blow. I staggered physically, mentally and spiritually sick through the days and the weeks and months, trying ministers, doctors and friends, and when all seemed to fail a program called AA, A-Anon and Alateen appeared for the job. Now as time has passed I would like to share with you this business of threes as I have experienced them.

When these come along to trouble you

CUNNING
BAFFLING
POWERFUL
FAILURE
EXCUSE
BLAME
RESENTMENT
HATE
REMORSE
DESPAIR
FEAR
LONLINESS

Try these to replace them

FAITH
SHARING
LOVE
SERENITY
COURAGE
WISDOM
HONESTY
OPEN MINDEDNESS
WILLINGNESS
EXPERIENCE
STRENGTH
HOPE

To sum up this business of threes I found in the program of AA, Al-Anon and Alateen for myself, my wife and my family that God could, God would and God did return us to three —

JOB — HOME — and — COMMUNITY

— Bill H. — St. Mathews AA
in SEARCH (Ky. AlAnon Journal)

SELF SUPPORT

Perhaps in no greater manner is Tradition No. 7 exemplified than in the continuing high grade performance of the Cleveland AA District Office.

From a humble and struggling beginning more than 28 years ago, the District Office has attained a remarkable record in helping to carry the message to the still suffering alcoholic, as well as assisting individuals and groups in gaining the stature that attaining and maintaining happy sobriety provides.

Were it possible to call a roll of those who have been helped by the devoted people at the Cleveland intergroup office, the voices responding would resemble a resounding clap of thunder, their number would be

legion and the voices would travel via the satellite of gratitude from the far corners of the globe and from every station of life.

So it is that we introduce the news of the 1974 Cleveland AA District Office funding campaign which opens on Monday, February 4, and closes on Monday, March 4.

The funding required this year totals \$42,000, little enough when we pause to think of the magnitude of our functioning within the boundaries of our primary purpose, that of carrying the message of Alcoholics Anonymous to all who still suffer.

In keeping with Tradition No. 7 we are self-supporting in the truest sense of the words and therein lies our strength, hope and experience and whereby we can and should express our individual and collective gratitude by sharing the gifts with which we have been endowed by a gracious and loving Father.

There are great numbers of volunteer workers involved in this campaign and one of them will make

regular visits to your group during the month-long period outlined, and we urge that you seek him out so that your pledge will be assured. Failing that, mailing your pledge and/or **check** (before March 1) to Cleveland AA District Office, Room 205 Frederick Building, 2063 East 4th Street, Cleveland, Ohio 44115.

In the more than quarter century that the District Office has had its doors open, each year has seen more and more men and women cross the threshold of AA into the rewarding life of fellowship and happy sobriety.

For most, if not all of them, our service entity — the Cleveland AA District Office, has been the instrument by which the happy life has become reality, and keeping the flame lighted is more important today than at an other time in our history of responsibility.

Use, misuse and abuse of alcohol continues in unabated proportions which can only mean increasing need for the hand of AA to be extended to the helpless and the hopeless who seek our help.

Don't wait — send your pledge and check to the address shown or telephone your intention to 216 - 241-7387. Don't let the parade pass you by.

SUPPORT YOUR DISTRICT OFFICE



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

Harry D. Pounder and Editor 1892-1968



Vol. 32

February, 1974

No. 5

MILL ENDS AND REMNANTS

Wherever we go and wherever we meet it is disconcerting to note the almost universal negative attitude in so-called normal society. It has even been observed in school age children, thereby bespeaking negativeness on the part of their elders.

It hasn't been noted to any degree among AA members and well that it shouldn't be, for if anyone should and need project a positive attitude it is our society. For a group of people that came out of the depths of negative thinking and nothingness into the light and sunshine of freedom in a new life, we can only live with positive assertion and a plus attitude.

That the peoples of the world and Americans in particular should give into the frustrations of the times in this manner is really not for us to say, but were we to do so we would reply with a **positive NO!**

Alcoholics know, perhaps in greater measure than any others, how damaging and **soul** searing frustrations and negativeness can be, and therefore, we are in a more enviable position to share our experience, strength and hope of a positive attitude with our fellowman.

Our numbers are comparatively small, but if we adopt a position of positive thinking, we can compound those numbers with the help of others to an almost unlimited scope, thus overcoming the negative attitude that seems to have permeated society in general.

It has been said that as AA members we can Twelfth Step in many directions, not **alone** in carrying the message to the still suffering alcoholic, although that is our primary purpose and **most** certainly all of our fellows will accept the principles we practice in all of our affairs, since they will lead them from the doldrums of negativeness that has meant entrapment.

Horizons are only broadened by an **optimistic** and positive attitude and without these, and gratitude, there is only the deep hole of negation and frustration.

Let's let our positiveness be known, by George!

HOPE HOUSE

A rehabilitation center for women alcoholics, Hope House, has been opened at 7908-10 Lake Avenue, Cleveland, Ohio, under the direction and guidance of Sister Nancy Jean, who states that **Hope** House is a non-profit, non-sectarian social agency for women who have become problem drinkers and who are willing to try to live and work without alcohol.

The brochure outlining the purposes **states** that Hope House is a home where the woman problem drinker is not alone; opening the door to a new life; showing the way to recovery; fellowship in a dry environment; room-board residency; offering an option to women who need supportive group living and a structured program to ease them back into the main stream of society.

It is in effect, a sorority house for recovering alcoholics, where women are encouraged to develop good health and work habits and live cooperatively with each other. At Hope House the woman alcoholic can find hope and help, learning to live 24 hours at a time, comfortable in mind and spirit as a means in allaying tension and fears.

MINUTES OF CENTRAL COMMITTEE MEETING JANUARY 7, 1974

Moderator Bob W., opened the meeting with the Serenity Prayer in which he was joined by the 36 group representatives present. Helen D., Vice Moderator, then read the Purposes of Central Committee and The Twelve Traditions of AA. After reading of the minutes of December 5 meeting by the Secretary, same were approved. Treasurer's report for December revealed a balance in the Institution Fund of \$227.20 and a balance-in-the-General Fund of \$502.75, making a grand total of \$729.95.

COMMITTEE REPORTS:

Action Committee: Dick F., Chairman. All quiet.

Areawide Meeting: Gene M., Chairman. Arrangements for a meeting in March are being worked out.

Central Bull&in: George M., Editor, stresses need for continuing help and backing of the groups. He would also like for all members to submit original articles for publication and emphasizes that writers should not be concerned of the grammar or spelling as editing will take care of errors.

Hospital Committees:

Rosary Hall: Ray M., Chairman. No report.

Bay View: Bernie B., Chairman. Question came up as to how patients are being put into Bay View — and suggestion was made that patient be called on at home first to determine need for hospitalization.

Brecksville: Greg P., Chairman. Everything quiet.

Lorain County: Jack S., Chairman, reported that admissions must be approved by the doctor in charge.

Institution Committee: Helen D., Chairman, reported everything is the same at Warrensville and operating normally. Thanked each and everyone for helping to make the group's Christmas party a success.

P.I.C.: Dick P., Chairman, reported that 242 speakers for non AA meeting and groups had been supplied by the Cleveland District Office in the Year 1973.

There was no old business to be conducted and new business comprised a request from Kathleen R., Secretary of the Sick, Lame and Lazy Group and Veterans' Hospital, for an allocation of funds with which to purchase literature. It was moved and approved that the groups receive \$20.00.

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

Imogene P., Secretary

NEW OFFICE LOCATION

On March 1, 1974, the Cleveland AA District Office will take up new residence at:

1 Public Square Building

Mezzanine #6

Cleveland, Ohio 44 1 13

The telephone number is unchanged —

241-7387

It would be well that notice of the foregoing be posted on bulletin boards of the various and sundry groups and that announcement be made at all meetings during the month of February.

THOUGHT PROVOKERS

Don't sponge if you do not wish to wipe out a friend. ship.

Kneeling will **keep you in good standing.**

Let your **speech be better than silence,** or keep silent.

It is easier to **measure up with your friends** if you remember to use the golden rule.

There are two **things that are bad** for the heart — running up hill and running people down.

Keep your temper if it's good — and don't lose it if it's bad.

PRAYER OF THE MONTH

God, grant me consciousness of myself that I may be aware of my negative emotions and work to separate myself from them before they go too late. Amen.
-Search

A MUST THAT MUST ENDURE

"Drunkness and Disintegration are not penalties inflicted by people in authority. They are results of personal disobedience to spiritual Principles. We MUST obey certain principles . . . or we die."

Bill W. in "Comes of Age."

The leading principles or Virtues, (and Virtue strictly means 'Conduct befitting a Man'), laid down so clearly in our Steps, equate to Hope, Faith and Charity, in the usual order of their application. Many find it difficult to start on Recovery because their Hope is so thin. Yet we can soon augment our Hope even if we are near to hopelessness, from something that needs no Faith . . . from seeing that our new companions, themselves once nearly hopeless, have recovered, are happy again, can laugh and talk contentedly without the aid of alcohol. Hope is the everyday currency of Recovery and also the medium of delivery from our nerves, sorrows and depressions. Our depressions are merely exaggerated forms of nerves, suffered by most of us at times. Our Hope is summed up in the phrase . . . 'This too shall pass.' But we might remember that it will only pass after we have pulled ourselves together and restarted to behave like grown-up men and women.

Many, too, find it very hard at the start to have Faith, real Faith, in a Higher Power. Yet we can see evidence of it all around us. The stars, sun, moon, the tides and seasons have always been with us, with no thanks to modern science; and we have innate Faith that they will all remain with us. We go to sleep at nights with Faith that we will wake safely to next morning. Some of us bet on horses we have never seen, owned by people and ridden by jockies who are only names to us. We are willing to invest our savings in companies that trade in countries we have never seen, which deal in commodities we know little about. We take passage calmly in trains and planes driven by people we know nothing about. And yet some of us find it impossible to bring ourselves to have Faith in the reality of a Spiritual Power which, through their Faith in Him or It, has so obviously changed for the better the lives of our fellowmembers who have recovered.

Charity is not merely nor even primarily a matter of giving money or clothes away to others. It is more a matter of being willing to sympathize talk with and listen to others; a willingness to break off from doing what WE want to do in order to go to help another; a willingness to give and love without having to be asked to do it; a willingness to think only the best about our fellowmembers; a willingness to do something for others without expecting a pay-back.

"We must obey certain principles . . . or we die."
-from THE ROAD BACK, Dublin, Ireland

IN MEMORIAM

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

ART CRAW, a member of the Niles, Ohio, group, passed away suddenly at home on October 23, 1973, after more than 25 years of continuous sobriety.

CARL "ABNER" ROTH passed away on November 6, 1973. A member of the Trinity Group, he observed 30 years of sobriety on October 18, 1973.

DATES TO REMEMBER

FEBRUARY

- 2—14th Annual AlAnon Dance, 8:00 p.m., Masonic Auditorium, 3 615 Euclid Avenue, sponsored by Cleveland AlAnon Intergroup.
- 4-Cleveland AA District Office Funding Campaign opens.
- 5-Central Committee, 8:30 p.m., Room 362 Hanna Building.
- 9—10th Anniversary of Bay View Group? 8:30 p.m., Bay Presbyterian Church, Columbia and Lake Road, Bay Village; Speaker: George G., Alliance, Ohio.
- 11-30th Anniversary of Pearl Road Group, 8:30 p.m., St. James Lutheran Church Hall, 4711 Broadview Road at Oak Park Drive; Speaker: Bob L., South-west Sunday.
- 12—12th Anniversary of Lorain Tuesday AlAnon Group, 9:00 p.m., St. John Bosco Church, 6480 Pearl Road; Speakers: Kevin B. (AA) and Noreen M., (AlAnon).

A WELCOME AT CHILlicothe

On March 24 the Welcome Group of Chillicothe Correctional Institute will observe its 7th Anniversary and an invitation is extended to all Cleveland AA groups to send a representative to this anniversary meeting. Arrangements are being made to endeavor to charter a bus for the trip and those wishing to make the trip should contact E. S., at 941-5439 for details.

TEN COMMANDMENTS OF HTGAWP

1. Speak to People. There is nothing so nice as a cheerful word of greeting.
2. Smile at People. It takes 72 muscles to frown, only 14 to smile.
3. Call People by Name. The sweetest music to anyone's ears is the sound of his own name.
4. Be Friendly and Helpful. If you would have friends, be friendly.
5. Be Cordial. Speak and act as if everything you did were a genuine pleasure.
6. Be Genuinely Interested in People. You can learn to like everybody if you try.
7. Be Generous with Praise. Be cautious with criticism.
8. Be Considerate with the Feelings of Others. It will be appreciated.
9. Be Thoughtful of the Opinion of Others. There are always three sides to a courtesy — your, the other fellow's, and the right one.
10. Be Alert to Give Service. What counts most in life is what we do for others.

HTGAWP? — How To Get Along With People.
— Good News, San Francisco

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	0
VETERANS HOSP.-E. Blvd. near E 105th St	8:00
WARRENSVILLE-Women's House of Correction, 4041 Northfield Road	8:00
THURSDAY	
TRUSTY HALL—1000 ft. east of House of Correction	8:00
FRIDAY	
MAIN GROUP-House of Correction, 4041 Northfield Rd.	8:00

AI-ANON GROUP MEETINGS

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

THINKING OUT LOUD

A newly-wed wife went to the meat market and asked for a pound of steak. After she was served, the meat man asked her if there was anything more he could get for her. "Yes," she said, "I would like some gravy to serve with the steak." "We don't sell gravy — you will have to make your own," the meat man told her.

It seems **there** are some men and women come into AA only because they were told by their sponsor or some member of AA that they can ride the gravy train free if the have sobriety. But when they learn that there is no free ride in AA, they go back to their favorite bar and cry in their beer.

It seems that most of us have a tendency to leave out some of the working parts when we are trying to help a new person. Of course we always tell the new man or woman how important the AA meetings are, but sometimes we fail to tell them about the many other working party which are also important. I don't think that the sponsor is dishonest, but I think sometimes we let our enthusiasm run away from reality and we try to dress the AA program in seductive garb to make it attractive to the new person.

Our primary purpose is to carry the AA message to other alcoholics who want help with their drinking problem. If the alcoholic really wants help, he will accept it on the AA terms and not demand a change in the contract. He has a drinking problem and AA has a solution which was hammered out on the anvil of trial and error. This solution has helped five hundred thousand alcoholics throughout the world and it will help every alcoholic who will follow the instructions, but there is no AA gravy train that will carry a person free to the station of perfection.

Many men and women come into AA because they are filled with visions of a glorious life where all their troubles will be solved **and all** their desires will be granted, but when they learn there is no free rides in AA, they go back to the gin-mill and try to drown their disappointment in the bottle. This sometimes could be prevented if the sponsor would try to present the AA program in its entirety. Of course, we will have some failures with some people we try to help and when that happens we should take stock and try to determine what happened, rather than take the easy way out by saying, "I guess he was not ready to stop drinking."

When we **go** on a Twelve Step call we should remember that the **alcoholic** is a sick person, not only physically, but mentally and spiritually. He has lost his self-respect and feels no embarrassment about living off the generosity of others. So when he calls for help he has a distorted idea about the help he will get. His world is a material world and that is the kind of help he expects from AA.

With this in mind we should be honest with him and tell him that AA is a way of life and it's a full time job. There is no AA free gravy train. AA will give us sobriety if we follow the instructions and share it with others. The only true happiness comes from squandering ourselves for a purpose.

-Ed B., in Akron (O.) Intergroup News

A HAPPY MAN

If you observe a really happy man you will find him building a boat, writing a symphony, educating his son, growing double dahlias in his garden, or looking for dinosaur eggs in the Gobi desert. He will not be searching for happiness as if it were a collar button that has rolled under the dresser. He will not be striving for it as a goal in itself. He will have become aware that he is happy in the course of living life twenty-four crowded hours of the day.

-From: The Reviver

NEGLECTED WIFE

Have you heard about the absent-minded professor who wouldn't go out with his wife because he heard she was married?

THAT ENDLESS FOURTH STEP

Some of us have found that the Twelve Steps have endless possibilities; that they can never be lived up to 100 per cent. For myself, the first three years were easy. I had admitted **my** powerlessness over alcohol several years before **joining AA**. As one who was long in the habit of turning to God when in distress (and having many prayers answered, undeserving as I was) the second step was as easy as it was welcome; to believe that a Power greater than my self could restore me to sanity. The third, to turn my life and will over to the care of God was like shifting a great burden. There is a lot of the old "I will" in this writer's system, but when I **am** confused as to whether I'm right or wrong, I rest on the third step and proper decisions are the invariable result.

I have been a member of this wonderful society for one year and seven months. Acting on the repeated advice of older members, I started working on the Twelve Steps early. After the first few weeks I came to Step 4, and I'm still one it. That moral inventory. By now, I am familiar with all the steps, but I'm still stuck on Step 4, as far as application is concerned.

Step 4 caused **me** to **stop** before the mirror and take a good long look. How **many** costumes had I worn, how many characteristics had I adopted, how often and easily had I answered to **some** misnomer when some person called my name wrong? For a number of years, I never paused before a mirror any longer than it took to comb **my** hair and dress just enough to be presentable for work. Even when dressing for a special occasion, my **eyes** would avoid their own reflection. There was no Me, just a series of desperate pretenses.

As a harmless method of passing time and changing the personal scenery, pretense is really fun. To adopt a new characteristic can be a fine thing, if it is a good characteristic and an uplifting one. But to have to change your personality continually in a dread flight from a Self you can no longer bear is a terrible thing.

Step 4 caused me to pause in my flight, face Me in the mirror and accuse, "You have brought unhappiness to two human beings who loved you and needed you." Then for a moment, I didn't see me any more. I saw the faces of the two I had hurt and remembered the cruel occasions. "I didn't do it. I couldn't be that mean. It just couldn't be **me**. It was drink that did it." But the mirror answered, "**You** did the drinking. And if you want to be able to face you in this mirror, you better do something about it."

I am doing something about it now, and I won't stop until I have done the best I can. That was the big thing I had to face in Step 4. Though I still get a lump in **my** throat occasionally from the memories of cruelty to two people. I at least found relief in admitting to myself finally, that I was wrong and in being willing to try to make amends.

Step 4 wasn't ready for my departure at this one point, however. As looking at myself became less intolerable, the moral inventory continued and with each point the mirror presented, I wage a battle. When you know you are wrong and know that you have to make things right in order to maintain your sobriety, what can you do?

Step 4 has forced me to tears I didn't think I could shed while cold sober. This step has forced me to a sane humility, at least in **my** private heart and mind.

Step 4 is making me well in spite of its painful and lengthy insistence, and I'm staying right with it until I am ready to weed out all the defects and forgive myself long enough to acknowledge sanely my good qualities as well. Until I can **look** in the mirror and find an acceptable Me amid such light and refreshing pretense in which I **may** be indulging, I'll remain on Step 4 if it takes years!

-Anonymous, The Gateway

BE A BULLETIN BOOSTER

CLEVELAND AREA

Guest Speakers

FEBRUARY, 1974

ALLEDALE (Thursday) 7 — Tony M., Wickliffe Wed.; 14 — Don C., Sister Ignatia; 21 — Open; 28 — Harry G., Brecksville Wed.

BAY FIRESIDE (Saturday) 2 — Ken M., Tri-County Thurs.; 9 — No meeting, Bay View Anniversary; 16 — Tom C., (?); 23 — Pat B., Bedford Wed.

BAY VIEW (Saturday) 2 — Frank Z., Pittsburgh, Pa.; 9 — 10th Anniversary of Group, 8:30 p.m., Bay Presbyterian Church, Columbia and Lake Roads, Bay Village; Speaker: George G., Alliance, Ohio; 16 — Nellie B., Wickliffe; 23 — Murray S., aBinbridge.

BRECKSVILLE WEDNESDAY (Wednesday) 6 — Charles F., Independence; 13 — Jene C., Independence; 20 — Walter B., Bedford Wed.; 27 — Harry J., Bay View.

BROOKLYN (Thursday) 7 — Tom D. (16th Anniv.), Brooklyn; 14 — Vince McC. (21st Anniv.), Brooklyn; 21 — Dick M., (3rd Anniv.), Brooklyn; 28 — Tony K., Smith Wilson.

DOAN MEN (Wednesday) 6 — Roy L., Nite & Day; 13 — Joe H., (?); 20 — "Frenchy" John D., (?); 27 — Al DiB., (?).

GARFIELD WEDNESDAY (Wednesday) 6 — Ed. S., Lakewood Armory; 13 — Tex H., UAW-1005; 20 — Bill W., Madison Sat.; 27 — Pat S., Lorain Mon.

GORDON SQUARE (Friday) 1 — Milton L., Mansfield, Ohio; 8 — Don W., Southwest Sun.; 15 — John M., Proven Way; 22 — Joan W., Garden Valley.

GRATEFUL (Sunday) 3 — Joe K., LSI; 10 — George B., LSI; 17 — Edith A., North Randall; 24 — Joe B., Aliquippa, Pa.

LAUREL (Tuesday) 5 — Bob S., Parma Sat.; Joe B., Clark; 19 — Tom K., Wed. Men's Discussion; 26 — Marlene Z., Berea Thurs.

MIDPARK CLOSED (Thursday) 7 — Bill K., 14 — Surprise lead; 21 — Hugo, Z., Lorain, Ohio; 28 — Carol W., Lorain, Ohio.

NELA PARK (Sunday) 3 — Dick C., Northeast; 10 — Russ R., Marshall; 17 — Neal C., Maple Heights; 24 — George McF., Wickliffe.

PARMATOWN MEN (Friday) 1 — Ed M., Parmatown; 8 — Paul L., Lorain Tues.; 15 — Jack S., Parmatown; 22 — Will H., Southwest Sun.

PEARL ROAD (Monday) 4 — Jim G., Bedford Wed.; 11 — 30th Anniversary of Group, 8:30 p.m., at St. James Lutheran Church Hall, 4771 Broadview Road at Oak Park Drive; Speaker: Bob L., Southwest Sunday; 18 — Herb F., Clark; 25 — Ray T., Strongsville.

ROCKY RIVER (Thursday) 7 — Dick G., Rocky River; 14 — Bob M., Fairview; 21 — Don S., Memphis; 28 — Marie G., Rocky River.

SISTER IGNATIA (Friday) 1 — Marlene Z., Strongsville; 8 — Carol P., Strongsville; 15 — Florence L., Akron, Ohio; 22 — John C., Tri-County.

SOBRIETY (Saturday) 2 — Joe S., 24 Hour; 9 — Cliff B., Broadview; 16 — Emmett M., Southwest Sun.; 23 — Jim M., Independence.

SOUTHWEST SUNDAY (Sunday) 3 — John F., Parmatown Men; 10 — Tex H., UAW-1005; 17 — Tom K., Barbertown, Ohio; 24 — Bill S., Lorain Ave. Mon.

STRONGSVILLE (Tuesday) 5 — Frank A., Berea Thurs.; 12 — Bob W., Brookpark; 19 — D. B., Wakeman; 26 — Gert E., Midpark.

TRINITY (Saturday) 2 — Garland H., Brookside; 9 — Jack W., Newburg; 16 — John McG., Brooklyn; 23 — Bernie B., Trinity.

UAW-1005 MORNING (Wednesday) 6 — Ralph C., Parma Heights; 13 — Mary Y., Independence; 20 — Joe F., Parma Heights; 27 — Bob C., Memphis.

WARRENSVILLE WOMEN (Wednesday) 6 — Tom W. (8th Anniv.), Garden Valley; 13 — Gregg P. (2nd Anniv.), Smith Wilson; 20 — Eli V., Chagrin Falls Fri.; 27 — John McM., Angle.

WEST SIDE MORNING (Thursday) 7 — Bob T., Garrettsville, Ohio; 14 — Bill B., Brooklyn; 21 — Bob G., Solidarity; 28 — Jim F., Bay West Discussion.

WEST SIDE WOMEN (Monday) 4 — Marg H., West Side Women; 11 — Joe K., CPI; 18 — Mary Ann W., West Side Women; 25 — Don T., Parma Heights.

Y.O.U.R. (Sunday) 3 — Will be announced; 10 — Tony M., Wickliffe; 17 — Pat M., Painsville Thurs.; 24 — Julie M., Akron, Ohio.

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

FEBRUARY 14, 1974

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.



PERSONAL SERVICE

Service is a creative expression of self. If a person does not give something of himself to others he dries up, shrinks, peters out. On the other hand, giving of himself adds to his enjoyment of life. It expands his area of interests. It gives him a feeling of participating.

An important question asked frequently is: what value are we to our friends in their bad times as well as in their good times? Orestes said in one of Euripides' plays: "They have the name of friends, but not the worth, who are not friends in our calamities."

There are some services that money cannot buy: kindness, thoughtfulness, courtesy, consideration, tolerance, showing appreciation, and good nature. These are individual services, given according to one's opportunities and the opportunities one can make.

Most people have found that their personal satisfactions are increased when they pay attention to meeting the needs and desires of other people. In his radio broadcast following his coronation the late King George VI said: The highest distinction is the service of others. This has been called "The principle of otherness," and it has been referred to as man's noblest task. It is evidenced first in the family, where parents subordinate their self-regarding to other-regarding feelings in the rearing of their children.

The enjoyment derived from almost any possession and from the majority of our activities is magnified by the act of sharing it with someone else. One's pleasure is doubled when communicated to a friend, and one's griefs are halved. Pleasure is gained by giving pleasure.

The application of the Golden Rule makes demands not only upon the will, but upon the reason, the imagination and the feelings as well. Imagination is needed: the mental suppleness and flexibility which enable a person to move his perspective about and to see the situation as it looks through the eyes of others.

The resulting sympathy is the purest expression of social feeling. It reproduces in our minds the feelings of others. It leads to empathy, which is intellectual identification with or vicarious experiencing of the feelings, thoughts and attitudes of another person. It is feeling intensely about a problem outside yourself.

One cannot give service if he shuts himself away from the world. The most rewarding services are the outcome of shared feeling. Then we extend to an afflicted person not only material aid when appropriate, but compassionate, personal supportive warmth.

- from
The Royal Bank of Canada Monthly Letter,
Dec. 1973

COMMITMENT

As we go to press it is too early to determine the progress with respect to the 1974 funding campaign for the Cleveland AA District Office. On the other hand it isn't too late to emphasize the need with the hope that each and every member will subscribe generously to this self-support appeal.

Some revealing statistical information has been shared with us, indicating that since office doors were opened on February 8, 1945 the District Office has received 31,143 calls for help and which were turned over to groups for contact and follow up.

This averages out over 29 years to 1,074 calls per year. In the past eight years (1966-1973, inclusive) yearly average calls were 1,633 and in 1973, which bears out the continuing need for keeping the office doors open, 1,886 calls for help were processed — an increase of 15.5% over the eight year average and 75.6% above the overall average of 1,074. Interestingly, calls for help from women averaged 430 per year, or 26.3%, in the last eight years, and in 1973 were nearly 29% of the total calls received.

While the main responsibility and thrust of the District Office is, as it should be, providing help for the suffering alcoholic, functions embrace many other facets of service to groups and to the community as a whole.

In examining the report before us — we observe that 10.6% of 1973 group pledges remained unpaid at the end of the year and 15.5% of individual pledges were unremitted. Hopefully, these commitments will be fulfilled before we are too far into 1974.

Commitment, dedication and devotion are words which connote responsible responses, yet in face of the density of the AA population in the

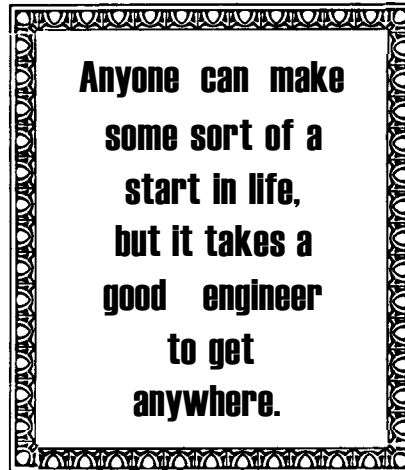
area served by the AA District Office the number of members actually underwriting the needs of the office are comparatively few, which leads us to conclude that some of us are not sharing our endowments.

It is our sincerest trust that those who have not made a 1974 commitment will do so as soon as they can and to those who have responded our sincere congratulations are extended.

As has been recorded in these columns before, prospectus is great that the helping hand of AA will need to be extended to increasing numbers of sufferers and for that WE ARE RESPONSIBLE!

In our editorial entitled "Self Support" in the February edition of Central Bulletin we alluded to the humble beginnings of the intergroup office, and after completing the upper portion of this article, a long-time member of Cleveland AA, who now resides in Chicago favored us with

(Continued on page four)



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Harry D.. Pounder and Editor 1892-1968



Vol. 32 March, 1974 No. 6

MILL ENDS AND REMNANTS

Whence comes it? Is it inherited? Is it earned? Is it a tangible? Is it an intangible? Does it show? Who has it? How can you tell? Does it endure? Can it be purchased? What is the price?

These are only some of the questions arising as we contemplate the ATTITUDE OF GRATITUDE, which in the writer's opinion is an indispensable ingredient in the formula from which stems devoted service performance.

If we look around us and observe, we will note that those who really carry the pack are imbued with this attribute, although were they to be questioned they would disclaim being knowledgeable of it. Yet, it is there.

Where does it come from? It is not unlikely it is born of ridding ourselves of the bitterness of powerlessness and coming into the freedom and light of release.

We feel to some degree it is inherent, although having been so long dormant in the darkness of our being, it requires nurturing, and when it is cultivated, it begins to emerge for continued nurturing and ripening.

In working at it, or on it, and with it, it becomes a valuable asset, so it is earned, but only if we learn with it and perform cloaked in its mantle.

It is our thought it is both tangible and intangible — the former in it being a part of us and the latter in our using it, without fanfare, as an instrument of our service to and on behalf of our fellows.

The question — Does it show? We think so, but only to each other, and not to ourselves, for in becoming conscious of it in ourselves, we lose some of the motivating impact.

In looking around us, in both AA and out, and looking at motivating factors, it seems to us we can tell who has it and who does not.

How can we tell? Usually by the complete absence of selfishness and no expectation of reward or return. It has been our observation that those who have it are selfless entities.

Its lasting qualities? This can best be answered by reflecting upon the countless contributions since AA's inception by both those known and unknown to us. And similarly this has been the truth behind all forces for good over the centuries.

Is it purchased and has it a price? We better believe so, but-not something that is bought across a counter with a price tag on it. It is acquired through love and work and service, sometimes at an unbelievable cost, even martyrdom; yet, when earned and acquired, it is an irrevocable part of us.

If you have read this far, may we ask that you ask yourself more questions, contemplate them, reflect upon them, and then we might learn:

What is the Attitude of Gratitude?, by George!

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

**MINUTES OF CENTRAL COMMITTEE
MEETING FEBRUARY 5, 1974**

Moderator Bob W., opened the meeting with the Serenity Prayer in which he was joined by the 31 group representatives present. Helen D., Vice Moderator, then read the Purposes of Central Committee and The Twelve Traditions of AA. After reading the minutes of the January 7 meeting by the Secretary, same were approved. Treasurer's report for January revealed a balance in the Institution Fund of \$327.20 and in the General Fund of \$353.37, making a grand total of \$680.57 after expenses.

COMMITTEE REPORTS :

Action Committee: Dick F., Chairman, reported on Third Legacy, Inc.

Areawide Committee: Gene M., Chairman, advised next meeting will be held on March 15, 1974 in Jordan Hall of Charity Hospital at 8:30 p.m. Speaker: John C., Castalia, Ohio.

Central Bulletin: George M., Editor, No report.

Hospital Committee:

Rosary Hall: Ray M., Chairman, No report.

Bay View: Bernie B., Chairman, reported there had been a shortage of beds. Also discussed sponsorship emphasizing that sponsors who hospitalize a patient are required to take the patient home on discharge.

Brecksville: Greg P., Chairman, reported things on the quiet side.

Lorain County: Jack S., Chairman, led lengthy discussion concerning favorable cooperation with the Administration as far as AA sponsored patients are concerned. One problem exists — patients can still admit themselves and this is being followed further with hospital administration. Advises that AA meetings are now being held in the hospital. There are 25 beds for alcoholic patients.

Institution Committee :

Warrensville: Helen D., Chairman, reports everything quiet. Wanted it noted in the minutes of this meeting that any contributions to the District Office Funding campaign in name of Warrensville Women's Group would be anonymous personal gifts as the group has no treasury.

There was no old business to be conducted and new business covered request of Geraldine W., in behalf of Sick, Lame & Lazy Group for additional allocation from the Institution Fund for literature for SL&L Group and Veteran's Hospital group as literature for the Wednesday and Saturday meetings initial furnished was not sufficient for their needs. There was a motion, duly seconded and carried, that each group receive \$20.00 from the fund for the purposes stated. A lengthy discussion ensued on distribution of literature at Institution Groups.

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

—Imogene P., Secretary

NOTICE

Effective April 1, 1974 subscription price to CENTRAL BULLETIN will be \$3.00 per year. At the same time fee for the group speakers to be included in the Cleveland Area Guest Speakers List will be \$3.00 per month.

While action of this nature is never a pleasant task, it IS a necessary one if we are to continue our standards of quality in both appearance and content which we are pledged to do so long as Central Bulletin is published. Cost of materials, cost of production, mailing fees and address plates have increased beyond the area of absorption.

Your continued support is greatly appreciated and one way that you can help us materially is obtaining new subscriptions regularly.



PRAYER OF THE MONTH

O God, help us to know that you willingly provided for our needs; help us to ask for help that we need; help us so that in providing ourselves with the comforts that we can afford we may not be unmindful of the many who are in need in many ways; and help us to recognize the opportunities you create for us to serve others. Amen.



WHAT IS — "IT"?

Webster defines "It" — to regard with strong feeling of affection, to feel great tenderness toward, to delight in or have great pleasure and interest in.

"It" is patient and kind; it is not jealous or boastful; it is not arrogant; it does not insist on its own way; it is not resentful; it does not rejoice at wrong but rejoices in the right! It bears all things, believes all things, hopes all things, endures all things. (I Corinthians 13:4-7)

"It" is not just sex! It is having concern for others — caring what happens; sharing with others; understanding, forgiving. It is tolerance, truth, and humility.

Webster and Paul (I Corinthians) say this is "LOVE" but — IS THIS NOT AA?

We, who have been in the Program for awhile, KNOW that this is AA! We have high regard for it as it has given us our lives! We feel a "great tenderness toward" it, and we dislike having it "used and abused!" We take "delight and great pleasure and interest" in it.

We are "patient" as we do not give up on that poor sick person! When we tell our stories — we are not "boastful"! We are not "arrogant" as we strive for humility! We do not insist on having our own way — in AA you have the "right to be wrong" as long as it hurts no one else! It believes in us; it has — and gives hope! And, there have been many "ups and downs" in AA but — it has endured!

So take "LOVE" by the hand and say your "I do's" with God and AA. I guarantee you will never regret it.

-Helen M., in Toledo Area News

SIMPLICITY

The wise man will ever seek to simplify life. The greatest truths are the simplest and so are the greatest men. The more simply you live, the more secure is your fortune; you are less at the mercy of surprises and reverses. Bertrand Russell reminds us that "Forty or fifty years ago things were simpler, people understood life better. The way things are going, getting more complicated, only a few people will run the world in the future; that will take place if man does not wake up and realize there is more to life than scientific progress, and a decay of the natural elements of living."

-A. A. Montapert.

DO YOU KNOW ME?

I am a little thing with a big meaning. I help unlock doors, open hearts, dispel prejudice. I create friendship and goodwill. I inspire respect and admiration. Everybody loves me. I bore nobody. I violate no law. I cost nothing. Many have praised me, none has condemned me. I am pleasing to those of high and low degree. I am useful every moment of the day, in many ways.

I am called "Courtesy."

IN MEMORIAM

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

RUSSELL JAITE, who passed away after short illness on February 7, was a 23 year responsible and active member of the Edgelaque Group.



DATES TO REMEMBER

MARCH

- 1-Cleveland AA District Office in new location: 1 Public Square Building.
- 5-Central Committee, 8 : 30 p.m., Room 362, Hanna Building.
- 19—Advisory Committee (representatives from all groups) to Cleveland AA District Office Operating Committee, 8 : 00 p.m., Cleveland Plaza Hotel.
- 21-26th Anniversary of Allandale Group, 8:30 p.m., United Church of Christ, 575 Richmond Road, Richmond Heights, Ohio. Speaker: Jim D., Independence. Dinner will be served at 7 : 00 p.m., reservations limited to 126 people.

APRIL

- 1 I-EASTER
- MAY
- 1-ANNUAL CLEVELAND INTERGROUP DINNER, Cleveland Plaza Hotel.

AU-IRELAND CONVENTION

Opening session for the All-Ireland Convention at Cork City, Ireland, will be held on Friday, April 5, with meetings continuing through Saturday, April 6 and Sunday, April 7 — both AA and AI-Anon.

A tour will leave Cleveland the afternoon of Saturday, March 30 for New York, thence via Irish International Airlines Jet for Shannon, with return flight from Shannon being scheduled for Sunday, April 7.

In addition to time for the convention there are numerous sightseeing tours scheduled. Tour cost is \$500 per person and for full information contact Cleveland Automobile Club, 24 Public Square, Cleveland, Ohio 44101 or telephone (216) 579-6280.

NEW OFFICE LOCATION

On March 1, 1974, the Cleveland AA District Office will take up new residence at:

1 Public Square Building
Mezzanine #6
Cleveland, Ohio 44 1 13

The telephone number is unchanged —

24 1-7387

It would be well that notice of the foregoing be posted on bulletin boards of the various and sundry groups and that announcement be made at all meetings during the month of March.

The height of conceit: The fellow who joined the navy so the world could see him.

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

AI-ANON GROUP MEETINGS

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

PATIENCE

There is an old joke that the Pessimist is one who sees a cloud around every silver lining. And how often, after we have remarked on the fineness of the weather, has not someone replied: "Yes, it's a fine day **alright**, but we'll be paying for it later." One of the many compensations of AA living is that we who have recovered (to date) realize that we have paid the price in misery already. If we have to pay any more, it will only be because we have not yet learned a true sense of values. Happiness and Peace of Mind are now within our grasp; if we maintain even the semblance of sanity in our thinking, they are surely here to stay.

Yet, if we have no further capital investment to make, prudence demands that we assure our way of living. This we seek to do by the cultivation of certain basic qualities . . . humility, charity, sincerity, patience and the like. Our urge to recover will often breed a discontent with our rate of progress. And so I offer a quotation from Gerald Vann which I have found of value for myself.

"We need Patience to meet the special trials, the weakness and powerlessness of old age; but we need Patience too to **meet** the similar trials that may come upon us at any age. The sorrow of seeing our **labours** destroyed and we unable to prevent it. The sorrow of seeing our **labours** fruitless and our dreams unfulfilled. The hardness of having to watch others reap what we have sown. All these things can give us a sense of powerlessness and therefore of impatience and perhaps a sort of **despair**. Then, we have to draw ourselves back to the thought of the loving providence of the Divine Wisdom which disposes all things sweetly. We have to teach ourselves all over again to care and not to care, to learn to prepare for the future by making what use we can of each Present moment as it comes . . . and leaving the rest, without worry, to the mercy of God."

-Regained from The Waterfront,
Liverpool, March 1954.
via THE ROAD BACK

LET'S TALK ABOUT GROUP SECRETARIES

Please accept this as a suggestion — but an important one. When it comes time to "elect" — "sandbag" (however your group does it) a new GROUP SECRETARY — please give this action sober and careful thought. In the first place, let us all remember that to be asked to be a Group Secretary is an Honor. You are in effect saying to this person, "We **respect** you, we trust you, and we feel that you have the interest of our Group at heart, so we are asking you to be of "love and service" to the Group by accepting the secretaryship.

Please do not take the attitude that your Group Secretary is really not very important to your group. Do not try to drop the job on a well intentioned newcomer to AA who accepts through ignorance of the requirements for a group secretary, or accepts so that he or she may continue an "ego trip" that they should be attempting to end. And never appoint a "slipper" newly re-recovered to this position of trust because, as I have so often heard, "It will be good for him." To do this says that you do not value your Group or the help it has been to you over the months or even years. What your Group always needs is a Secretary who will be good for the Group, who will take his job seriously, who will arrange for chairmen and speakers in advance of the meeting night — who will see that the coffee and refreshments are at hand, who will in fact show his gratitude by doing the best possible job he can.

I hope this doesn't sound "preachy," but I have seen a lot of great Groups go down the "drain of neglect" over the years for the reason that no one cared enough to see to it that there was a devoted and trustworthy Secretary for the Group.

And of course, this doesn't apply to YOUR GROUP . . . but if it does be your Group's conscience in this area.

— from GOOD NEWS, San Francisco

DO NOT BE DISCOURAGED

In a speech I heard in Alabama some years ago a man called our attention to what he referred to as the saving phrase of Alcoholics Anonymous. He was talking about the phrase, "do not be discouraged" found in Chapter 5 of the Big Book.

One of the major parts of the AA, Al-Anon and **Alateen** programs is the taking of inventory. If we honestly take inventory on a regular basis we **may** have cause to **sometimes** be discouraged. When we see large **cities** in our state with only one AA group and no Al-Anon or **Alateen** we may feel discouraged. When we see members of groups refusing to accept responsibility, or failing to express gratitude by being on the answering service list we **may** be discouraged. There remains a lot of work to be done and when you see the **same few doing** it all, and the majority getting but not giving, you **may** be discouraged.

Maybe what we should do as individuals is take an inventory and if we find we are discouraged we need to explore our activities **until** we find out what we are **not** doing, or what we are doing that causes the discouragement. We **then** need to go to work in these areas, and then we can continue our reading. Do not be discouraged, none of us have gained spiritual perfection, we strive only for progress.

-Leo R., Irvine, Ky. (AA)
in Search (Ky. Al-Anon Journal)

EVERYONE NEEDS A JUNK HEAP

Many people go into the new year dragging behind them the thoughts and the experiences that made them **unhappy** during the old year. Not only as we enter a new year, but every day of our lives we should junk something! We should junk our worries, junk our fears, junk our anxieties, junk our little jealousies, envies and hatreds. It is a good plan every night before we go to sleep to put in a junk heap all our disappointments, all our grudges, our revengeful feelings and our malice — all the mental poison that is hindering us from being the splendid men and women we can be.

The great trouble with most of us is that we haven't any junk heap of this sort. We pull all our mental enemies, all our handicaps, our losses, our misfortunes, our troubles, worries and trials along with us. This consumes more than 50 percent of our vitality and energy, so we have only the smaller amount left for the great task of making life worthwhile. Let's start the New Year right — by starting a junk pile!

-from Silver Dollar, Fargo, N.D.

SMILES

"Just what good have you done for humanity?" asked the judge before passing sentence on the pick-pocket.

"Well," replied the confirmed criminal thoughtfully, "I've kept three or four detectives working regularly."

The sober old-timer **asked** a man who'd had a slip what was wrong.

"I'm in agony. I've been drinking. I think I'm **dying**."

The old-timer said, "It could be worse." When the sufferer cried out "HOW?" The old-timer replied, "It could have been me."

COMMITMENT

(Continued from page one)

copies of reports of early meetings (1945) of the Advisory Committee of group representatives to the "Downtown" office.

There is too much detail in the reports to enable sharing them completely, but it is sufficient to say that though the beginnings were humble, the foundations of commitment, **dedication** and devotion laid in those early days created the hallmark of responsible service that has been demonstrated by all of those trusted servants over the years.

The challenging cry then and now — SUPPORT YOUR DISTRICT OFFICE!

CLEVELAND AREA

Guest Speakers

MARCH, 1974

BAY FIRESIDE (Saturday) 2 — Harry D., Day at a Time; 9 — Dick G., Kean; 16 — Paul D., Avon Lake; 23 — Bill C., North Olmsted; 30 — Bill L., Berea Thurs.

BAY VIEW (Saturday) 2 — Paul K., Avon Lake; 9 — Surprise; 16 — Paul D., Avon Lake; 23 — Bill D., Bay West Discussion; 30 — Ran C., Bay West Discussion.

BEDFORD MORNING (Wednesday) 6 — Don T., Solon; 13 — Jean W., Maple Heights; 20 — Frank M., Garfield Tues.; 27 — Dick H., Walton Hills.

BORTON (Monday) 4 — Alfred M., 11 — Harry McG.; 18 — Harriet M., 25 — Paul K.

BRECKSVILLE WEDNESDAY (Wednesday) 6 — Dr. Robert Custer of VA Hospital Staff (joint AA and AIA non Meeting); 13 — Jim R., Lakewood Armory; 20 — Art N., Pearl Road; 27 — Frank M., Laurel.

BROOKLYN (Thursday) 7 — Bill G., Southwest Sun.; 14 — Bill S., Parmatown Men; 21 — Tom A., Solidarity; 28 — Dick D., Brookpark.

CLEVELAND TEAMSTERS (Saturday) 2 — Dave M., Teamsters; 9 — Charlie P., Warrensville Men; 16 — Al G., Gordon Square; 23 — Betty C., Clark; 30 — George Y., Sobriety.

DOAN MEN (Wednesday) 6 — Bill B., 13 — Bernie J.; 20 — Bob S.; 27 — To be announced.

EQUITY (Wednesday) 6 — Calvin C., American Indian; 13 — Virgil W., Brooklyn; 20 — Joe R., Brooklyn; 27 — Tom K., Post Office.

GARFIELD HEIGHTS (Tuesday) 5 — Harry J., Bay View; 12 — Bill C., Lakewood Men; 19 — Jack and Jean E., West Shore; 26 — Frank H., Strongsville.

GORDON SQUARE (Friday) 1 — Dick L., American Indian; 8 — Joe K., Wrick; 15 — Calvin C., American Indian; 22 — Billy M., Wrick; 29 — Ralph C., West Side Friendly.

GRATEFUL (Sunday) 3 — Al G., Eaton; 10 — John M., Eaton; 17 — Dorothy M., Early Early; 24 — John S., Early Early; 31 — Edythe H., Gordon Square.

HOPE HOUSE WOMEN (Closed) (Wednesday) 6 — Sally K., Tri-County; 13 — Ken M., Tri-County; 20 — Dottie H., River Bay Women; 27 — Edie H., Gordon Square.

MEMPHIS (Saturday) 2 — Jim D., Independence; 9 — Les S., Lakewood Men; 16 — Scotty R., Bedford Wed.; 23 — Charles K., West Shore; 30 — George W., Garfield Tues.

MIDPARK (Closed) (Thursday) 7 — Bob P., Independence; 14 — Bill Mc., Laurel; 21 — Lou P., Laurel; 28 — Harry S., St. Thomas.

NORTH OLMSTED (Wednesday) 6 — Don S., Memphis; 13 — Harry J., Bay View; 20 — Terry L., 12th Step Women; 27 — Gene C., Charity.

PARMATOWN MEN (Friday) 1 — Joe R., Garfield Tues.; 8 — Dave W., West Shore; 15 — Les S., Lakewood Men; 22 — Jim B., Lakewood Men; 29 — Bob P., TC-1005.

REDWOOD (Saturday) 2 — Hank H., Mentor Plains; 9 — Jack D., Willoughby Mon.; 16 — Oscar O', Garden Valley; 23 — Bud G., Mentor Sun.; 30 — Ken S., Redwood.

RIVER-BAY WOMEN (Closed) (Monday) 4 — Father D.; 11 — Phyllis W., Detroit Discussion; 18 — Doris E., Lake County; 25 — Ginney S. (1st lead), River-Bay.

SOUTHWEST SUNDAY (Sunday) 3 — Chuck G., North Canton; 10 — Tony M., Wickliffe; 17 — Bill O', Southwest Sun.; 24 — Oscar O', Garden Valley; 31 — Billy M., Brookside.

STRONGSVILLE (Tuesday) 5 — Jay W., Sister Ignatia; 12 — Tony M., Sister Ignatia; 19 — Tom K., Wed. Men Discussion; 26 — Don C., Sister Ignatia.

WEST SIDE WOMEN (Monday) 4 — Kevin B., Rosary Hall; 11 — Kathryn D., West Side Women; 18 — Dick P., Parma Sat.; 25 — Jack K., Mon. Morning 12th Step.

Y.O.U.R. (Sunday) 3 — Kevin B., Lakewood Armory; 10 — J. Ed H., Nela Park; 17 — John G., Humble; 24 — Marlene Z., Strongsville; 31 — John F., Wickliffe.

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

MARCH 14, 1974

accompanied by a check or cash for \$3.00. Lists not received by this date will not be printed.

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

NOTICE: EFFECTIVE WITH APRIL 1974 LISTINGS, FEE FOR EACH WILL BE \$3.00.



COOPERATION

An elementary school student was writing a composition about the Platypus. The main body of his paper dealt with the unre-
 atious. It had a horny, leathery bill like a duck rather than a nose and mouth; fur like a seal but a tail like a beaver; claws on all four feet but with hollow spurs on the hind legs that excreted a venom and webbing of skin between the toes; giving birth by laying leathery eggs like a turtle but nursing its young like any other mammal. The youngster concluded his discourse by observing: "It looks like the work of a committee."

This might be a biased observation, but sometimes the end result of a committee's labors are unpredictable.

The first cooperative effort undertaken by groups in Cleveland, Ohio was begun by the late Jack D. early in 1940. He persuaded each group to send a representative to attend informal meetings periodically to consider matters which were of interest and importance to all groups and the members thereof. Within a short time, these meetings were formalized, were presided over by a moderator and a vice-moderator, and minutes kept by a recording secretary. Central Committee has met the first Tuesday of each month ever since. Subcommittees were formed to serve AA's collective interest such as the Hospital Committee, the Institutions Committee, the Consolidated Meeting Committee, the Action Committee, the Training Committee, the Central Bulletin Committee (which publishes the Cleveland Central Bulletin each month), etc.

In late 1944, a committee was formed to create a central office. This office opened its doors in February 1945 and adopted the name: "AA — Cleveland District Office." It was operated by a full-time paid employee with the title of Secretary. The committee which founded the office became autonomous and independent of Central Committee and became known as the Office Operating Committee. This committee is actually a board of trustees which directs the affairs of the office. At present, the Office Operating Committee consists of eleven members who serve 3-year terms, and whose terms are notated and thus overlap. Candidates for election are selected so that members will represent all sections of the territory served by the District Office, all races and both sexes. About eight months following the opening of the District Office a meeting convened of representatives from each group served and became known as the District Office Advisory Committee. This meeting has continued to be called four times a year ever since. It is the Advisory Committee which elects members of the Office Operating Committee, keeps the Office responsive to the groups and vice versa.

At present, the District Office is staffed by the Secretary, some full-time paid assistants and several part-time unpaid volunteers. Calls are received from alcoholics seeking help, relatives of alcoholics and others seeking information about the AA program or the services of the office. An up-to-date list of meetings, meeting places and times and group secretaries is compiled and distributed four times each year. It sponsors an inter-group dinner and speaker every year. It handles sales of literature and arranges for speakers, upon request, for AA and

(Continued on page four)

THE SECOND WORD

Thoughtlessness, discourtesy and irresponsibility have no more place in our way of life and our program than do dishonesty, selfishness, uncleanness and hate which effective sponsorship taught us are defects to be shed of.

AA as it is, perhaps, too frequently referred to, although affectionately and gratefully, ought always be thought of in its full text — Alcoholics Anonymous.

Repeatedly over the years these pages have printed editorials on Anonymity always stressing that anonymity is a personal matter to be breached only by the individual concerned and then, in accordance with the 12th Tradition, never at the level of the press, radio, television or other communication media.

There have been several outcroppings of individual anonymity breaks in the recent past — all ill-advised, and by letter this month our attention has been called to the prevalence in anonymity violations by individuals, not of their personal anonymity but of the anonymity of others, which is and always has been an absolute no-no.

Are these violators of personal anonymity professional name droppers? Are they gossips? Are they guilty of doing so for personal gain and self engrandizement? Whatever, they are not living up to the suggested guidelines for the program that saved them from one or both of the two fates which mark the end of the practicing alcoholic.

Sometimes we wonder if we aren't accentuating the social aspects of group therapy and fellowship to the detriment of basics and fundamentals. A well grounded and well rounded member of AA is the result of effective sponsorship from which stems the hope, strength and experience by which the alcoholic recovers.

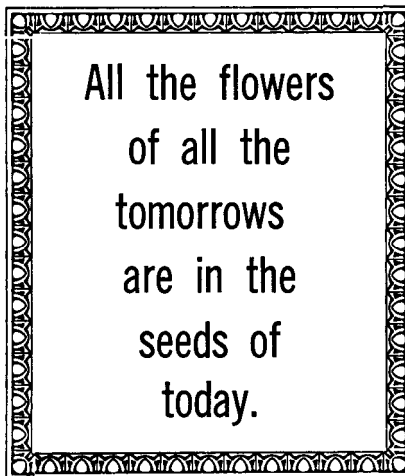
In an editorial on Anonymity in Central Bulletin several years ago and which has been reprinted on occasion since then, the writer said: "Let's get into the meat of this anonymity question. Why did our founders do this? Why have our Traditions, which grew from the wisdom of our experience, come to show that the element of our anonymity is the spiritual foundation of all of our traditions, ever reminding us to place principles before personalities?"

"The reason would seem to be that this fellowship, this way of life, our twelve steps, our twelve traditions, and all of the principles developed through adoption and experience, are all bigger than we are, any one of us or any group of us. This fellowship is needed by us. That is the basis of our humility, toward the fellowship, and toward Cod as we understand Him.

"How many times have all of us noted that the one who blatantly and defiantly broadcasts his identification with us, is not the one we would choose as a living symbol of this beloved fellowship of ours, especially to those who are relative strangers to us and our ways? And to put it another way, who among us would step forward enthusiastically to fill that role, even if called upon?

"The quality of humility in such a one would seem at least open to question. And so a little thought should lead us to the realization that this anonymity of ours is a mighty precious ingredient of the whole and we had best protect it as we do other

(Continued on page four)





Published monthly by the Central Bulletin Foundation, Inc., a non-profit corporation dedicated to service. Address all letters to Central Bulletin, Box 6712, Cleveland, Ohio 44101. Subscription price — \$3.00 per year.

Harry D., pounder and Editor 1892-1968



Vol. 32

April, 1974

No. 7

MILL ENDS AND REMNANTS

Ah, Spring!

Spring is such a happy occasion. A time when living things, though long dormant, shed their protective wraps and joyfully bud to bloom with beauty distinctive unto themselves and the inherent qualities of their heritage.

Man, too, is like that, though we dare say few of us think of ourselves as plant life, nor do we moult or shed feathers and furs like other forms of animal life.

Yet, Spring is a comin' forth time for man and he welcomes it as happily and gratefully as do other living things.

To the AA member, and perhaps to him or her more than any other, a consciousness of renewal is presented with the coming of Spring, a season for renewal.

It isn't that we have been unaware of the need of daily renewal in the way of life we have chosen to lead; rather Spring is a time in which we emphasize our renewal, taking inventory of the neglects and mistakes of the past and resolutely and diligently pursuing a course which renewal and Spring lay out for us.

Few of us, we are sure, are unmindful of the other dark Springs of our existence, or for that matter of any season, for then time was without season as we wallowed in the dregs of our alcoholism, in the chasms of our self-pity and in the dark hole of our dislike and hate of all things uplifting.

When the late Howard B. uttered his resounding chant — "Isn't it wonderful to be sober?", we were sure it was heard 'round the world, and well it might have been, for the horizons of AA are now without limit worldwide.

In this time of renewal, during this Springtime 1974, won't you join me saying to every AA gathering and in every AA conversation — "ISN'T IT WONDERFUL TO BE SOBER?"

IT IS, you know, by George!

DISTRICT OFFICE ITEMS

Tears of joy and gratitude were shed by Chairwoman Virginia H., who directed the Cleveland AA District Office funding campaign, when final tally disclosed that the results exceeded the goal of \$42,000. We have been asked to extend thanks and appreciation to all of the workers in the campaign, to all of the groups which cooperated fully and to all of the members who made the success possible. It might well be said that this has been one of Cleveland AA's finest hours.

At meeting of the Advisory Committee to the Operating Committee of the District Office on March 19, Bill W., of Madison Avenue Group was elected a member of the Operating Committee for a term of three years, replacing John F., whose term expired. Others elected were: Larry L., of the Y.O.U.R. Group, replacing Don C., and Helen D., Secretaries of Warrensville Women's Group, who replaced Teresa F., who also rotated off the committee after a three year term.

Another capacity crowd of 1400 will be in attendance at the Annual Intergroup Dinner on Saturday, May 4, 1974 at the Cleveland Plaza Hotel, and speaker for the occasion will be John V. of New York. Tickets if available are \$6.50 per person.

Some thoughts to the contrary notwithstanding, the Cleveland AA District Office places calls for help from suffering alcoholics with area group secretaries and alternates for follow up and with no one else.

MINUTES OF CENTRAL COMMITTEE MEETING MARCH 5, 1974

Moderator Bob W., opened the meeting with the Serenity Prayer in which he was joined by the 42 group representatives present. Helen D., Vice Moderator, read the Purposes of Central Committee and the Twelve Traditions of AA. Minutes of February 5 meeting were read by the Secretary, and following an amendment, were approved. Treasurer's report for February revealed a balance in the Institution Fund of \$293.56 and in the General Fund of \$318.37, making grand total of \$611.93.

COMMITTEE REPORTS:

Action Committee: Dick F., Chairman, had nothing to report.

Area-wide Meeting: Gene M., Chairman, said everything is in order for the March 15 meeting in Jordan Hall of Charity Hospital.

Central Bulletin: George M., Editor, explained reasons for recent delays in mailing, especially over the holiday period. Encourages members to put some of their thoughts in writing and share them with other members through the Bulletin and not be concerned with spelling, grammar, etc., as editing will take care of mistakes. He explained reasons for the April 1 increase in subscription and speaker list insertions, suggesting that each group would find it considerably less expense to list leads each month than mailing individual cards to numerous groups at increased postage.

HOSPITAL COMMITTEE:

Rosary Hall: Ray M., Chairman, reported that the rules and regulations must be observed — a patient must be able to come in under his own power, being able to walk in, answer questions coherently, etc., thus precluding his walking out after a few days. Sister Victorine wants this fully understood by all who would be sponsoring someone into the ward. Currently the women's section has been closed for cleaning.

Bay View: Bernie B., Chairman. Everything quiet.

Brecksville: Greg P., Chairman — quiet.

Lorain Community: No report.

Institution Committee: Helen D., Chairman, reported that meetings of Warrensville Women's Group have been suspended by reason of inmates being transferred to the halfway house on East 85th Street and resumption of meetings will await developments.

There was no old business and new business embraced report by Dick F., concerning relocation of Cleveland AA District Office and the reasons for the move. There is ample public parking near the new location which is reported elsewhere in these pages.

There was a lengthy discussion with respect to literature distributed by the Cleveland AA District Office, the sources of supply, screening process before it is placed on sale, etc.

George M. talked about the archives of AA being developed and centered at General Service Office headquarters in New York. Anyone having any letters or exchanges of any kind with Bill W., is asked to send them to Central Bulletin, Box 6712, Cleveland, Ohio 44101, and they in turn will forward to GSO. If copies of any material sent is desired by the transmitter this will be done prior to reforwarding.

John T. B., Delegate to the General Service Conference from Northeastern Ohio General Service Area, related events of recent weekend meetings in Chicago with representatives from Illinois, Indiana, Michigan and Ohio which comprise the East Central Region. He also expressed his appreciation for the cooperation that the District Office has extended to the General Service Office and the Area Committee. Also, it was called to the attention of those present that the 18th Annual Ohio State AA General Service Conference would be held in Toledo, Ohio, on July 19, 20, and 21, 1974.

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

Imogene P., Secretary

IF YOU MOVE

In the future if you move and we do not receive advance notice of your change of address no effort will be made to continue your subscription to Central Bulletin, unless same is renewed at your new address. It has been too costly an item of expense to pay return postage and prepare new address plates, especially when subscriber fails to extend the courtesy of notifying us of change of address.

PRAYER OF THE MONTH

We are grateful to you, our Father, for the Springtime — a time of renewal and redemption. And pray being renewed, that we may in our strivings show our gratitude by helping those in need of the same renewal. Amen.

HOPE

It is said that every alcoholic has his own rockbottom, his own gutter. I had watched my career, my profession and my health vanish without appreciable effect on anything except the increasing tempo of my drinking. But one day, 21 years ago, I was ordered out of my home and family. My own mother had finally decided that I was useless and unhelpable. That was my particular gutter. Not until then had I been willing to face up to how far I had gone down in life.

It was this that brought me to AA. No one led me there, I came to it myself. I came in desperation, without any hope of anything really happening. The best I expected was that I might possibly manage with help to keep off another drunk until I had smoothed things out at home. I was very sick when I came along that night: — physically sick, in the jitters and doped with drugs; mentally sick, confused and unable to divorce my thoughts from drink; spiritually sick, for I no longer had any hope in anyone or anything, and no longer any faith in anyone or anything or any God.

Most of what I heard that night went in and came straight out again. I received a confused idea that all I had to do was to stay dry for one day, that I should have to pray, (What . . . Me?), and that if I only came back to the next meeting all would be well. No, it was what I saw that struck home to me. What happened that night to me was a rekindling of a spark of Hope. I heard men describe their drinking lives; I saw them they were flesh and blood before me. They had had the jitters too; they had taken those early morning walks to the market pubs, like me; they understood, as I hadn't been able to make anyone else understand, that men like me didn't go out to get drunk, it just happened. They had been doing all a.l.l the strange things that I was still doing; they had been thinking in the same crazy way that I was still thinking . . . and yet, they had found a way to recover after all. There was a hope for me . . . What they could do, perhaps I could do as well . . .

I walked home alone after that meeting, my mind racing and still confused. Now that I was again by myself, I hardly dared to keep on hoping. For these others . . . yes . . . they had recovered. But for me, how could it happen? I never had that kind of luck; . . . yet . . . that tiny voice of hope kept whispering . . . "They did it . . . they could do it . . . why shouldn't you . . . if you really try 'with them?"

That faint hope did keep me dry for the next few days to the next meeting. That same small little hope set me off on the way to recovery and happiness. That same hope can do as much for anyone else.

-From Targets For Thought, Dublin

NOTICE

Effective April 1, 1974 subscription price to CENTRAL BULLETIN will be \$3.00 per year. At the same time fee for the group speakers to be included in the Cleveland Area Guest Speakers List will be \$3.00 per month.

While action of this nature is never a pleasant task, it IS a necessary one if we are to continue our standards of quality in both appearance and content which we are pledged to do so long as Central Bulletin is published. Cost of materials, cost of production, mailing fees and address plates have increased beyond the area of absorption.

Your continued support is greatly appreciated and one way that you can help us materially is obtaining new subscriptions regularly.

DATES TO REMEMBER

APRIL

2—Central Committee, 8:30 p.m., Room 362, Hanna Building.
14—EASTER DAY

28-Tri County Annual Breakfast Meeting, 10:00 a.m., Italian American Hall, 29717 Euclid Avenue, Wickliffe, Ohio. Speaker; John P., Kent, Ohio. Donation \$3.50.

MAY

4 23rd Annual Intergroup Dinner sponsored by Operating Committee of Cleveland AA District Office, 7:00 p.m., Cleveland Plaza Hotel; Speaker: John V., New York.

5-11th Anniversary of Grateful Group, 2:00 p.m., St. Paul's Episcopal Church, 15837 Euclid Avenue; Speaker: Fr. Louie B., Wednesday Men's Discussion.

26-Quarterly Third Legacy Meeting of the Northeastern Ohio General Service Committee, 2:00 p.m., American Legion Hall, Brecksville, Ohio. All Welcome.

A READER WRITES

We of the Sundial AA Group do certainly thank you for your contribution of the Central Bulletin.

Your non-profit organization indeed helps to carry the message on alcoholism forward, as this message is the best message we have.

We certainly are looking forward to hearing from your organization again, and your motto of Honesty, Unselfishness, Love, Purity, is the best yet.

Very truly yours,
Herman S., Secretary, Sundial AA Group
Santa Fe, New Mexico

Editor's note: Sundial is a group in the penitentiary of New Mexico and is one of many penal institutions which receive the Central Bulletin regularly.

WARRENSVILLE WOMEN

Meetings of the Warrensville Women's group, which were held on Wednesday at 8:00 p.m., have been suspended pending future developments. Women inmates at the Warrensville House of Correction have been transferred to another location and rehabilitation house. Announcement of resumption of the meetings will be made as soon as it is known this will be done.

CLEVELAND AA DISTRICT OFFICE

The Cleveland AA District Office is open to anyone, male or female, who is seeking an answer to an alcoholic problem. The office, located in Mezzanine 6, 1 Public Square Building, 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 241-7387.

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
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 : 0 0
WARRENSVILLE-Women's House of Correction, 4041 Northfield Road	8:00
THURSDAY	
TRUSTY HALL-1000 ft. east of House of Correction	8:00
FRIDAY	
MAIN GROUP-House of Correction, 4041 Northfield Rd.	8 : 0 0

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.

TIME OUT FOR HUMANITY

This is a story of men, many men. Men of many names — a collection of human curios. To the average man of town and city, derelicts; to some, bums, to society, outlaws; to an enforcement agency, and knights of the road to a writer. I was a writer and these men had a story to tell which I knew I could picture on a canvas of paper and ink.

My association with these men carried me many miles along the Ohio and Mississippi Rivers, across the country, to the dives and skid rows which are the mecca and haven for the lost, a hide away and in some cases, the last stop on the forsaken road of life.

Along the river wharves, in alleys, in darkened hallways, and at times under star sprinkled skies, their separate tales were unfolded. Some were humorous, other fanciful stories of almost greatness, but all were tragic in their dark undertones of loftness and loneliness.

From the rough and calloused to the meek and afraid, they all in a fashion had the same final endings to their tales — "If I only had another chance," was the theme of each. Each had lost hope, all faith, and yet there remained that one enduring belief that things could be different if only a new chance should miraculously appear.

It seemed to me that most every type of man was or had a counterpart of himself amongst these pieces of drifting and lost humanity. Men who had been doctors, attorneys and one in particular who had been famous on the silent screen; the cross section of our great and small traveled this same ugly road.

Underlying all was the viciousness of greed and selfishness, sharing with others meant only that he had drink and food to contribute, preferably drink, which could be a part of what passed as a meal. Our faces reflected the smallness of our being. Yes, I say our faces, for you see, I too was a part of this pitiful flotsam of human wreckage. Yes, this is the story of many men, or rather their failures, and I tried as much, or as little, as my "brothers" to escape without any real belief that such effort could result in any lasting or satisfying end.

Looking back today, even as I write this, I still have a feeling of humble gratitude. The experience gained through the stopovers and the time outs, as I think of them, are graven upon my memory. It keeps reminding me of the need to take "TIME OUT FOR HUMANITY" for this is what a wonderful person did for me. This is how I found Alcoholics Anonymous and another chance.

We, who have placed our feet upon the AA road to sobriety, have been taught in our Twelve Steps to forget all those yesterdays, but not forget the needy ones who reach out to us for a new outlook on recovery — "But for the Grace of God."

The conquest and its challenge is ever great. The fruits of lifting the load and unburdening the heavy-laden are more bountiful and all rewarding in the glory of our own sobriety and the Fellowship of our brothers.

Let us then — look up — then look back — and remember that "For givenness is the perfume cast by the rose upon the foot which crushed it."

-Fred C. Akron (0.) Inter-Group News, May, 1968

EVER SO SLOWLY

After we admit that alcohol has whipped us, that we can't handle even a small amount of it, and that our way of life has to change, it comes as a shock to many of us that "changing" is a long, slow process. We do our best to throw out the garbage of the past and to put our bad habits aside. Then, it is time to build a new foundation under a better way to live.

Traditionally, "foundations" are built of large pieces of heavy material, but the foundation of a new life is built grain by grain of sand. Little by little we acquire small changes in attitudes of mind. Slowly and grudgingly we establish new habits of giving of ourselves, of sharing, of loving.

Bit by tiny bit new patterns of constructive thoughts emerge. Almost imperceptibly our faith in God's willingness to give us guidance and correct our courses grows and comforts us. Slowly, our loved ones begin to have faith in us again and almost as slowly we begin to feel return of our own confidence.

Impatience with progress has been the source of grief for many members, new and not-so-new. Giving ourselves time, trying steadily and diligently to change as best we can, and having faith, the day will come when we can look back over our shoulders and feel a warm glow of real pride in obvious growth.

Al L., Lakewood Men

SAY IT ISN'T SO

There are too many books I haven't read; too many places I haven't seen; too many memories I haven't kept long enough.

-Irwin Shaw

THE SECOND WORD

(Continued from page one)

precious elements of this sobriety which is a death and life matter to us all.

"And so perhaps anonymity is a question for the individual to handle at least with great care, thinking of the fellowship as a whole. 'How will this affect the other fellow' should come ahead of the question of 'How will this affect me?'"

COOPERATION

(Continued from page one)

non-AA functions. It does the administrative work for Central Committee.

Cooperation between the General Service Committee of the Northeastern Ohio Area does not occur very often because there is not much occasion for it. However, relations are very good, and when there is occasion for cooperation, there is no problem in making this happen. For several years, the meetings of Central Committee and the Office Advisory Committee have been attended by the Delegate of this Area. Every four years Northeastern Ohio is the host area for the Ohio State Convention, and the District Office provides the literature, sets up the display and keeps the table manned throughout the convention. This is a tremendous assist to convention planners and provides the District Office with an opportunity to do some public relations work. The General Service Committee of Northeastern Ohio does not attempt to duplicate the services of any of the bodies aforementioned or to infringe upon their functions.

This delegate would be negligent if he did not acknowledge an invaluable assist given to General Service in 1956 by the District Office and Central Committee. This Area's participation in the General Service Conference was lackluster and unenthusiastic from 1951 through 1954, and nonexistent in 1955 and 1956. The late Harry D., founder and editor of the Cleveland Central Bulletin for 26 years, vigorously campaigned to make this Area aware of its responsibilities, and the District Office assisted in setting up a meeting, obtaining meeting space and recruiting capable people to get the ball rolling again. As a result, Northeastern Ohio has sent a Delegate to every General Service Conference since 1957.

-John T. B.

Editor's Note: John T. B., is the Panel 23 Delegate to the General Service Conference in New York from Northeastern Ohio Area and the foregoing is a report which he will present to the Conference in April in a panel discussion of cooperation between intergroup offices and General Service Committee in areas concerned.

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AFRAID OF SOBRIETY?

We get the feeling sometimes that many well qualified alcoholics use Step One as — a “cop-out”! It becomes a convenient handle to keep on drinking or to return to drinking — sometimes referred to as a “slip.”

We find it impossible for anyone who has continuing problems in his life because of inadequate, selfish, egotistical, emotional, immature thinking, who uses alcohol as a relief or adjustive technique to his self-inflicted and painful living problems, to DENY STEP ONE!

Whatever else may apply to the alcoholic, we have observed for the most part, they are not “stupid”! Ignorant, yes . . . of the very complex nature of their illness, and terribly frightened of any alternative to their alcoholic existence.

Thus, we believe, it isn't that the alcoholic doesn't recognize he can't run his life in an orderly and satisfactory manner, or that he is unaware of the misery generated by his use of alcohol . . . almost always . . . he knows this to be the truth . . . he even ACCEPTS this truth . . . but FEARS. . . insidious and overwhelming condemn him to continue his lonely, tortured and hopeless alcoholic existence.

We think that the very obvious simplicity of the First Step, should make it extremely easy for the alcoholic to RECOGNIZE his problem — and we think that he does — but recognizing your problem and taking steps—(action) to correct the problem are two entirely different ballgames! You can stand out in the rain . . . and recognize you are getting wwet — but you will stay wet until you get under shelter. However, if the only shelter available happened to be a cage of tigers, you might decide to stand out in the rain.

Unfortunately, about the only message that comes through to the alcoholic — is — “STOP DRINKING.” To him, this is a frightening admonition — since drinking is the only thing that makes an intolerable existence — tolerable. Though he knows that alcohol is a fickle and treacherous friend — he also knows that it does provide moments of solace, euphoria, and relief from the unbearable burden of reality and responsibility and he can't imagine living in such a world without the escape hatch of alcohol. His fear of stark reality has become greater than his fear of the consequences of his drinking.

The alcoholic is like a man with one leg and a crutch, whom you advise to throw away his crutch and start walking! He knows this is impossible unless you grow another leg for him, and he'll probably hit you over the head with the crutch if you try to take it away from him. If the alcoholic believes all you are going to do to him — is make him throw away his crutch — (STOP DRINKING) — he will never stop fighting you. His fear of falling is far greater than his faith in your advice for solving his problem.

It is possible that we in AA are aiding and abetting the alcoholic in using Step One as a “cop-out” by condoning his excuse that he “admitted” he was powerless over alcohol and that his life had become unmanageable, but that

(Continued on page four)

A SALUTE

EDITOR'S NOTE: Central Bulletin belatedly congratulates The Road Back, which is published by The Dublin Groups, Alcoholics Anonymous, Dublin, Ireland, on its 25th Anniversary of continuous publication. It is appropriate, therefore, that we share with OUR readers most of the articles which appeared in The Road Back's Silver Jubilee issue of February 1974.

THE ROAD BACK, although under the same editorship throughout, reaches its Silver Jubilee with this issue. I feel St. Patrick's Confession fits in here with **relevance**—

“May I beg of those who believe and fear God, who ever shall deign to look into or receive this writing which Patrick the sinner, unlearned indeed, has written in Ireland, that no one may ever say, if I have done or demonstrated anything according to the Will of God, however little, that it was my ignorance. But judge ye, and let it be most truly believed, that it was the gift of God.”

The three surviving members who arranged or attended the first public meeting of Alcoholics Anonymous in Ireland . . . on November 25th, 1946 in The Country Shop . . . have kindly contributed to this number. At the bluntly expressed order of Conor, and the more politely expressed wishes of the other two, their articles are published without any editorial alteration.

My thoughts go back now to those of our earliest members . . . Matt S., Hessel W., the twin brothers Smith, “Tiger and Blood,” Joe M. and those other few like Leo M. who came to us, helped us, stayed a few years, but who are now long dead. I pray for them and remember them with affection and gratitude.

The Road Back was founded as a personal communication for those of our own group. Today it finds its way around the whole world, but it tries to remain as it began, a simple family affair. I offer my thanks to those who have ever been ready and willing to assist me: the few who seem to change every few years but who have been invariably followed by an equally faithful few. To these and to our friendly printers, may I say

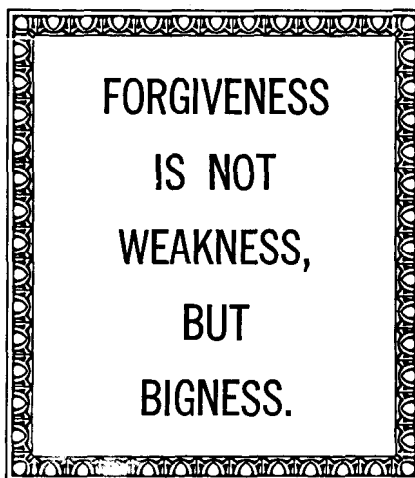
God love and keep ou all.

The Editor
The Road Back

IMPOSSIBLE DREAM

The first Public Meeting of Alcoholics Anonymous in Ireland was held in The Country Shop, Dublin, on November 25th, 1946. There were 45 people there and the speakers were Matt S., Richard P. and myself. From that meeting we got two members, Jimmie R. and Paddy B. Richard had come to us through Dr. N. Moore, the only medical man who felt that AA would “take” in Ireland. I was also encouraged by Fr. McCarron, S.J., of Gardiner Street and by Miss Eva Jennings, a social worker. Most people I talked with thought it was a new-fangled idea, good for America, but not good for Ireland.

(Continued on page four)





Published monthly by the Central Bulletin Foundation, Inc. a non-profit corporation dedicated to service. Address all letters to Central Bulletin, Box 6712, Cleveland, Ohio 44101. Subscription price — \$3.00 per year.

Harry D., Founder and Editor 1892-1968



Vol. 32

May, 1974

No. 8

WHO AM I?

During my many destructive years of drinking I was, I think, subconsciously seeking for *my own* identity. I knew that I **was** seeking what I certainly thought **was** happiness . . . but this 'happiness' never lasted, nor did it satisfy me, except for a few moments. I was convinced that everyone, and especially myself, was entitled to be happy and that my failure to find happiness was inevitably not my fault. I was **doing** my best to be happy **but** fate, and society, seemed to have **some** grudge against me which frustrated all my efforts. Of course, I had discovered that alcohol would "paint over the cracks," but the cracks were still there when the paint **wore** off, which it rapidly did.

Looking back over those years I am convinced that I **was** all the time putting on a totally unconvincing act, **trying** to deceive myself, and any other gullible **individual**, that I was **quite** different from **the real** me. And I did not even like the act **myself**, although of course that did not excuse other people who would not applaud it.

The curtain finally came down on the act in November 1946. I could deceive no one any **longer**. Reality had caught up on me and I was **terrified** by it. Like **many** another alcoholic I began to wallow in seas of self-pity, remorse, **resentment** and despair. Surely I did not deserve to end like this, in dreadful incarceration in a mental hospital.

Then, miraculously, at my first meeting with **Conor**, there came a sudden, totally unexpected relief, in the realization that perhaps I could live at peace with myself, if I was prepared to accept what I really was; if I recognized my own limitation% and potentialities. No longer need I hide behind bottles or glasses, through which I had chosen to see a blurred, distorted image of myself and my **environment**. No longer need I struggle to find a means of using a 'chemical comfort' which, because of my psychological and physical make-up would always be, and had long been, a poison to **me**. Soon I realized that no longer need I be alone . . . a frightened little boy masquerading as a sophisticated man. I had **Conor**, I had **Jimmy**, I had **Matt** and soon **Sackville** among others, with whom I could feel a real bond of fellowship and with whom I could be myself. Strangely enough, too, they accepted me as myself and so, together, through the extraordinary revelation and enlightenment of a positive, practical and spiritual programme, we began to regain an interest in, and even for our real selves. We gradually discovered who we really were, what we could really do or not do, and how to see ourselves in realistic perspective. We began, too, to learn how to be contented with this **discovery**.

These days were for me the beginning of something which has, thanks to AA, never passed. They were the beginning of a gradual, progressive unfolding and maturing of my true personality. For me this is a process which I believe will continue, if I let it, for the rest of my life. For me, AA must always be an active, on-going evolution towards living according to the fundamental principles of the Serenity Prayer. If, in me, AA becomes static and sterile, it will die as far as I am concerned . . . and so will I.

-Richard, The Road Back, February 1974

MINUTES OF CENTRAL COMMITTEE MEETING APRIL 2, 1974

Moderator Bob W., opened the meeting with the Serenity Prayer in which he was joined by the 37 group representatives present. Helen D., Vice Moderator, read the Purposes of Central Committee and The Twelve Traditions of AA. Minutes of the March 5 meeting were read and approved, following which Treasurer's report for March was received, revealing balance of \$273.56 in the Institution Fund and \$33 1.84 in the General Fund, making Grand Total of \$605.40.

COMMITTEE REPORTS:

Action Committee: Dick F., Chairman, in re contributions to outside organizations — stated District Office does not endorse **anything** but will **cooperate** with any alcoholism program, yet not contribute to any **fund** drive as pertains to anything outside AA. **Everything** else, all quiet.

Areawide Meeting: Gene M., Chairman — no report.

Central Bulletin: George M., Editor, repeated request for original articles and stories, **again stating** writers need not be concerned with **grammar, punctuation**, etc., as editing would take care of errors. He also **asked** that every member and every group become and continue as Bulletin boosters so that subscriptions will increase. Support in recent months has not been what it should be.

Hospital Committee:

Rosary Hall: Ray M., Chairman, reported that proper admission procedures are not being observed by sponsors with result that patients after being admitted continue to sign themselves out. The Women's section has now been **opened** after **redecorating**. Sister Victorine would like a woman member to **come** in and **talk** to patients as a sort of **counselor**. (Minnie C., volunteered.)

Bay View: Bernie B., Chairman. Everything running smoothly.

Brecksville: Greg P., Chairman. Quiet.

Lorain Community: Jack S., Chairman. No report.

Institution Committee: Helen D., Chairman, still does not know what is going to happen with respect to the **groups** at Warrensville Workhouse in view of the difficulties at that institution.

There was no old business and new business embraced a discussion in view of all of the publicity being given to the problem of alcoholism the need for personal anonymity at the level of all news media in keeping with The Traditions. Geraldine W., requested **another** allocation of funds for literature for the **SL&L** Group and VA Hospital. This was denied with the suggestion that more care be exercised in preserving the literature for circulating for patient benefit.

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

Imogene P., Secretary

DISTRICT OFFICE LETTER

This letter is of vital interest to you and all members of your group. We would deeply appreciate it if you will kindly read it at least once at each of your next three consecutive meetings.

The Cleveland Alcoholics Anonymous District Office does not contribute to any other fund-raising campaigns and has never given any twelfth step calls or any other AA activities to any other alcoholic agencies or funded organizations engaged in programs of alcoholism — and we do not foresee doing this in the near future.

One of the obligations of the Cleveland District Office, and of paramount importance, is to help our group memberships in any way possible in their activities but, especially, in relaying the Twelfth Step calls to the Area of the particular group. This is the activity which finally translates the Twelve Steps into action upon all our affairs and without this action in our groups no new blood would come in and the old would eventually wither and die.

You can be sure that we will spare no effort to keep on **helping** with the continuous progress and growth of all our groups.

The Cleveland AA District Office Operating Committee

PRAYER OF THE MONTH

Cur Father, as we recall what we were like and reflect Upon what we are like now, help us to be mindful of your help and guidance and as well, the help and guidance of all others whose lives have crossed our own. Amen.

NUGGET (Paraphrased)

If I seek knowledge of God's Will for me, and with it something else, I will never find knowledge of God's Will for me.

But if I seek knowledge of God's Will for me, and only that, I will never find only that but along with it all that God is capable of.

-Search

"I WANT . . . I WANT . . . I WANT . . ."

This is where its at for me. Simply, I want AA. I want it without any reservations whatsoever. Why? Because the Fellowship of AA showed me how to begin the long haul of rescuing my life. At my first meeting I was assured that if I WANTED Sobriety, I would find it in AA. That was all that was said to me. My God, will I ever forget the feeling? I pray not. I'd been devoid of Hope for so long, convinced that I was just a sick animal without whom the world would be a better place. And I was right as long as I continued to drink.

I was suddenly filled with Hope, feeling that if it could work out for the other people in the room, it might just work for me. These same people admitted to being alcoholics, but none of them was drunk. And though some were suffering almost as much as I seemed to be, they were alive with Hope. And when I walked down to Redcliffe Gardens, ninety minutes later, I knew in my heart that there was Hope for me.

I retain that belief today and my faith in the Fellowship is unshakeable. Why wouldn't it be when I see rooms filled with miracles every time I attend a meeting? When I know, after four years without a drink of any kind of alcohol, that this programme works? It works for me, and if I can make it for one day, so can anyone else who WANTS. There is no mystery to it, as I learned. But I couldn't have learned if I hadn't listened. I listen now more than ever, because one never knows where the word of wisdom, the one that matters to me at that given moment, will come from. It might be from a man with 20 years of sobriety, or it might fall innocently from the mouth of a newcomer. I don't care so long as it reaches my ear.

The way is not easy, but its there. There for me again TODAY as long as I want it.

Thank God, I can reach out . . . Thanks to AA.

— Lee D., The Road Back, February 1974

CREDIBILITY

It is more often than not bemusing, yet sometimes dis-grunting, when with some frequency we see original Central Bulletin material used in papers, with whom we exchange, without credit source being mentioned. More often than not the use is "excused" with the parathentic quotes — "stolen on purpose" or "lifted on purpose." Nevertheless, it is our aim to always give credit where credit is due.

IN MEMORIAM

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

WILLIAM E. ARCHIBALD, who accepted AA on March 5, 1943, passed away on March 12 at age 81. In his 31 years of continuous sobriety Bill carried the AA message in every suggested manner and his activity never waned, as he continued to sponsor and lead meetings his age notwithstanding. The Avon Lake Group and all who knew him mourn his passing.

DATES TO REMEMBER

MAY

- 2-34th Anniversary of Brooklyn Group, 8:30 p.m., St. James Lutheran Church, Oak Park and Broadview Road; Speaker: Ken W., West Shore Group.
- 4-23rd Annual Intergroup Dinner sponsored by Operating Committee of Cleveland AA District Office, 7:00 p.m., Cleveland Plaza Hotel; Speaker: John V., New York.
- 5-11th Anniversary of Grateful Group, 2:00 P.m., St. Paul's Episcopal Church, 15837 Euclid Ave.; Speaker: Fr. Louis B., Wed. Men's Discussion Group.
- 1-Central Committee, 8:30 p.m., Room 362, Hanna Building.
- 10-6th Anniversary of Just For Today AlAnon Group, 8:00 p.m., Bethany Presbyterian Church, West 65th Street and Clinton Avenue; Speaker: Julie and Richard F.
- 14-11th Anniversary of Garfield Heights Tuesday Group, 8:30 p.m., Garfield Heights City Hall, 5555 Turney Road; Speaker: Bob McF., Garfield Tuesday Group.
- 18-4th Anniversary of Brecksville Wednesday Group, 8:00 p.m., VA Hospital Recreation Hall, Building 24; Speaker: Jim D., Independence Group.
- 19-Quarterly Third Legacy Meeting of the Northeastern Ohio General Service Committee, 2:00 p.m., American Legion Hall, Brecksville, Ohio. All welcome.
- 20-33rd Anniversary of West Side Women's Group, 8:30 p.m., West Boulevard Christian Church, West 101st St. and Madison Ave., Speaker: Phyllis W., Post Office Group.
- 24-11th Anniversary of Parmatown Men's Group, 8:30 p.m., Parma Community Hospital Cafeteria, 7007 Powers Drive, Parma; Speaker: John C., Centralia, Ohio.
- 26-Annual Memorial Service and Breakfast. Service: St. John's Cathedral 9:00 a.m.; Breakfast: Masonic Temple, East 3 6th St. and Euclid Avenue, 10:30 a.m.; Speaker: Al B., Wickliffe Group.
- 27-MEMORIAL DAY

JUNE

- 14-15-16-Founders Day Weekend, Akron, Ohio. Write to AA Founders Day Committee, P.O. Box 12, Akron, Ohio 44309.

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 Mezzanine 6, 1 Public Square Building, 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 241-7387.

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
VETERANS HOSP.-E. Blvd. near E. 105th St.	8:30
TRUSTY HALL-1000 ft. east of House of Correction	8:00
WEDNESDAY	
CLEVELAND PSYCHIATRIC HOSP.—1708 Alken at Scranton	8:30
FAIRHILL PSYCHIATRIC HOSP.—12200 Fairhill Rd.	1:00
VETERANS HOSP.-E. Blvd. near E. 105th St.	8:00
WARRENSVILLE-Women's House of Correction, 4041 Northfield Road	8:00
THURSDAY	
TRUSTY HALL-1000 ft. east of House of Correction	8:00
FRIDAY	
MAIN GROUP-House of Correction, 4041 Northfield Rd.	8:00

AL-ANON GROUP MEETINGS

For information about time and place of Al-Anon meetings, please call Al-Anon Family Group Office (Mezzanine #6, 1 Public Square Building) at 621-1381.

IMPOSSIBLE DREAM

(Continued from page one)

The first closed meeting was held on Friday, November 30th and the nucleus for a Dublin Group was formed. I stayed in Dublin for a few more meetings and then returned to the North to spend Christmas with my wife. I got back to Dublin again in mid-January on my way back to Philadelphia. Richard had now got a job travelling, and that left only three members. My ambition for a 25 or 30 member group in Dublin was no brighter than the dying embers of the turf fire we were sitting around.

After getting back to Philadelphia, Richard kept me posted on how the group was doing. Most of his time was spent keeping the peace between Paddy B. and Jimmie R. Paddy's cliché was "Easy does it" and Jimmie's was "Now or Never, come hell or highwater." Matt, R.I.P. sat on the sidelines. I had a letter from Richard in early May telling me a retired Major from the British Army by the name of Sackville was attending meetings. Nobody was impressed by his appearance and he had little to say, but as time went on I heard more about Sackville and the keen interest he was taking in the very small group. He had a flair for publicity and small articles began to appear in The Evening Mail, the first paper in Dublin to publish anything about AA. Those short articles kept the people of Dublin aware that AA was still in existence. On receipt of my first letter from him, I said this man was not retired from the Army for his drinking, but for his handwriting. Rejoice . . . he now types all his letters . . . I received the first edition of The Road Back, founded by Sackville, in April 1949, now celebrating its Silver Jubilee. This magazine is welcomed in many parts of the world and by the many groups in all the countries of Ireland. If any one man rekindled the dying turf fire of early 1947, it had to be Sackville.

One of the greatest achievements of AA in the early days was to get the clergy of Ireland to accept AA; and Sackville did this by persuading Maynooth College to publish some favorable articles in their magazine—"The Furrow." He didn't stop there; he took AA, with Travers C. of Bristol, to His Holiness Pope Paul VI. who was very much impressed by what AA was doing all over the world. There is just one more goal for Sackville, which we hope is light years away . . . to take it to Saint Peter at the Pearly Gates.

—Conor, The Road Back, February 1974

LOVE AND SERVICE

When I celebrated my own 25th anniversary, my friends congratulated me and said what a wonderful achievement it was. I was very happy indeed, but what was wonderful about it? I had not done it alone; I had had hundreds of AA members to help me; and owing to certain circumstances, I think I had more help available to me than most other members.

This is the Silver Jubilee of The Road Back, 25 years of dedicated work by the same editor. Very few of us know how much work goes into getting the articles and preparing copy for the printers and in getting 300 to 400 copies ready for the post. On the very few occasions that I helped the editor I came to realize the amount of work involved in getting each issue ready for dispatch, to the USA, Australia, South Africa and places nearer home. This is a wonderful achievement by one man.

Remember Dr. Bob's words . . . Love and Service. That is what has gone into The Road Back.

— Jimmie R., The Road Back, February 1974

■ ■ ■ ■

Alcohol is a poor medicine under all circumstances. There is no scientific justification for its medical use. Medical virtues it does not possess are attributed to it. Alcohol does not help the heart, does not prevent coronary insufficiency, nor give one strength. It is a poor stimulant to appetite, hinders digestion, and as counteraction for fatigue, it is merely whipping a tired horse. It is not "the old man's comforter," since it further handicaps the aging brain.

— Dr. William B. Terhune

SOBRIETY IS A GIANT STEP

You finally make the momentous decision to do something about your drinking by calling AA. You meet your sponsors and start going to meetings. You chalk up a few days of sobriety. Soon it's a few weeks. You start coming out of the fog.

And then you hear lots of talk about dividends, about fringe benefits. You ask, "When am I going to get them?" You get impatient and demand, "I want them now."

The name of the AA game is sobriety. AA is the antibiotic to arrest a disease called alcoholism, the medicine being administered in massive dosages at AA meetings; in smaller dosages in AA phone calls. No matter where or how, you take the medicine for alcoholism. It does not promise you dividends: it does not guarantee fringe benefits; it carries no lifetime warranty for anything except alcoholism.

Like some antibiotics, AA medicine has side effects — all of them good. They happen gradually, usually imperceptibly, and are more immediately visible to another person than to the alcoholic involved. The side effects happen when the pigeon works hard at sobriety, sobriety, sobriety. When he doesn't yammer about dividends or carp, "But how soon will I net better in all departments?" He practices easy does it, one day at a time. He remembers to give the other fellow the right to be wrong, time and time again. He takes AA on faith, surrendering completely to, "Faith is believing in something or someone when common sense tells you not to."

When a new AA asks his sponsor, "When will I be like you?" the wise sponsor answers, "Never. Sober, you will become like no one else . . . you will be you." Nothing there about dividends. "Sober" is the key word, the magic serum of AA.

Unlike money bonds, AA bonds never decrease in value. As sobriety becomes stronger, so do the bonds. And slowly — very, very slowly but irrevocably — dividends will accrue. To expect dividends before bonds is pre-AA bassackwardness. And it is grossly unfair to a new AA to stress dividends before sturdy sobriety.

—Bacchus in Akron (0.) Intergroup News

SMILES

"I agree" said the Principal to the doting Mother, "that your Son may have a spark of genius but in my opinion he also has ignition trouble."

"I can't figure you out" the young housewife angrily told her husband. "Monday you liked hamburgers, Tuesday you liked hamburgers, Wednesday you liked hamburgers. Now all of a sudden on Thursday, you don't like hamburgers!"

"Do you say your prayers before eating?"

"I don't have to" the little boy replied. "My Mother is a good cook!"

Customer: "Say, this car you sold me can't climb a hill, and you swore up and down it was a good car."

Salesman: "No. I didn't swear up and down. I said on the level it was a good car."

AFRAID OF SOBRIETY?

(Continued from page one)

he just hadn't "accepted" it! What he is really saying is "Your solution is more unattainable, unrewarding and painful . . . than my alcoholism!"

If this is so — then we should really rejuvenate the spirit of the 12th Step — wherein as the "RESULT" of these steps . . . we try to carry the message of AA to the suffering alcoholic . . . which is above all things . . . a message of HOPE. HOPE that he CAN achieve the rewards of happy, comfortable living without alcohol in a world of reality and responsibility . . . and that by honestly applying the Twelve Steps to daily living can and will solve his alcoholism. Unless he comes to believe that SOBRIETY can be more rewarding than drinking — chances are he is going to keep "copping-out"!

— Railbeams, St. Paul, Minn.

CLEVELAND AREA

Guest Speakers

MAY, 1974

ALLANDALE (Thursday) 2 — Harriet M., Mon. Lee; 9 — Russ H., Euclid Fri.; 16 — Barbara B., Serenity Women; 23 — Gil K., (?); 30 — Martha D., Allandale.

BEDFORD MORNING (Wednesday) 1 — Kay D., Bainbridge; 8 — Phil B., Independence; 15 — John P., Bedford Nite; 22 — Andy C., Humble; 29 — Bill T., Parma Heights.

BORTON (Monday) 6 — Dick P., Parma Sat.; 13 — Frank T., Southwest Sun.; 20 — Bob H., Eastlake; 27 — Betty E., Borton.

BRECKSVILLE WEDNESDAY (Wednesday) 1 — Herman W., Language of the Heart; 8 — Jim M., Lorain Mon.; 15 — Robert Custer, M.D., Chief Treatment Services, VA Central Office, Washington, D.C.; 22 — Ambrose T., Angle; 29 — Bill S., Laurel.

BROOKLYN (Thursday) 2 — 34th Anniversary of Group; Speaker: Ken W., West Shore; 9 — John McG., (13th Anniv.), Brooklyn; 16 — John H., West Richfield; 23 — Frank H., Strongsville; 30 — Bill W., Madison Sat.

EDGE LAKE (Tuesday) 7 — George W., (?); 14 — Phil H., Edgelake; 21 — Dick B., Lake Shore Men Discussion; 28 — Dan F., West Shore.

FOREST CITY (Saturday) 4 — Jerry K., West Side Young People; 11 — Jack S., Parmatown Men; 18 — Roger C., Forest City; 25 — John K., Friendly Suburban.

GARFIELD HEIGHTS (Tuesday) 7 — No meeting — Election Day; 14 — 1 lth Anniversary of Group; Speaker: Bob McF., Garfield Tues.; 21 — Don C., Smith Wilson; 28 — Don K., Chagrin Falls.

GORDON SQUARE (Friday) 3 — Louie Z., Hague; 10 — John H., Hague; 17 — Ray G., Charity; 24 — Pearl K., Clark; 31 — Helen M., Steelworkers.

GRATEFUL (Sunday) 5 — 1 lth Anniversary of Group; Speaker: Fr. Louie B., Wed. Men's Discussion; 12 — Eddie D., Euclid Fri.; 19 — John Z., YOUR; 26 — Harold E., YOUR.

HOPE HOUSE WOMEN (Wednesday) 1 — Jerry K., Lakewood Men; 8 — Fr. Richard S., Lakewood Men; 15 — Pat C., West Side Women; 22 — Carole R., Friendly Suburban; 29 — Kevin B., Lakewood Armory.

LAUREL (Tuesday) 7 — Charlie H., Pearl; 14 — Mike G., Clark; 21 — Roger C., Forest City; 28 — Dick C., Lakewood Armory.

MIDPARK (Closed) (Thursday) 2 — Emmet M., Southwest Sun.; 9 — Gert E., Parma Heights; 16 — Jack C., Angle; 23 — Donna S., Laurel; 30 — Bill M., Rick.

NELA PARK (Sunday) 5 — Jim N., Nela Park; 12 — Fred W., St. Clair; 19 — Joe W., Hague; 26 — Bob O., Crossroads.

PARMATOWN MEN (Friday) 3 — John P., West Richfield; 10 — Dick F., Southwest Sun.; 17 — Ken A., Parmatown; 24 — 1 lth Anniversary of Group; Speaker: John C., Centralia, Ohio; 31 — Bob W., Brookpark.

ROCKY RIVER (Thursday) 2 — Ralph M., Lakewood Armory; 9 — Virginia L., UAW-I 005; 16 — Bobby Z., VA; 23 — George W., Garfield Tues.; 30 — Dorothy C., West Side Friendly.

STRONGSVILLE (Tuesday) 7 — Mary Ann C., West Side Women; 14 — Mary Y., Brookpark; 21 — Jim M., Independence; 28 — Grace N. (27th Anniv.), Strongsville.

WEST SIDE MORNING (Thursday) 2 — Father John McC., Rosary Hall; 9 — Warren C., Jr., Edgelake; 16 — Steve B., Lakewood Men; 23 — Ed M., Parmatown Men; 30 — Les S., Lakewood Men.

WEST SIDE WOMEN (Monday) 6 — Millie Z., Gordon Square; 13 — Cora McD., Hague; 20 — 33rd Anniversary of Group; Speaker: Phyllis W., Post Office; 27 — Gwen S. (1st lead), Gordon Square.

Y.O.U.R. (Sunday) 5 — Ken G., Plains; 12 — Will be announced; 19 — Bill W., Shoregate Men; 26 — Al O., Euclid Wed.

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 15, 1974

accompanied by a check or cash for **\$3.00.** Lists not received by this date will not be printed.

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



RESPONSIBILITY EXTENDED

The twenty-third annual General Service Conference, which was held in April 1973, had for its theme: "Responsibility — An Expression of Our Gratitude." This year's theme for the twenty-fourth such conference was highly appropriate and a logical successor, in the opinion of this writer: "Understanding and Cooperation — Inside and Outside AA." This view is based on a statement made a year ago by Ralph A., one of the General Service Trustees. He said: "In my mind, nothing we do here matters unless it improves the chances of the next drunk who walks in the door."

For about an hour on the first day of the conference, some reminiscing was shared with the conference members and attendees. A large picture of Dr. W. D. Silkworth, the little doctor who loved drunks, was projected on a screen. He was the physician with limitless patience and compassion who administered to our co-founder, Bill W., so many, many times until Bill experienced the miracle of recovery. "Silky worked just as hard to help several thousand other unfortunates, and was a staunch friend of the AA movement. Other non-alcoholic energetic, devoted friends were recalled: Rev. Sam Shoemaker, the Episcopal Priest and Oxford Group worker who helped establish the spiritual climate of our program; Father Dowling, the Catholic Priest who did likewise; Dr. Harry Tiebout, psychiatrist, who laid his professional career on the line for us in persuading the medical profession to view our problem as an illness; Sister Ignatia, nun, who was administrator of wards for alcoholic recovery in Cleveland and Akron for many years; Bernard Smith, New York attorney, whose advice was valued and whose trusteeship gave us stature; John D. Rockefeller, II; and many others.

Throughout the conference it was shown again and again that we have many devoted, sincere, helpful non-alcoholic friends. It was shown, too, that we have an obligation to give help to the professional community when asked, but within the framework of our twelve traditions. The traditions have withstood every test to date. We have ample evidence that we can comply fully with the traditions and yet be of substantial help. We were made aware, too, that some members of AA are now working as professionals or para-professionals in the field of alcoholism and they have learned how to "wear two hats" without violating principles or compromising the fellowship of AA. In a nutshell, the trick is to know what hat one is wearing at what time in what place and not to get confused in so doing. Membership in AA should not be the sole criterion by which one should be considered for employment. Neither should one's professional activities be brought into an AA meeting.

The above does not begin to cover all that took place at the conference. Many important issues were aired, and some important actions were taken. However, your delegate felt that this was proper subject matter for one column, and hopes to report on other aspects of the conference in later issues of the Central Bulletin. —J.T.B.

CHAMPIONS

Almost every morning when I turn on the radio to hear the news, immediately following the weather report, the crime news comes on. "A lone man robbed a gas station; drunken driver kills four people in an automobile accident; husband shoots and kills his wife in a drunken brawl." The tragedies and failures of men and women are broadcast, televised and headlined in the daily newspapers for the public to enjoy.

We are the public when we listen to our radio or read the morning newspaper while we are having our bacon and eggs. And perhaps some of us feel the glow of righteousness deep in our souls as we review these pitiful bits of human tragedies and failures. "Thank God," we whisper to ourselves, "I am not that bad." "I never tried to kill my wife — I never was in an 'automobile accident — I never robbed anyone."

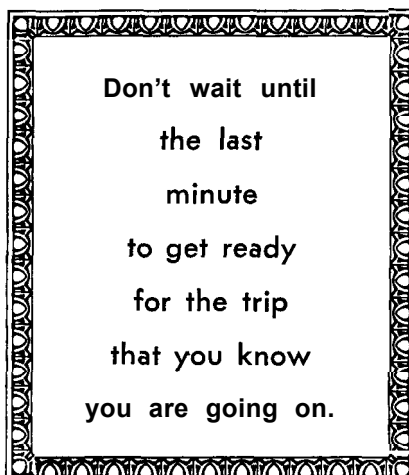
The wonder of it is that we, who are members of this Fellowship long enough to acquire some knowledge of the Gospel, do not feel like the Pharisee in the parable, who thanked God that he was not like the rest of men — robbers, cheats, drunkards and adulterers. Sometimes I think we in AA parade our good deeds against the black records of other men's failures and crimes. Our own offenses seem to be less heinous than the offense of others. I think it is because we know all the circumstances that have caused them, so we managed to excuse in ourselves what we cannot excuse in others. We turn our attention away from our own defects, and when we are forced by unfavorable events to consider them, we find them easy to condone.

But how petty and mediocre most of us appear when we begin to compare ourselves with the champions, the real honest men and women, the active members of AA, who go into the midst of human ills and spend their strength to bring help, guidance, hope and encouragement to some suffering alcoholic. The stubborn men and women, who are fighting to save a good cause, the men who cannot be intimidated by some sanctimonious paragon of virtue, the tireless women of AA, who never refuse to go out and help another unfortunate woman who calls for help, the anonymous army of AA doers — all these people by their very action are out on the battlefield fighting for some good cause. They are willing to sacrifice hours of ease and comfort for someone's casual comfort and give up safety for other's security; these are the champions.

In this troubled and divided world in which we must work and live, there are still many unsung champions who are inflamed with a burning belief in humanity. There are still men and women in all parts of this world who will sacrifice their own comfort to bring light to those who live in darkness, faith to those who live in confusion. They are the men and women who find true happiness by squandering themselves for a purpose.

Our value to this world does not lie in being faultless. Error is sometimes inevitable. Our real value lies in recognizing that our character defects can be set right and

(Continued on page four)



CENTRAL BULLETIN



Published monthly by the Central Bulletin Foundation, Inc., a non-profit corporation dedicated to service. Address all letters to Central Bulletin, Box 6712, Cleveland, Ohio 44101. Subscription price — \$3.00 per year.

Harry D., Founder and Editor 1892-1968



Vol. 32

June, 1974

No. 9

CLEVELAND AREA GUEST SPEAKERS JUNE 1974

ALLANDALE (Thursday) 6 — Larry L., YOUR; 13 — Ben H., Mon. Lee; 20 — Jerry M., Eastlake; 27 — Regina B., YOUR.

BAY FIRESIDE (Saturday) 1 — Don S., Memphis; 8 — Roger M., UAW-1005; 15 — Helen D., Warrensville Women; 22 — Bob and Lois C., Memphis; 29 — Ken R., Rocky River.

BAY VIEW (Saturday) 1 — Jim W., Esquire; 8 — Joan C., Bay View; 15 — Les S., Lakewood Men; 22 — Surprise; 29 — Lincoln D., Ft. Wayne, Ind.

BEDFORD MORNING (Wednesday) 5 — Pat D., Euclid Fri.; 12 — 11th Anniversary of Group; Speaker: Bob T., Garrettsville, Ohio; 19 — Can B., 12th Step; 26 — Scotty R., Bedford Wed.

BORTON (Monday) 3 — Larry L., Eaton; 10 — Marge P., Ridgecliff; 17 — Barbara M., Borton; 24 — Marty K., Heights Discussion.

DOAN MEN (Wednesday) 5 — Aaron "Red" F., Wickliffe; 12 — Fred D., Northeast; 19 — Joe D., St. James; 26 — Eric P., Wickliffe.

GARFIELD HEIGHTS (Tuesday) 4 — Carol M., Southeast; 11 — Mary M., St. John's; 18 — Mary D., Broadway-Harvard; 25 — Minnie C., Grateful.

GORDON SQUARE (Friday) 7 — John C., Eaton; 14 — Fred B., Eaton; 21 — Tom R., Liberty; 28 — Dick M., Liberty.

GRATEFUL (Sunday) 2 — Fred N., May Lynd; 9 — Steve J. (11th Anniv.), Grateful; 16 — Warren G., (18th Anniv.), Grateful; 23 — Bill G., (?); 30 — Kenneth W. (11th Anniv.), Mon. Lee.

LORAIN AVENUE TUESDAY (Tuesday) 4 — Beth G., Independence; 11 — Al B. (34th Anniv.), Wickliffe; 18 — Nellie B., Wickliffe Wed.; 25 — Don T., Parma Hts.

NELA PARK (Sunday) 2 — Ivan B.; 9 — Vic M., Jr.; 16 — Jean E.; 23 — Nellie B.; 30 — Lis R.

NORTH OLMSTED (Wednesday) 5 — Don S., Bay View; 12 — Marlene Z., Berea Thurs.; 19 — Harry H., Oberlin, Ohio; 26 — Tom G., Angle.

PARMATOWN MEN (Friday) 7 — Gordon T., Parmatown; 14 — Calvin C., American Indian; 21 — Jim C., Angle; 28 — Dick P., Newburgh.

ROCKY RIVER (Thursday) 6 — Mary T., Memphis; 13 — Bob M., Now; 20 — Aileen Y., Edgelake; 27 — Marty Y., Euclid Wed.

STRONGSVILLE (Tuesday) 4 — Pat J., Olmsted Falls; 11 — Lloyd M., North Ridgeville; 18 — Dick D., Brook Park; 25 — Gene M., Brunswick.

WEST SIDE MORNING (Thursday) 6 — Tony K., Smith-Wilson; 13 — Jerry W., Angle; 20 — Joe R., Brooklyn; 27 — Robert L., Southwest Sun.

Y.O.U.R. (Sunday) 2 — Norm M., Night & Day; 9 — May F., Wickliffe; 16 — Joe S., Night & Day; 23 — Ben H., Mon. Lee; 30 — Cliff S., Shoregate Men.

Copy for July listing must be in our hands by JUNE 14, 1974 accompanied by a check or cash for \$3.00. Lists not received by this date will not be printed. Mail to Central Bulletin Foundation, Box 6712, Cleveland, Ohio 44101.

MINUTES OF CENTRAL COMMITTEE MEETING MAY 7, 1974

Moderator Bob W., opened the meeting with the Serenity Prayer in which he was joined by the 38 members present. Helen D., Vice Moderator, read the Purposes of Central Committee and the Twelve Traditions of AA. Minutes of the April 2nd meeting were read by the Secretary and approved. The Treasurer's Report for April shows a Grand Total balance in the Treasury of \$489.91 — made up of \$273.56 in the Institution Fund and \$216.35 in the General Fund.

COMMITTEE REPORTS:

Action Committee: Dick F., Chairman, brought up matter of mail some groups receive as advertisement and announcement of events other than AA, i.e. letter advertising coins from a firm in Amarillo, Tex. In this particular instance, the company was informed not to use our World Directory for such purposes. Locally, also, other causes have gained access to our Secretaries List and have used our names to promote other private causes and happenings that are not necessarily considered part of AA. Advice given that all groups, being autonomous, can do as the please about reading these announcements or giving any publicity — if the Secretary does not feel that any of this reading matter is in the interest of AA — he is under no obligation to read it. Lengthy discussion followed about half-way houses, treatment centers, etc. and their connection with AA. Following Tradition No. 6, it was stressed that our AA obligation was just in connection with any groups we have meeting at such centers and if an AA member is employed by any of these centers — it is not in AA capacity.

Area-wide Committee: Gene M., Chairman, reported that our next Area Wide meeting would be held Friday, June 14 at Jordan Hall, St. Vincent Charity Hospital and the speaker will be John C., Castalia, Ohio.

Central Bulletin: George M., Editor. No report.

HOSPITAL COMMITTEE :

Rosary Hall: Ray M., Chairman, asked that from now on sponsors are to contact counsellors at Rosary Hall before admitting a patient and are to make sure that patients have their Social Security Card and Hospitalization card with them. Sister Victorine's request that a woman come in from time to time to talk to patients was picked up by Minnie C. and she advised that she will be helped by Ann T.

Bay View: Bernie B., Chairman. No report.

Breskville: Greg P., Chairman. Everything quiet.

Lorain Community: Jack S., Chairman. No report.

INSTITUTION COMMITTEE :

Warrensville: Helen D., Chairman reported a meeting she had with the Reverend out there was unsuccessful — he is not familiar with the AA program and his ideas were such that she could not go along with them. She does think that the inmates will be moved back out there — too many problems arising from the present location of quarters.

P.I.C.: It was reported that 126 speakers were supplied by the District Office for non-AA meetings and groups, from January through April this year.

NO OLD BUSINESS

NEW BUSINESS: Under this heading, Clyde McC., member from Sat. Nite Security and Oberlin Thursday Groups presented a problem that has arisen in his area concerning a very young AA member, her personal search to maintain her sobriety and the reflection and snobbishness she has encountered from some of the members in this area who claim she is too young and who are not too comfortable having her attend their meetings. Members present at the Committee meeting, unanimously, informed Clyde to call attention to the Preamble and to stress the 12 Traditions more at these meetings — with a close look at Tradition No. 3 and No. 12.

APRIL CONFERENCE REPORT — GENERAL SERVICE CONFERENCE, NEW YORK

Panel 23 Delegate from Northeastern Ohio John T. B. went over areas covered in this convention especially

(Continued on page four)



PRAYER OF THE MONTH

"Peace rules the day when reason rules the mind!"
Then let us strive earnestly for the attainment of the
Peace of God whom passeth all understanding. Amen.



FOR HELP

Lay the matter before Him, / Knowing He understands,
/ Leave it where you have placed it, / Safe in His all-wise
hands; / Persuaded that He is able, / At rest in His love
so deep, / Yours is the grace to trust Him / His is the
power to keep.

— Digest

YOU LEARN

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

He learns that he who loses his temper usually loses . . .
He learns that all men have burnt toast for breakfast
now and then . . .

He learns that he shouldn't take the other fellows
grouch too seriously . . .

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

He learns that it doesn't matter much who get the
credit . . .

He learns that buck-passing always turns out to be a
boomerang and that it never pays . . .

He learns that the world could run along perfectly well
without him . . .

He learns that it doesn't do any harm to smile and say
"good morning" . . .

He learns that most other fellows are as ambitious as
he is, that they have brains too, and that hard work and
not cleverness is the secret of success . . .

He learns that the gang is not any harder to get along
with in one place than another and the "GETTING
ALONG" DEPENDS ABOUT 98 PERCENT ON HIMSELF.

—S.F. Secretary's News-Letter —
from Good News, S.F.

DISTRICT OFFICE SUMMER HOURS

As has been cutorsary for many years, the Cleveland
AA District Office will be closed on Saturdays during
June, July and August, resuming regular Saturday hours
on September 7th. As usual, answering service will ac-
cept all telephone calls and these calls will be picked up
at regular intervals over every weekend.

IN THE MAIL

Dear Sirs:

I used to be on your mailing list, please put me back
on it.

After 24 years in and around AA I have finally had a
spiritual awakening. Why? Because AA has messed up
my drinking so bad I can't beat them, so I'll be honest
and try to be active in some group somewhere.

A very grateful alcoholic to all the men and women
of AA everywhere.

-Anonymous

IN MEMORIAM

To the families and friends of those listed we extend
our sincere sympathy and prayers that their bereave-
ment may be tempered by reflective thoughts upon hap-
piness shared :

HOWARD M. (HOWIE) LUND, a well-known member of
the Angle Group, passed away suddenly in late April.
Articulate and friendly, he has a special place in the hearts
of his friends.

DATES TO REMEMBER

JUNE

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

12-11th Anniversary of Bedford Wednesday Morn-
ing Group, 10 : 30 a.m., Bedford Christian Church,
corner Blaine St. and Warrensville Road, Bed-
ford, Ohio; speaker: Bob T., Garrettsville, Ohio.

14—Areawide Meeting, 8:30 p.m., Jordan Hall of
Charity Hospital, East 22nd St. and Central Ave-
nue; Speaker: John C., Castalia, Ohio.

14-16—Founders Day Weekend, Akron, Ohio. Write to
AA Founders Day Committee, P. O. Box 12, Ak-
ron, Ohio 44309.

JULY

19-21—Ohio State Conference, Toledo, Ohio. Write: Ohio
General Service Conference, P. O. Box 3626, Sta-
tion D, Toledo, Ohio 43608, or see your group
secretary.

SPEAKERS LIST

During the summer months (June, July and August)
the List of Cleveland Area Guest Speakers will appear
in the Central Bulletin itself, with separate sheet listing,
together with list of group meetings, being resumed in
September.

STILL HECTIC

A young mother who has four small children finds that
her days are pretty hectic. Recently her husband, a syste-
matic man, decided to help her make out a schedule. On it
they listed all of her chores and the exact time when each
one was to be done. The next evening he glanced at the
schedule, hanging in the kitchen. At the end of the list
was this addition: "Call undertaker for free estimate."

PIPE WRITING

A tourist who purchased a peace pipe at an Indian trad-
ing post, noticed some writing on the bottom of the pipe.
He couldn't decipher it, so he took it to a wise old chief
and asked for a translation.

The old man examined the pipe, then reported, "It says,
'Smoking may be hazardous to your health.'"

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 Menantine 6, 1 Public
Square Building, 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 241-7387.

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-Grafbon 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 : 0 0
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 (Mezzanine #6, 1 Public Square Building)
at 621-1381.

DEFLATION AT DEPTH

In my early days in AA, I heard the expression 'Deflation of Ego at Depth' and to be quite frank didn't know what it meant. As time went on, glimmerings came through . . . it had something to do with Pride and Selfwill. It was only when I got down to the Traditions that the real meaning dawned upon me.

The First Tradition states: Our common welfare should come first. Personal recovery depends on AA Unity. And place alongside that an expression widely used in AA. It is a selfish Programme. At first they seem a-complete contradiction. But is it not someone who WANTS to impose his own wishes on others that causes resentment; and this in turn leads to anger and estrangement? And there we have disunity. I have to try to get rid of my 'Mister-Know-All' attitude and sink my personal desires and wishes for the common good and thus guarantee my own personal recovery. And in this way, I am being truly, selfish where my own sobriety is at stake.

The second Tradition states: For our Group Purpose there is but One ultimate authority — a loving God as He may express Himself in our Group Conscience. Our Leaders are but trusted servants — they do not govern. This Tradition brings out very clearly that if I am given a position of responsibility, I must consider myself in no way superior to any other member. I must try to put myself into the position of one who is willing to do things for others without hope or desire of praise or reward, because this has been proven to be the sure way of remaining sober. Here it is shown that sacrifice of one's own will is tied up very closely with OUR Third Step.

And so on, through the Traditions, this idea of sacrifice with the sole object of remaining sober. And of course, the greatest sacrifice of all is clearly outlined in the Twelfth Tradition; the effacement of self in anonymity, reminding us we should live by principles which if tried honestly and consistently will bring us that elusive 'contented sobriety.'

—P.H. In The Road Back, Dublin, Ireland

WHAT TIME IS IT?

Perhaps it's time to read a good book instead of watching some of the wonder electronics sends into your living room every day.

Perhaps it's time to take a closer look at your job to see how you can improve your service.

Perhaps it's time to smile at the next stranger you meet and offer a cheery "Good Morning!"

Perhaps it's time to pay less attention to your bowling score or weekend hunting trip and more attention to your wife, children, and home.

Perhaps it's time to start using more of the ten billion live cells in your brain.

Perhaps it's time to bring your wife a box of candy or take her to dinner.

Perhaps it's time to begin doing some volunteer work with the Boy Scouts, Red Cross, or other worthy organization.

Perhaps it's time to stop smoking, go on a diet, and get eight hours of sleep.

Perhaps it's time to improve your driving habits and concentrate on being an alert, responsible citizen when you are sitting behind the wheel of your car.

Perhaps it's time to begin living your life according to the Golden Rule.

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.

NO GRADUATES IN AA

New people are told, "Stick with the winners." Sponsors steer their pigeons to solid AA members, "Meet Harry. Meet June. They're winners."

Harry has six months of sobriety. June has ten years. What makes them winners? Why not introduce Jack who has twenty years?

Harry still has the enthusiasm of a brand new member. He identifies immediately with new people and is compassionately understanding when he talks to them. "Hang in there," he says with a smile. "I know you can do it. Here's my phone number. Let's get together."

"You think you're nervous?" asks Jane. "I couldn't even hold a coffee cup at my first meeting. I thought I was so different in my drinking. Took AA to show me I was just an ordinary, garden variety drunk. Let's have some coffee and talk."

Then there is Jack with his twenty years of sobriety. "You're new, huh? What's your last name? You better do what you're told or you won't make it. Fella came in last month, about your age. He wouldn't listen to me and the other old-timers. Now he's drunk. After all, I've been there, I know what it's all about. I came in when it was a lot tougher. I mean, I had lost everything. Nobody handled me with kid gloves, no sir-ee. Tough, that's the way they were then. Too much molly-coddling going on now. Maybe you haven't gone down far enough."

Jack has all those years of uninterrupted sobriety, but it sounds like he lost part of his humanity along the way. He wonders why sponsors push new people away from him. Why they don't introduce him as a winner. Jack forgets that new people are frightened and skittish. They need love and encouragement, not arrogant lectures and put-downs. Jack may have forgotten more AA than many people ever knew and that is a shame because what he has forgotten is the tender heart of AA. He should take a refresher course in humility.

After all, it's not the time in AA which makes winners; it's the AA in people which does.

—Bacchus in Akron (O.), Intergroup News

TELL THE JUDGE

A woman, tired of having her driveway blocked by a car, called police, who slapped a \$15 tag on the car.

Later her husband phoned: "Happy birthday, dear. Look in the driveway and you'll see the present I sent you!"

MINUTES OF CENTRAL COMMITTEE

(Continued from page two)

plans for the International Conference to be held in Denver, Colorado in July, 1975 — registration and reservation forms should reach all groups first after the first of the year.

Suggestion that the Committee take under consideration the prospect of having all Group Secretaries meet with the General Service at a dinner, with speaker — possibly in early Fall so that Group Secretaries might better understand what General Service is all about.

Further New Business: Dick P. informed that the office had been extended an invitation to meet with the National Council on Alcoholism on Thursday, May 9 at 1: 30 p.m. Dick P. and Dick F. will attend this meeting.

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

Imogene P., Secretary

CHAMPIONS

(Continued from page one)

from our willingness in striving to correct them we will emerge better individuals.

Perhaps the brilliant light which we use to estimate our own purity blinds us to see our silly conceit. So, maybe, we should start praying with humility. Forgive me, Lord, and help me to stop watching the failures of others and start following the champions.

—THINKING OUT LOUD — Edw. B., in Akron (O.) Intergroup News, Jan. 1970



A RICH MAN'S AUDIT

After completing five years of happy sobriety in this fellowship of Alcoholics Anonymous, I have again taken the time to audit my books.

The results of this probe have again revealed that when I came into AA, I was in financial distress, physically beaten and mentally and spiritually warped. I had neither need nor the ability to keep books or records as my life was in such a mess, that that, would have been an impossibility. My assets from day to day were all in my right hand pants pocket.

My audit further revealed that my liabilities are dwindling and that my assets are becoming more noticeable. I find too that monetarily speaking, I am still a man in debt but very rich in many other ways. My sons, their wives, a grandson and many of our friends now willingly find their way to our door as they wish to share and be a part of this family.

The neglected true friends of before are again the true friends of today. I am aware of my indebtedness to my superiors at work, whose tolerance and understanding was extended me during those days, months and years of my drinking. My peers and those who worked under me, who knew my problem and understood the arrogance and injustice thrust upon them. Other friends and acquaintances who knew my plight and tried to be helpful. All these good people, whom I had once erroneously listed under the liability column, can now be found under the proper heading. Sadly however, this writer lacked the understanding and fairmindedness to comprehend this at that time.

My dear friends and wonderful people that I have met in AA and whom I now so dearly respect and cherish, my sponsor and co-sponsor, who not only helped save my life but gave me a new one, these people have always been on the right side of my ledger.

The pages of my liabilities, though they show deletions will remain a permanent part of this ledger. There will be names and accounts that shall ever remain, for some debts and amends can never be paid or made. Here inscribed with indelible ink are listed the shortcomings and the penalties a negligent auditor and a recovering alcoholic must pay.

How grateful I am that I have been granted the opportunity to try and balance my books. This inventory revealed that though my progress is slow, it is steady but there are yet many transfers to be made. I believe it is good policy for every recovering alcoholic to keep two sets of books, one to attain solvency, the other to maintain sobriety.

But for the grace of God, AA, AA friends, my sponsors, my wife and daughter and other members of my family, this sad account would have long been closed.

-Frank J. D., Intergroup News, Akron, O.

■ ■ ■ ■
BE A BULLETIN BOOSTER

ON "WHAT'LL YOU HAVE.?"

Two problems that bug most of us for a while in our early days in AA are whether we should tell other people about our membership of the Fellowship, and how we should cope with the situation in which we are offered an alcoholic drink. Some AA members who have a number of years sobriety to back them up and no longer care a damn who knows that they are alcoholics tend to see these questions as non-problems and to dismiss them rather off-handedly as matters of little consequence.

"Everyone knew that you were an alcoholic when you were drinking," they might say. "So what's the point in worrying about whether they know now that you're sober?"

It's probably that in time the newcomer will acquire a similarly tranquil feeling but it doesn't seem as simple as that when he is attending his first meetings, still somewhat uncertain and bewildered, still jumping at bogeymen and with sensitive nerve ends close to the surface. Besides, with many people coming in to AA these days long before they conform to the popular picture of the down-and-out alky, it's not true to say that "everyone knew that you were an alcoholic." A lot of people will be surprised to find that the man or woman whom they simply regarded as a "good boozier" really qualifies as a member of the Fellowship.

The question of whether or when we should let non-alcoholics know that we are AA members is, like so many other matters connected with alcoholism, one on which it is difficult, if not impossible, to give universally acceptable advice. Although, it might sound like ducking the problem to say so, and sensible friends are much more likely to be helpful

and understanding rather than obstructive and intolerant.

But what of the people we meet — acquaintances, friends of friends, business contacts, and so on, — who do not come within the circle of close friends we wish to tell about our illness? How will we cope when the familiar question of "what will you have?" crops up? Some of us worry about this until we turn a simple social situation into something we dread.

Sooner or later the circumstances are going to arise, at a party or official function or some other "do" when the beaming host will turn to the newly-sober alcoholic and deliver the fateful ultimatum: "What's Yours?" or maybe just "Beer?"

How is he going to explain to this hearty fellow that he doesn't drink alcohol? He feels that everyone present has stopped talking and is concentrating on him, listening for his reply. And he knows for certain that the whole room is going to explode into laughter when he utters the dreadful word. But he steels himself and he says it:

"Lemonade."

"Lemonade? Sure," says the host, not batting an eyelid. And the AA member suddenly realizes that the whole

(Continued on page four)



Published monthly by the Central Bulletin Foundation, Inc., a non-profit corporation dedicated to service. Address all letters to Central Bulletin, Box 6712, Cleveland, Ohio 44101. Subscription price — \$3.00 per year.

Harry D., pounder and Editor 1892-1 968



Vol. 32 July, 1974 No. 10

MILL ENDS AND REMNANTS

Do you ever get **charley horses** in your thinking? It isn't an uncommon trait for most of us to experience mental lapses or quirks which bring us up short. The important thing is that our conditioning program is such that we recognize them and take corrective action.

There has been considerable discussion recently as to physical fitness at the national level, but where else than among the members of Alcoholics Anonymous is there greater awareness of the vital need for physical and mental fitness.

If we have learned well the lessons we have been taught, physical fitness becomes almost as automatic as daybreak and nightfall. It is in the area of mental conditioning that there can be no let up in keeping in training.

Poor training habits that lead to pulled mental muscles can lead us to unhappiness and all sorts of distracting and unhealthy encumbrances. It is imperative that we keep in condition and close to the trainer's table.

In our case as arrested alcoholics and members of the fellowship of Alcoholics Anonymous, the trainer's table is regular and frequent attendance at meetings, effective and responsible activities and the observance of the suggested facets of living happily sober as evidenced by the examples set for us by others who are pacing us in the race for life.

We are in no hurry. We are not trying to crash the four-minute mile barrier. And while we are in the race — it is a 24 hour race, we set no records as we hit the tape; rather, if our conditioning program has been proper, we are ready for another.

Fortune or circumstance has little to do with the outcome. Conditioning, spirit and determined effort are the ingredients in the recipe for winning. We must be in prime condition, we can sidestep or short cut no detail of conditioning; for not infrequently it is **some** little thing, some apparently insignificant way of thinking or doing that produces an almost-ran or a winner.

We don't win our races **with charley horses!**, by George.

WARREN C., SR. BIRTHDAY

On July 3, 1939, Warren C., Sr., of the **Edgelake** Group, came to AA and on July 4, 1974 he will observe his 35th Anniversary by speaking at the West Side Morning Group.

As we write this item, many great things come to mind about Warren. The legion of men and women who have been helped by his counseling; his great successes in sponsorship; his-continued activity and example; and his unrelenting expression by word and deed of gratitude, are only a few of the attributes. Many happy returns of the day!

WORK

Queer thing, but we always think every other man's job is easier than our own. An the better he does it, the easier it looks.

-Eden Phillpotts

MINUTES OF CENTRAL COMMITTEE MEETING JUNE 4, 1974

Moderator Bob W., opened the meeting with the Serenity Prayer in which he was joined by the 34 members present. Helen D., Vice Moderator, read the Purposes of Central Committee and the Twelve Traditions of AA. Minutes of the May 7th meeting were read by the Secretary and approved as read. The Treasurer's report showed a balance in the General Fund of \$178.66 and in the Institution Fund of 273.56 making a Grand Total in the Treasury of 462.21. Motion made, seconded and carried that a request for additional funds — **\$5.00** from each group be made to build up Treasury.

COMMITTEE REPORTS:

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

Area-wide Committee: Gene M., Chairman. Meeting to be held June 14th, as per schedule.

Central Bulletin: George M., Editor. No report.

HOSPITAL COMMITTEE :

Rosary Hall: Ray M., Chairman. Things are relatively quiet. A reminder that, in order to sponsor a patient into Rosary Hall, one must have at least one year in the program and six months of continuous sobriety to act as co-sponsor.

Women's Section: Minnie C., representative. Would like to re-emphasize sponsorship. Question asked why person, taken in for a vitamin shot, was refused. Answer: If a person has had a drink of alcohol within a 48 hour period, the vitamin shot would be ineffective.

Bay View: Bernie B., Chairman. Everything ok. They are starting to show a film out there on Monday evening that is excellent and would like to show it more often through the day but do not have anyone to run the projector. Also some good news in the offing — possibly more on that next month.

Brecksville: Greg P., Chairman. Everything quiet.

Lorain Community: No report.

INSTITUTION COMMITTEE :

Warrensville: Helen D., Chairman. Nothing to report.

P.I.C.: 164 speakers have been supplied to non-AA Groups through May this year.

NO OLD BUSINESS.

NEW BUSINESS:

Geraldine W. requested an allocation of \$20.00 for literature for the Sick, Lame & Lazy Group. Motion made, seconded and carried that allocation be granted.

Dick F. gave a report on meeting with National Council on Alcoholism — our participation was merely to present our Preamble, Purpose and the Twelve Traditions. Also report given on meeting with Regional Council on Alcoholism, both meetings attended by 15 to 20 persons, all pertaining to help for the sober alcoholic. There is much talk about de-tox centers, but, so far, nothing has materialized. A doctor present at the Regional Council meeting (from Metro) said that to have such a center contained within a hospital was impossible because of the cost and suggested that perhaps a building set apart — a separate enterprise, so to speak, would be less costly. End result of Regional Council meeting was that from now on all agencies have to give an exact account of all people helped in order to get funds granted.

Further New Business: Dick P. reported that two or three weeks ago a young girl had walked into the office, in tears, telling him that her father had answered an ad in the newspaper — to get help for her mother who has a drinking problem and that a couple called on them and were rude to the father. They appeared crude, brutal and almost violent because he refused to sign some kind of paper. After this report from the girl, two AA women were contacted and the mother then received her help.

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

Respectively submitted,
Imogene P., Secretary

■ ■ ■ ■ ■
SUPPORT YOUR DISTRICT OFFICE

PRAYER OF THE MONTH

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

FEARS

Make a study of your fears. How many of them are really justified? How many of them imaginary? How many of them will melt away as time moves on? How many of them are worth wasting worry on? Are they necessary, inevitable and unavoidable?

— The Communicator, San Luis Obispo, Calif.

THE SYMBOL OF HOPE

Alcoholics Anonymous is a symbol of hope for the sick alcoholic. But has any hope ever seemed less likely to succeed than the Fellowship of Alcoholics Anonymous which was born in Akron, Ohio that June day, 39 years ago. How pathetically inappropriate for only two men to accept the challenge in this age where alcohol is destroying nations, families and individuals.

How vain it must have seemed that two men could succeed where clergymen, doctors, psychiatrists, mothers, fathers, wives, husbands and friends failed. Yet confronted with the grim reality, they went into, the world and tore down all the barricades that society had erected against the alcoholic and opened the road to freedom.

Today the two men are not with us. They were called to their final reward, but the result of their labor is manifested throughout the world. Hundreds of sober men and women gathered in Akron June 14-15-16 to celebrate the 39th birthday of our wonderful Fellowship and pay homage to the two men who made it possible for the hand of AA to be there when anyone anywhere reaches out for help.

Every Founder's Day is a new hope for the sick alcoholic. A hope like the shining star, pointing its rays to Akron, the birthplace of AA and though the outlook may seem dark for the alcoholic, the only darkness he needs to fear is the darkness within.

-Edw. B. in Intergroup News, Akron, O.

DISTRICT OFFICE ON SUMMER SCHEDULE

For many years the Cleveland AA District Office has been closed during the summer months on Saturdays, and this will be true during July and August, with regular Saturday office hours being resumed on September 7th. As is customary, answering service will accept all telephone calls and these calls will be picked up at regular intervals over every weekend.

SPEAKERS LIST

As announced last month, during the summer months the List of Cleveland Area Guest Speakers will appear in the Central Bulletin itself and separate sheet listing together with list of group meetings is to be resumed in September.

POINT OF VIEW

When the other fellow acts that way, he's ugly — when you do it's nerves. When he's set in his ways, he's obstinate — when you are it's firmness. When he doesn't like your friends, he is prejudiced — when you don't like his, you are simply showing good judgment. When he takes time to do things, he is exasperatingly slow — when you take ages, you are deliberate. When he picks flaws, he is cranky — when you do, you are discriminating.

IF

If you don't like life, it's the way you're livin'; / A little less talkin', a bit more givin'; / A little lees hittin', a little more lovin'; / A little more smilin', and not so much strife; / And soon you will be in love with life.

DATES TO REMEMBER

JULY

- 2-Central Committee Meeting, 8:30 p.m., Room 362 Hanna Building.
- 4-INDEPENDENCE DAY
- 9—9th Anniversary of Eaton Group, 8:00 p.m., Grace United Church, 14911 Westropp Avenue, Cleveland, Ohio; Speaker: Minnie C., Grateful Group.
- 19-21—Ohio State Conference, Toledo, Ohio. Write Ohio General Service Conference, P. O: Box 3625, Station D, Toledo, Ohio 43608, or see your group secretary.

**CLEVELAND AREA GUEST SPEAKERS
JULY 1974**

- BAY VIEW (Saturday)** 6 — Jim K., Bay View; 13 — John M., Young People East; 20 — Al M., Wed. Discussion; 27 — Al B., (?).
- BEDFORD MORNING (Wednesday)** 3 — June S., Women's Discussion; 10 — Surprise; 17 — Gene D., Walton Hills; 24 — Cas L., Southeast; 31 — Jeane S., Garfield Tues.
- BORTON (Monday)** 1 — Gerald J., (?); 8 — Virginia T., River Tues.; 15 — Marty Y., Euclid Wed.; 22 — Harriett M., Monday Lee; 29 — Phyllis W., Post Office.
- BRECKSVILLE WEDNESDAY (Wednesday)** 3 — Bill G., Seven Hills Men; 10 — Dick C., Padua Discussion; 17 — Frank T., Parmatown Men; 24 — Irvan G., Seven Hills Men; 31 — Fr. B., Padua Discussion.
- DOAN MEN (Wednesday)** 3 — Tom B., Lorain Ave. Mon.; 10 — Joe H., Lorain Ave.; 17 — Gill K., YOUR; 24 — Al R., Shoregate; 31 — Phil M., YOUR.
- EATON (Tuesday)** 2 — Wally N., Grateful; 9 — 9th Anniversary of Group; Speaker: Minnie C., Grateful; 16 — Harriet M., Mon. Lee; 23 — Paul L. (2nd Anniv.), Eaton; 30 — Nellie B., Wickliffe.
- RDGELAKE (Tuesday)** 2 — Warren C., Sr. (35th Anniversary), Edgelake; 9 — Charlie & Mary K., West Shore; 16 — To be announced; 23 — Jim D., Independence; 30 — Marge K., West Side Women.
- GARFIELD HEIGHTS (Tuesday)** 2 — Jerry K., St. Johns; 9 — Jene B., Wickliffe; 16 — Joe G., Warrensville Men; 23 — Ken M., Garfield Wed.; 30 — Jasper W., Bedford Wed.
- GORDON SQUARE (Friday)** 5 — Dick Z., Newberry; 12 — Ken M., Sister Ignatia; 19 — George W., Superior; 26 — Tom K., West Park.
- GRATEFUL (Sunday)** 7 — Lew N., YOUR; 14 — Max M. (9th Anniv.), Grateful; 21 — Phil M., YOUR; 28 — Joe K. (2nd Anniv.) Euclid Wed.
- LAUREL (Thursday)** Group now meets on Thursday at 8:45 p.m., at St. Thomas More Church, 4180 North Amber Drive, Brooklyn (West 76th off Memphis); 4 — Imogene P., Laurel; 11 — Bob R., Bedford Wed.; 18 — Phil H., Edgelake; 25 — Jack B., Lakewood Men.
- PARMATOWN MEN (Friday)** 5 — Ken B., Forest City; 12 — Tom G., Jr., Angle; 19 — Wayne R., Angle; 26 — Tom G., Sr., Angle.
- ROCKY RIVER (Thursday)** 4 — Paul K., Avon Lake; 11 — Don S., Lakewood Men; 18 — Bill C., North Olmsted; 25 — Tom C., Bay View.
- STRONGSVILLE (Tuesday)** 2 — Larry K., Berea Sat.; 9 — Mose Y., Alliance, O.; 16 — Evelyn G., Midpark; 23 — Jerry K., Lakewood Young People; 30 — Mary Ann O., West Side Women.
- WEST SIDE MORNING (Thursday)** 4 — Warren C., (35th Anniv.), Edgelake; 11 — Tony W., (30 years), Elyria; 18 — Caz L. (32 years), S.E. Mon.; 25 — John C., (2 years), West Side Morning.
- Y.O.U.R. (Sunday)** 7 — Gil K., YOUR; 14 — Kenny S., Redwood; 21 — John H., Wickliffe; 28 — Bill D., North Randall.

Copy for August listing must be in our hands by JULY 14, 1974 accompanied by check for \$3.00. Lists not received by this date will not be printed. Mail to Central Bulletin Foundation, Box 6712, Cleveland, Ohio 44.101.

A broad grin and a narrow mind seldom go out together.

GRATITUDE, WHEN DO WE HAVE IT?

In nearly forty years a great deal has been written and said about gratitude. It would **seem** unlikely that anyone would come up with something new or earth-shaking at this late date. To repeat a well-worn cliché: "It's all been said before."

All the same it seems doubtful that too much can be said about or for gratitude for AA and sobriety. It might also be mentioned that some **AAs** have even more reason to be grateful than others and that's **where** this article comes into the picture.

To have finally achieved eight years of happy, **uninterrupted** sobriety after nearly ten years of repeated failures should have been ample reason for a deep, deep gratitude to a higher power and to AA; and so it was — but like so many alcoholics, this one had an active "forgetter," or was just plain lazy or both. At any rate, he began to get lax on meetings, a bit lazy here and there around the edges, and the once close associations with other **AAs** and the meetings. All of this happened over a two or three year period, and was slowly creeping up on this man's sobriety, practically unnoticed.

The slackening of activity was there, however, whether he saw it or not, and it took its toll when the time or circumstances came. He drank again.

These "circumstances" preceding the drinking were somewhat unusual, but, still no **real** reason for drinking has yet been invented, unless the simple desire "to feel better" can be **qualified** as a "reason."

Problems can be temporarily escaped by drinking and for a time one feels better, so at least we kid ourselves into thinking. In this case, the sudden unexpected problem was a coronary. It may have been precipitated in part by working too many hours on a job and building strong resentments against the job because of it. The **resentments** had been building for months and now coupled with the natural fear generated by a heart attack formed the famous team of fear and anger, which lead to escapism or in short drinking to feel better.

Our "actor" (most of us are accomplished ones) was a master at the art of "running." His old dishonest thinking came rushing back, and he accepted that first sleeping pill on the first night in the hospital, and for the next 19 nights, until upon release he failed to tell the doctor about his problem and asked for a prescription.

In an effort to stop the pills he turned to alcohol **because** it was more accessible. In one short week he found that the pair of pajamas that would fit him and all his effort toward sobriety for so long had been spoiled.

Nevertheless, through all the guilt and remorse **something** did come through to him — had he been grateful **enough**? He realized how many others like him had never **had** another chance! He began to **get** a small idea of what gratitude was. The road back is a long one, a difficult one. Some of the "shine" has rubbed off of his sobriety. It is harder to face people and it's hard to try to say anything about AA to others because he questions his right to say anything at all!

One thing **seem** certain — the Higher Power must have had some reason for giving him another chance. At any rate he's sober again and going **along** one-day-at-a-time and very definitely remembering "But For The Grace Of God!"

SOMEONE SAID

Whiskey is as innocent as a cotton-mouth Moccasin; as gentle as a saber-tooth Tiger in the jungles of Africa; as kind as a man-eating Shark; as beneficial to the human system as the virus of Hydrophobia; as sweet and pure as a dead buzzard on a nest of rotten eggs.

Men blush less for their crimes than for their weaknesses and vanity. * * *

Horse sense is what keeps a girl from becoming a nag.

ON "WHAT'LL YOU HAVE?"

(Continued from page one)

party is swinging along merrily and that no one else either knows or cares what he is drinking.

The fact is that while non-alcoholic **people may enjoy** drinking — and why not? it is not a **vitally important** part of their lives. A lot of their drinking is done for social reasons. Some of it is for business reasons. They may sometimes drink because it is expected of **them**. But they don't drink because they need to drink.

And because booze isn't all that important to them, they don't care if someone else drinks or **doesn't** drink. This isn't important to them either.

In fact, **as** our AA member gets a bit more sober time on his side, he **may** be surprised to notice how many non-alcoholic **people** choose not to drink alcohol. And that no one takes **any** notice of this. So he isn't such an odd-ball after all.

— "The News" — Australia,
Via Good News, S.F.

TRADITIONS

The Fellowship of Alcoholics Anonymous has been built up on certain principles, learned through hard experience, and embodies in The Twelve Traditions and our Customs. Three outstandingly important **ones** are Collective Group Poverty . . . which stemmed from Rockefeller's famous comment at his dinner party, when he and other business men had listened to Bill's exposition, "I think Money will spoil this," . . . ; the seeking of Humility through anonymity at public level, and regular rotation of appointments at Group level.

These were all found to be safeguards against the ordinary dangers of **quarrels** and dissensions, not good for any form of Fellowship, but particularly dangerous to one like ours. Collective Group Poverty — to avert possible quarrels about money, how to spend it and who should spend it; and to prevent that type of avarice which is sometimes disguised under the term 'Prudent **Reserve**' when too much prudence is being practiced. It is just as possible, and as equally dangerous, to be avaricious with funds entrusted to our care as it is to be with our own personal possessions.

Anonymity at public level and regular rotation of group **appointments** to prevent any Leader complex, to prevent power and prestige seeking and to prevent politics entering into our affairs. That these safeguards were and are necessary is quite plain as our Fellowship ages.

And so, I think it is important that we all make ourselves well **acquainted** with our Traditions. Some new, and **some** not-so-new members **may** think or say 'I want to keep things simple. The Steps are what concern my own recovery. Let the Committee care for our Traditions.' But of course the Committee is composed of members like ourselves and, with regular rotation, we shall sooner or later become committee members ourselves. WE, and that means YOU and I, are responsible that our group lives by the Traditions.

Groups have collapsed in the past, and many still collapsed, through neglect or ignorance of our Traditions.

And if our own group should go, we ourselves **may** return to trouble with its going.

— The Road Back, Dublin, Ireland

DIG IT?

A jazz musician from Memphis attended church one day and after the services complimented the minister thusly: "You really flipped me out, man. That **was** a groovy sermon!"

"I'm happy the sermon pleased you," the dignified pastor said, but couldn't resist adding, "I would appreciate it, though, if you could express your approval in less vulgar terms."

"Sorry, daddy, that's just my way. I just want you to know that I dug your sermon so much I flipped a C-note in the money pot."

"Cool, **man**," was the minister's reply.



TAKING INVENTORY

While we were playing hooky from the school of life, we were building antisocial habits of thought and action. We thought we had the right to go as we chose, do as we wished.

No one objected very much to our having a little fling. In fact, many of the stories we hear in our meetings indicate that our friends and associates showed surprising indulgence. But when the fling no longer was little, when we took advantage of generous treatment, people got tired of our snarling and of our unreasonableness and of our broken promises and of our unreliability. Censure took the place of indulgence, and our reaction to that was greater hostility. Instead of seeing our faults, we became resentful and self-pitying. We magnified our self-importance.

By the time we have come into AA, most of us have had several years of alcoholic conduct, since we were alcoholics long before we ever admitted it. Our bad habits of thought and action were deeply engraved in our minds and in our nervous systems.

Whatever reasons we may have had at the outset for drinking too much, our bad habits of thought and action became additional reasons for drinking too much. Alcohol became a refuge as well as a lure.

The way we react to a situation is the product of that situation and our past experiences. Every experience is recorded in our nervous systems and affects our conduct. We, as alcoholics have a vast accumulation of bad reactions.

When we have recognized that we are alcoholics and that our lives are unmanageable, we have made the first step. We have to stop drinking; we can't do it by ourselves; so we accept help. With that help, we suppress the demand for alcohol.

But when the liquor vapors are cleared from our minds and we have suppressed the urgent calls of our nervous systems for alcohol, most of us discover that we still have much to do. Working against our determination to live better lives, to be the men and women we are supposed to be, is the vast accumulation of our bad habits of thought and action. We cannot stamp out these bad habits over night, however strong our wills and however strong our faith. Our new faith has to move whole ranges of mountains.

Moral inventory is needed not merely to show us the need of changing our way of life; it is needed to reveal the particulars of change. The deeply rooted bad tendencies have to be identified and then we have to go to work on them. Resentment, and self pity require our particular attention. We have to guard against new flowering of egotism, the insistence on being boss, on running things our way. We have to guard against the refusal to co-operate because others won't accept our viewpoint.

Self discipline is a lifetime effort, even for non-alcoholics. It takes time to get the upper hand over bad

(Continued on page four)

WHAT IS QUALITY?

Skill, knowledge and judgment enter into quality work, as do energy and preserving diligence. One does one's best, and is content, though he knows that it is far from the best that might be done. He is interested in doing the job well for its own sake.

One must have an ideal, but it is a good practice while keeping an eye on that ideal, to work toward it, by doing what is within one's power to do now, and to make a habit of doing well what has to be done.

Careful **craftmanship** shows the honest delight of a workman in his work. It gives him a feeling of personal importance. It prompts him to do habitually work that has the stamp of authenticity. Michelangelo had never seen an angel, and Della Robbia had never seen a cherub, and yet the quality of their sculptures convinces us that there are angels and cherubs.

When an honest person finds out what is fitting and needed, and uses his skill to supply it, he is on the right road to excellence.

It is a piece of self-love to imagine that one has already attained to what is best. Having the desire to achieve excellence, the next thing to do is to act toward winning it.

This effort is not always successful on easy terms. It takes time to bring ability to full growth as excellence. Even as he touches the fringe of excellence, the ambitious person is getting ready for the better work he will do tomorrow. He is acquiring new knowledge, looking ahead, planning his course, learning thoroughly by practice, and cultivating the desire and the will-power to add to his proficiency.

If you wish to be thought good at anything the shortest and safest and most certain way is to try to make yourself really good at it. There is a light-hearted example in the Gilbert and Sullivan play "H.M.S. Pinafore." Sir Joseph Porter got to be First Lord of the Admiralty by doing well every task in his varied life: copying letters, cleaning windows, sweeping the floor, and polishing the handle of the big front door.

Everyone needs to cultivate his feeling for good quality, and to show it in his work. A person who does not know of the existence of excellence is in a bad way, but not nearly so bad as that of a person who knows that there is such a thing as excellence but makes no effort toward it.

-Royal Bank of Canada Monthly Letter, Feb. 1973

DELAYED ACTION

There was an aging newsboy. Everyone knew him with his bushy graying hair, his beetleing brow and his raucous voice.

One evening the papers had been reporting the end of the world as foretold by a seer.

Suddenly there was some incoherent yelling, then there was a moment of silence. There came the newsboy, his gray hair falling over his forehead, a bunch of papers clutched under his arm. As he was walking he let out a stentorian roar.

"End of the World postponed again!"



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 — 53.00 per year.

Harry D., pounder and Editor 1892-1968



Vol. 32

August, 1974

No. 11

LOVE AND SERVICE vs CRIME AND GREED

Today our world is in a turmoil, besieged with crime, greed and fear. Nations are in a desperate struggle trying to out-do each other in a race to build better weapons of destruction. It seems that when one country builds a perfect machine of destruction another country will marshall all the clever brains of its brilliant men to develop a better machine which will demolish more cities and destroy more human lives. Nations are keeping millions of men and women busy and spending huge sums to build machines which will eventually destroy them.

In our cities people are buying guns to defend themselves and criminals who are buying guns to rob and kill the defenseless. The simple qualities of "love thy neighbor" has fallen by the wayside, while manufacturers of war machines are working overtime to destroy the world and themselves with it.

This civilization we are living in has exalted material things. Men are developing machines and computers to replace the human brain and the human heart. As a result spiritual and moral standards have dropped and crime has increased to the point where cities can't maintain a police-force large enough to cope with it. People are not safe in their homes and are afraid to venture out in the street after dark. We call this a modern civilization because men can build machines that can destroy more cities and more people.

We must admit that some modern machines are formidable, efficient and do the work of many men. They can lift mountains, but they cannot feed man's immortal longing or redeem him from despair. This requires love and sympathy, which have no weight in themselves, yet they can lift more than mountains, they can lift a heavy human heart.

Our wonderful Fellowship of Alcoholics Anonymous is built on the foundation of love and service, and no machine or computer can improve on it. The Twelve Steps and the Twelve Traditions were hammered out on the anvil of truth and honesty by men who were not only upright but also uplifting. They went out into the slums of human misery to bring help and hope to the sick alcoholic and restored him to his family and to the community.

This world would be a better and a safer place to live if all the people throughout the world would apply the AA principles to their daily lives. AA is a way of life which gives hope, not only to the alcoholic but also to humanity.

If we only looked at the brutalities and the destruction that is caused by the hand of man, we might well despair, for the outlook would be dark indeed.

We who have found this new way of life should thank God every day for the men and women who pick up the torch of love and service when the founders no longer could carry it. Like the founders they went into the midst of human grief to bring guidance to the bewildered alcoholic and hope to his family. The principle of AA is the spirit of self-sacrifice which leads men to give in order to save.

— Edw. B., in Akron (0.) Intergroup News

CENTRAL COMMITTEE MEETING JULY 2

While a goodly number of group representatives gathered for the regular first Tuesday meeting of Central Committee, it was found that Room 362 in the Hanna Building had been allocated to another group on July 2. Building management people were greatly distressed when apprised of the conflict, which should never have occurred as Central Committee has standing reservation on the space each first Tuesday. August 6 meeting becomes doubly important and all groups should be represented.

EXPIRATION NOTICES

By ruling of the Post Office Department, it will no longer be possible to send renewal reminders by other than First Class Mail, cost of which would be prohibitive.

Effective with this issue, therefore, we ask our subscribers to observe the expiration month which appears on each envelope and match it with the monthly edition to determine the expiration month. Then renew promptly.

For example, this is the August Issue — if your envelope bears August notation to the right of the address, your subscription is expired and should be renewed at once. Second, third and even fourth notices are no longer possible.

HELP WANTED

Writers, clerical help and a Circulation Manager are urgently needed to assist, in producing and perpetuation of Central Bulletin.

Only those willing to perform their assigned tasks devotedly, diligently and determinedly, month-in and month-out, need apply. The wages are poor (nil), but the compensation and returns unmeasurable.

Write P. O. Box 6712, Cleveland, Ohio 44101 and tell us what you can do, what you are willing to do and what amount of time you will devote to it each week and month.

ONE THING AT A TIME

Sometimes our fulfillment in the AA program seems to come slowly — too slowly. This is not the time for discouragement; the question is, what can I do where I am? Just to meet the demands of sobriety twenty-four hours a day is, at this time, sufficient.

Sobriety is progressive. When we feel we are not making progress, let us stop and think if we are "going to AA or growing in AA."

The founders and early workers did not have the great resources that now exist in the AA program — they had no one upon whom to depend but themselves; they used what they had. You know the results.

Those of us who are waiting for the Big Experience should work with what we have moment by moment. If we practice steadfastly what we have learned of the AA Steps and principles, we will know the great experience.

Everything has a starting point. Honesty is one of the best for sobriety. Honesty is a solid foundation. Honesty is the ability to question oneself, and the basic for humility in the truest sense.

Unconcerned about getting credit, for our accomplishments, let us keep before us the challenge of being good members of AA and remember to carry the message to alcoholics and to practice the Steps and principles in all our affairs.

— Good News, San Francisco, Calif.

AS HE HEARS IT

The boy brought home his examination paper and his father was admittedly less than surprised when he read his son's answer to the following question: "What are the last two lines to the first verse of The Star Spangled Banner?"

His son's answer read: "and the home of the brave. Play ball."

PRAYER OF THE MONTH
Prayer for a Fisherman

God grant that I may live to fish until my dying day — and when it comes to my last cast, I then most humbly pray — when in the Lord's safe landing net I'm peacefully asleep, that in His mercy I be judged big enough to keep.

-A. Burham, in the Road Back

THOUGHT FOR THE DAY

I wish I were **BIG** enough to honestly admit all my shortcomings; **BRILLIANT** enough to accept flattery without it making me arrogant; **TALL** enough to tower above deceit; **STRONG** enough to treasure love; **BRAVE** enough to welcome criticism; **COMPASSIONATE** enough to understand human frailties; **WISE** enough to recognize my mistakes; **HUMBLE** enough to appreciate greatness; **STANCH** enough to stand by my friends; **HUMAN** enough to be thoughtful of my neighbors; and **RIGHTEOUS** enough to be devoted to the love of God.

This quotation very personally suggests ways in which to improve. It is not-always easy, but it is always worth it . . . **STRIVE** to be better than you are.

-From Silver Dollar, Fargo, N.D.

FOR "IF" READ "NOW"

How do I feel NOW? That is the question. And, regardless of how I do feel, indicates that I am on the right track as I am **concerned** only with NOW; that I am trying to practice the programme as suggested by the Fellowship of AA.

As an alcoholic, I remain only too capable of bleeding over yesterday's mistakes, of begging a few more grey hairs (as though I didn't have enough already) by projecting into the future. But I know at this moment that Self-Pity and Projection are expensive slices of self-indulgence. And because I am an alcoholic, the price of either luxury is too damn high. "If this happens" or "If this doesn't happen" are phrases that right NOW have no place in TODAY'S dialogue. It took me three years to grab this line of thinking, though I quickly grasped the idea of staying away from One drink for One day. This made such sense that I felt like kicking myself for not dreaming it up myself. But to practice this principle of NOW in all my affairs . . . well, that's another story.

Not that it matters Today. I survived the demands of my Ego . . . I came through the perfectly predictable blunderings of the arrogant, egotistical sad sack that I was because, dry or sober, sane or as nutty as a squirrel's breakfast, I stuck with AA. And selfishly I stuck with the Winners. I talked to and asked help from people who took AA seriously, who were reaching out, through their attendance at meetings, for a further spoonful of contented sobriety. And I walked away from people who continuously arrived late at meetings or who were too busy to attend regularly. I did this because I listened to Winners, all of whom said, "Stick with the Winners."

There are no guarantees for the future. Not for me nor for any other person. But if I can go on ignoring "IF" and holding onto "NOW" I will not be eating into the contentment of "NOW" It's just common sense, really . . . like sticking with AA and the Winners.

— L. D. in the Road Back, Dublin, Ireland

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 **Mezannine 6**, 1 Public Square Building, 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 241-7387.

DATES TO REMEMBER**AUGUST**

6-Central Committee, 8:30 p.m., Room 362 Hanna Building. Important Meeting.

20-26th Anniversary of Stronassville Group, 8:30 p.m., McGraw Hall, St. Joseph% Church, 12700 Pearl Road, Strongsville, Ohio; Speaker: Frank H., Strongsville Group.

23-32nd Anniversary of Gordon Square Group, 8:30 p.m., West Boulevard Christian Church, West Blvd. and W. 101st St.; Speaker: Fr. Louie B., Padua Discussion.

SEPTEMBER

2-LABOR DAY HOLIDAY

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

CLEVELAND AREA GUEST SPEAKERS**AUGUST 1974**

BAY FIRESIDE (Saturday) 3 — Helen D., Warrensville Women; 10 — Bill G., Southwest Sun.; 17 — John W., Trinity; 24 — Ralph V., TC-1006; 31 — Jack S., Parmatown Men.

BEDFORD MORNING (Wednesday) 7 — Joe F., Bedford Morning; 14 — Helen M., Steelworkers; 21 — Ed C., Newburgh; 28 — Beth G., Steelworkers.

BORTON (Monday) 5 — Jack C.; 12 — Wallie S.; 19 — Milt L.; 26 — Norm H.

BRECKSVILLE WEDNESDAY (Wednesday) 7 — Fr. B., Padua Discussion; 14 — Dr. Joseph W., Brecksville Wed.; 21 — Jack S., Parmatown Men; 28 — Mike S., Parmatown Men.

GARFIELD HEIGHTS (Tuesday) 6 — Steve T., North Randall; 13 — Ann L., Ramona; 20 — Joe K., North Randall; 27 — Tony M., Sister Ignatia.

GORDON SQUARE (Friday) 2 — Leonard G. (1st Lead), Gordon Square; 9 — Helen D., Warrensville Women; 16 — Edie H., Gordon Square; 23 — 32nd Anniversary of Group, Speaker: Fr. Louie B., Padua Discussion; 30 — Jerry W., Angle.

GRATEFUL (Sunday) 4 — Simone S., Wickliffe; 11 — Milly d., (2nd Anniv.), Grateful; 18 — Rusty and Kenny M. (11th Anniv.), Geneva, O.; 25 — Louise C., Colwood.

HOPE HOUSE (Wednesday) 7 — Virginia S., West Side Young People; 14 — Joe M., Hague; 21 — Joan B., West Side Young People; 28 — Sally S., Lakewood Armory.

LORAIN AVENUE (Tuesday) 6 — Jack D., Brookpark; 13 — Surprise; 20 — Bill F., Brookpark; 27 — Bill H., Brookpark.

MEMPHIS (Saturday) 3 — Midge S., Lake County Tues.; 10 — Henry W., Doan Men; 17 — Challie P., Burton; 24 — Virginia L., UAW-1005; 31 — Ivan B., Wickliffe.

PARMATOWN MEN (Friday) 2 — Ted R., Valley View; 9 — Dick P., Parma Sat.; 16 — Bob R., Bedford Wed.; 23 — Norman K., Parma Sat.; 30 — Tony K., Smith Wilson.

STELLA MARIS (Friday) 2 — John S., Early Early; 9 — Robey B., League Park; 16 — Wally N., Grateful; 23 — Paul G., Superior; 30 — Whitey R., Superior.

STRONGSVILLE (Tuesday) 6 — Vince R., Memphis; 13 — Susan H., Bbca Raton, Fla.; 20 — 26th Anniversary of Group, Speaker: Frank H., Strongsville; 27 — Harry B., Bay View.

WEST SIDE MORNING (Thursday) 1 — Fr. Gordon H., Wickliffe; 8 — Tom S., Lakewood Armory; 15 — Bill (Buffalo), McA., Angle; 22 — Jim J., Brooklyn; 29 — Kris (Red) H., Forest City.

WEST SIDE WOMEN (Monday) 5 — Mary M., Hague; 12 — Joe M., Hague; 19 — Bernice C., Edgelake Women; 26 — Rick L., Lakewood Armory..

Copy for September listing must be in our hands by August 14, 1974 accompanied by check for \$3.00. Lists not received by this date will not be printed. Mail to Central Bulletin Foundation, Box 6712, Cleveland, Ohio 44101.

THINKING OUT LOUD

I don't consider myself an expert on alcoholism and I don't have all the answers to all the alcoholics' problems. Nevertheless, I am directing this message to the man or woman who is just starting on the adventure-road of sobriety.

If this is your first AA meeting, you will hear a lot of talk about staying sober one day at a time, and of course that is the way we stay sober. You will also hear someone say if you don't take a drink today you won't need one tomorrow. This should not be hard for you to understand. If you don't drink today, you won't suffer tomorrow. This sounds simple, and it is, but are you ready to stop punishing yourself?

Perhaps you have wasted many years in pursuit of the bottle, now you should start pursuing something that will bring your life into some kind of productive balance. You can live a productive life if you follow the suggestions that are offered to you at the AA meetings, and you will get a better understanding of God and His grace. It is up to you to follow instructions and try to build a new life out of the wreckage of the past. This is your responsibility, so start now, no one else can do it for you.

The lessons that you have learned when you were drinking are not as important as the lessons you should be learning. Your sobriety and your way of living will depend on how long you will keep your capacity to learn. There are no graduates in AA, but there are many men and women who are sober, ten, twenty and thirty years and they are still learning. If you look around at any AA meeting you can pick them out from the crowd. They stand out above all mediocres who stopped learning.

Perhaps right now you are sure that you will do everything to maintain your sobriety and you are reasonably sure that you will never take another drink as long as you live. I will never take another drink as long as I live, is a familiar statement, and perhaps you have made the statement yourself, but it never worked for us until we admitted that we were powerless over alcohol.

The novelty of your sobriety will wear off and temptation will cross your path so you should start now to improve your character defects and reinforce it with moral courage. Your moral courage will be revealed in time of temptation only if you build it up before you need it. You cannot call on your moral strength if it is not there.

The AA way of life is the road to spiritual and moral progress. The Twelve Steps will show us where to go and how to get there and if you will follow them to the best of your ability you will never stray away from the adventure-road of sobriety.

Eventually you will be asked to carry the AA message to another alcoholic. This will require some sacrifice and even some disappointment, but don't let that discourage you. Even if you only have one success, it will be worth all your troubles. Our fellowship was hammered out on the anvil of trial and error by men and women like yourself. And my sincere wish is that God will bless you in all of your worthy endeavors.

Edw. B., in Akron (0), Intergroup News

REMEMBER THE "BLACK OUT"

One of the most horrible experiences for me, during my drinking days, was the "black out." I guess I knew down deep then that something was happening to me that wasn't happening to others that I drank with.

I was great at pulling a complete blank and yet was able to get from place to place fairly well, but trying desperately to keep up the front that I knew what was going on.

How hard it is to try to explain these lapses of memory to your loved ones or to a non-alcoholic. If I had to point to any one thing that was the most effective in bringing me to the point of wanting to do something about my problem, it was these "black out" experiences.

I'm sure that in your twelfth step work you have asked a person if he has ever had a lapse of memory. What was their answer? To me it seems it brings the problem quickly to a head, in most instances, for that person. Maybe we should even be a little thankful for this at the time, but it's a little hard to see at that point.

The "black out" for me would produce just plain terror, especially after a night of making promises to people of things I would do for them the following day. When they would arrive on the scene and I could not recall anything they were telling me, I knew I was in trouble.

By this time, also, we probable have found it necessary to sneak extra drinks, either at the party or before arriving. This, too, will soon lead to "black outs," or it did in my case and did cause even further anguish. These and other signs really worried me years before I did something about the problem.

I wonder now how many of us look back and remember how it was. I know we are not to look back and try to change the impossible, but I cannot forget how sick I was, because if I do, I may start feeling a little "cocky" and you know what that does.

I think we will do well to remember those "black outs" and be very careful that we don't have any dry "black outs."

-Ken G., in Silver Dollar, Fargo, N.D.

SMILES

A teacher taking over a new class asked a little boy his name.

"Jule," he replied.

"Not Jule," she said. "You should not use contractions. Your name is Julius."

Turning to the next boy, she said, "And what is your name?"

"Billius," he replied.

■ ■ ■ ■

"Daddy, how do you find the lowest common denominator?"

"For Pete's sake! Haven't they found that yet? They were looking for it when I was in school!"

■ ■ ■ ■

The chairman of the Congressional Committee had spent a very trying day questioning a witness who repeatedly invoked the Fifth Amendment. As the witness stepped down, the Congressman hurled a final question at him: "Are you a drinking man?" "What has that got to do with the proceedings?" asked the retiring witness. "You have taken so many Fifths today," the legislator snapped, "I don't see how it's possible for you to walk."

■ ■ ■ ■

Forman: "How come you are sleeping on the job?"

Quick-thinking employee: "Goodness, can't a man close his eyes for a moment of prayer?"

TAKING INVENTORY

(Continued from page one)

habits of thought and action, and then we have to keep on guard continuously to see to it that we do not slip back or that we do not fall prey to the evils of egotism in other ways. That is why it is well to keep on taking inventory.

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THE YEAR 'ROUND GIFT



ICE CREAM AND SOBRIETY

Four children are sauntering along. Three of them are talking and laughing while taking intricate licks of their ice cream cones. One painstakingly guides his tongue in a circular, counter-clockwise movement. Another prefers the slow, up and down gliding which builds the ice cream to a neat peak. The last one likes to make a concave dent in the top of his scoop and work the ice cream toward it. Their methods are different but their goals are equal: to make the ice cream last as long as possible because an ice cream cone is a rare treat to these kids.

The fourth youngster is scuffling **along**; sometimes part of the group, sometimes dragging behind.

"**C'mon**, Charlie," yell his friends.

"What's matter with you today, Charlie?"

"You in another crummy mood, Charlie?"

Charlie tries to ignore them. His body is defiant and cocky. His face is full of angry anguish and envy. His eyes which he tries to mask are bleeding with hurt. Charlie does not have a **nickle** for an ice cream cone.

"Here, Charlie, have a lick."

"**Naw**, I don't want any."

Don't be dumb, Charlie. It's chocolate. Here."

"I told you I don't want any. I don't even like chocolate ice cream."

Charlie, the angry child, grew up to be Charlie, the angry man. Propelled by his own demons, he escaped from the slums of his childhood to become an internationally famous expert in his field. Charlie could now afford all the chocolate ice cream he wanted. Except — now — Charlie preferred booze.

As Charlie's consumption of liquor increased, so did his reputation. The wrong way. The year he was passed over for the Nobel Prize, he issued this **statement** to the world press:

"The Nobel Prizes have unfortunately retrogressed to become jejune pacifiers for paranoiacs whose self-evaluation is inner-directed toward the id-ego apotheosis, predicated on an anachronistic societal escutcheon."

Translation : "I don't even **like** the Nobel Prize." Just like he didn't like chocolate ice cream.

What does Charlie have to do with AA? Consider the AA who blows a cork in anger, "I know I should accept the things I cannot change but I'm mad and I refuse to be otherwise."

Translation : "I refuse to try and be happy."

Or the AA who is full of resentment, "My boss (or wife, or husband, or pet rabbit) has it in for me and I'm fed up."

Translation : "I'd rather be a little kid and kick up my heels in **anger** than try to act like an adult."

And what about the AA who spends **time** in envy? "I know I shouldn't feel this way about my in-laws. Darn it all though, **they** spend more money in a week than I make in a month and it gets to me."

Translation: "I'm not ready to give up being jealous just yet. I enjoy it."

(Continued on page four)

PORTAL TO PORTAL

Men must travel from portal of birth to the portal of death and sometimes they find the road rough and full of uncertainties. Sickness has to be experienced, pain must be endured, set backs blight their ideals, tricks of fortune prevent the fulfillment of their hopes.

Yet with all the suffering and evil, this world was planned by a loving God, and it's the best possible world for the growth of human character. Had God placed all of us in a world of ease and made our road smooth, our life would become stagnated and sluggish in moral development. Life's road weaves through the valley of success and failure, sorrow and joy, evil and goodness. **Adding** to our woes, sometimes **tragedy** strikes when we least expect **it** and brings with it sadness and darkness.

No doubt God could make it **im**-possible for us to be dishonest and do no evil, but we no longer would be human beings. We would be like a tree or a plant and go through life under the control of our instincts. If evil is impossible so is moral good, there cannot be one without the other. Only by giving us freedom to choose between good and evil is moral character possible.

All down through the centuries men searched for health, peace and happiness in pill containers and liquor bottles and failed to find the things they were looking for. The pill box and the liquor bottle only added to their loneliness, fear of the future, loss of hope, failures, and loss of health.

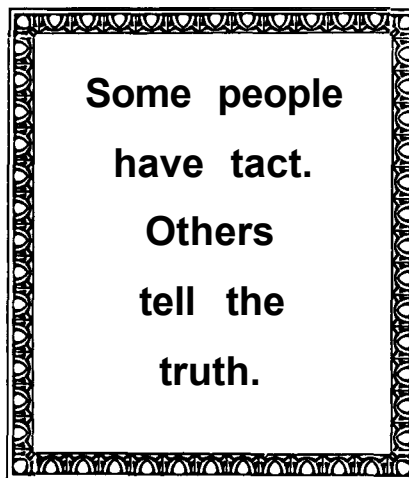
There are many things that come through the door of tribulation. There are the traits of character which seems to find no other **mode** of entrance into our lives such as sympathy, compassion and love. It

also seems that the eyes that have never shed tears lack genuine tenderness. The heart that has never been torn with anguish or sorrow has never sounded its own depth, and cannot measure those of others.

We who have found sobriety through this fellowship know that most of our moral problems and spiritual turmoil was due to the breakdown of our faith in God. The bottle provided us with false courage to dismiss the questions of **good** and evil as a matter of **mere** personal **taste** and we could be excused for every action as a degree of heredity or environment. But as our drinking progressed, our problems increased until we lost all sense of moral direction and found ourselves stranded on life's highway and for the first time in many years we admitted that we were lost and powerless over alcohol. Through the grace of God we were directed to this wonderful fellowship and to freedom of choice between good and evil.

God has wisely planned the world, and it is the best school for physical and moral growth. The founders of AA saw the hand of God, even in adversities, so they gave us principles that are worth pondering. "Without danger there could be no bravery, with temptation no moral victory, without bereavement and sorrow no helpfulness and no service."

-Edward B., Intergroup News, Akron, O., Sept. 1972



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 — \$3.00 per year.

Harry D., Founder and Editor 1892-1968



Vol. 32

September, 1974

No. 12

MILL ENDS AND REMNANTS

As we put this issue No. 12 of Volume 32 of Central Bulletin to bed and thus close out thirty-two years of continuous publication, we are reminded of the joys and privileges of its preparation and issue over the years.

Nor are we unmindful of the frustrations and discouragement inherent to performing the task month-in and month-out, for such have been related to us many times over the years and the present editor has experienced them all for nearly 14 years and especially in the last six since donning the mantle (by draft, not choice) of editor.

It wonders us that our monthly journal has attained its record of longevity in the face of the continuing apathy of multitudes who could lend a helping hand. However, the complete devotion of a few, a dwindling few to be sure, has held it all together so that the pinnacle on which it now stands has been attained.

There is sweat, blood and tears inherent to this undertaking, as there is to all undertakings of worth, and the outcome is usually not as sweet as we would choose and more often saltier than we would wish.

Is that why, when we seek dedicated volunteers, our search is for naught? Is it a fear of tasting the bitter, as well as the sweet? Is all, all sweetness? Is it fear of failure or ridicule or success? And how will it be known and experienced unless tried?

This is not any easy age in which we live and the way of life within the precepts of AA which we choose to accent points up our path for making the times livable, for notwithstanding the lack of honest, unselfishness; purity and love outside our pale, the FOUR are the north, east, -south and west of our daily compass.

It is our destiny that we serve all men and especially the members of our fellowship, and we would ask that you look for ways in which to serve with dedication, devotion and to the best of your ability.

All of us need help, by George!

SORRY WE'RE LATE

Mitigating circumstances notwithstanding, we are late in getting the September edition of Central Bulletin together and in the mail to you. We don't like it and am certain a great number of our readers will be put out about it.

Not that it would have been altered to any degree, but we do wonder what affect answers to our help wanted "ad" (there was none) in our August issue might have had. If we had GOOD help our deadlines would be more readily met.

HAPPINESS

Happiness is like a butterfly. The more you chase it the more it eludes you, but sit quietly and turn your thoughts to other things and the butterfly comes and softly sits on your shoulder.

— Stella B., in Toledo Area News

MINUTES OF CENTRAL COMMITTEE MEETING AUGUST 6, 1974

Moderator Bob W. opened the meeting with the Serenity Prayer in which he was joined by the 43 members present. Gene M., in the absence of Vice-Moderator, Helen D., read the Purposes of Central Committee and the 12 Traditions of AA. Due to an oversight on the part of the Hanna Building there was no meeting held on July 2nd — an explanation of this was read by the Secretary together with the minutes of the June 4, 1974 meeting which were accepted and approved as read. Treasurer's Report was also given for two months. In July the report showed a balance in the General Fund of \$168.35; Institution Fund \$253.56 making a Grand Total of \$421.91. The August report showed a balance in the General Fund of \$508.35; Institution Fund \$253.56 making a Grand Total of \$761.91 in the Treasury. Treasurer's report also accepted as read. Sixty-six groups answered our request for an additional \$5.00 contribution which brought up the Treasury balance. Hereafter, the Institution Fund shall be changed to read "Institution Group Fund," per suggestion of Lou. W.

COMMITTEE REPORTS:

Action Committee: Dick F., Chairman. Nothing to report.
Arcawide Committee: Gene M., Chairman announced that the next Area Wide meeting will be held on Friday, September 6, 1974 at Jordan Hall, St. Vincent Charity Hospital and the speaker will be Phil B., of the Brecksville VA Group.

Central Bulletin: George M., Editor was unable to be present at this meeting but asked that the attention of those present be called to the item in the August Bulletin that there will no longer be expiration notices sent to subscribers, rather — that they check the date on their envelope to determine the expiration month of their subscription and renew promptly. It was also mentioned that all Secretaries of Groups be encouraged to pass this word along at their meetings.

HOSPITAL COMMITTEE:

Rosary Hall: Ray M., Chairman reported that Rosary Hall had received a letter from one of the East Side Women's Groups asking that they be informed of the admittance policies for women into Rosary. Lengthy discussion followed stating, in effect, that the admittance rules were basically the same for both men and women as in the past but the doctors who treat, the patients were trying to screen the patients more thoroughly because often someone comes in with something more than a "drinking problem" and Rosary is not equipped to handle such patients. Request was made that letter received be read by Ray M.; then Idolene M., speaking in behalf of the Friday Afternoon Women's Group, brought up the one specific incident that had prompted the writing of the letter — further discussion followed — with Dick P., Secretary of the Cleveland District Office, presenting a Motion pertaining to this discussion.

MOTION: In regards to this discussion, so much more good can be derived through affinity of thought. Ray M. and Lou W., both AAs, know what the alcoholic goes through and it would be so much better if Lou and Roy get together with Sister Victorine and the doctors and merely express the feelings of this meeting in regards, to the misunderstandings. (The alcoholic suffers, not the sponsor.) There is conflict here as they do not know the emotional stress the alcoholic goes through, even though they do know the physical. We want cooperation so that Rosary Hall can achieve the highest degree of success.

(It was stated that this would be better discussed with the Counsellors — Father John and Kevin, both alcoholics).

MOTION MADE, SECONDED AND CARRIED

Bay View: Bernie B., Chairman. Minor problem in regards to insurance. After a certain hour, insurance, other than Blue Cross, has to be checked out the next morning to see if it is OK, Bernie B. then announced that there is now a women's section at Bay View and

(Continued on page four)

PRAYER OF THE MONTH

A Prayer Before a Game

"O Lord, help us to play hard and clean, to keep our courage, and our tempers; to be fair to everyone, and never dishonest or mean. May each one of us play not for his own credit, but for the fun of the game, and the good of the team. If we win, help us not to bluster and brag, and if we lose, help us to be cheerful and friendly, so that victory may have as good a taste to the other side as we shall want it to have for us when our turn comes to win."

STORY OF LIFE

Life is a story in volumes three — The past, the present and yet to be. — The first is finished and laid away. — The second we are reading day by day; — The third and the last of volumes three, is locked from sight — God keeps the key.

EXPIRATION NOTICES

Last month we advised that by ruling of the Post Office Department, it is no longer possible to send renewal reminders by other than First Class Mail, cost of which is prohibitive.

Effective with the August issue, therefore, we asked our subscribers to please observe the month of expiration which appears on their envelope and match it with the monthly edition to determine the expiration month. Then renew promptly, so as not to break continuity.

For example, this is the September Issue — if your envelope bears a September notation to the right of your address, your subscription is expired and should be renewed at once. Second, third and even fourth notices are no longer possible.

FAN LETTER

Dear Editor:

I am sitting down at a lake taking a few days off from the job and enjoy some peace and serenity.

As I generally do, I took some good AA reading material with me. I brought my file of Central Bulletins and have been rereading some of your past issues.

I felt compelled to drop you a note to again tell you how much I enjoy your Bulletin. It is far and away the best AA paper I receive each month — and I am on about a dozen mailing lists. You seem to strive to basic AA philosophy better than any other.

Thanks, again, for keeping me on your mailing list.

Good luck and have a good 24!

Sincerely,
Bud G.,
Fargo, N. D.

Editor's Note: We'll take the stroke — not personally, but for Central Bulletin, and all it stands for.

BUILD AN ATMOSPHERE OF FAITH

Fear builds barriers between men. Those barriers disappear when men have faith in each other. When we have faith in men they seldom disappoint us; they usually rise to the occasion and prove themselves great. Miracles can be worked in an atmosphere of faith and confidence.

IN MEMORIAM

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

CHARLES W. CROUCH, a member of the Old Arcade Group, passed away on June 20. An effective sponsor, his help had benefited many members over the 21 years of AA sobriety.

DATES TO REMEMBER

SEPTEMBER

2-LABOR DAY HOLIDAY

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

6—AREA WIDE MEETING, 8:30 p.m., Jordan Hall, Charity Hospital, East 22nd and Central Avenue; Speaker: Phil B., Independence.

7—Cleveland AA District Office resumes Saturday office hours.

SPEAKERS LISTS

Until such time as area groups see fit to send lists of speakers in such numbers as to warrant printing of separate lists, the monthly lists will be continued in the body of the Central Bulletin. List of September speakers will be found elsewhere in these pages.

CLEVELAND AREA GUEST SPEAKERS

SEPTEMBER 1974

BAY FIRESIDE (Saturday) 7 — Frank T.; 14 — Bob L.; 21 — Ed P.; 28 — Dick F., all from Southwest Sunday.

BEDFORD MORNING (Wednesday) 4 — George L., Golden Link; 11 — Hermann B., Bedford Night; 18 — Al G., Eaton; 25 — Dick F., Southwest Sun.

BORTON (Monday) 2 — Leo A., Coventry; 9 — Phyllis W., Post Office; 16 — Bill L., Wed. Lee; 23 — Art F., Hague; 30 — Al B., Wickliffe.

BRECKSVILLE WEDNESDAY (Wednesday) 4 — Robert F., Friday Non-Smoking; 11 — Ken A., Brookpark; 18 — Phil B., Independence; 25 — Fred P., Seven Hills Men.

GARFIELD HEIGHTS (Tuesday) 3 — June S., (?); 10 — Dick Z., Newburgh; 17 — Ed J., Garfield Tues.; 24 — Maria S., Smith-Wilson.

GORDON SQUARE (Friday) 6 — Don S., Memphis; 13 — Roy S., (?); 20 — Pat C., Lorain Mon.; 27 — Gene G., Puritas Sun.

GRATEFUL (Sunday) 1 — Minnie C. (15th Anniv.), Grateful; 8 — Tom D., Angle; 15 — Howard M., Early Early; 22 — Ambrose T., Angle; 29 — Bob Y., CAH.

MID PARK (Thursday) 5 — Bill F., Brookpark; 12 — Frank T., Southwest Sun.; 19 — William S., Parmatown Men; 26 — Bill G., Southwest Sun.

PARMATOWN MEN (Friday) 6 — Dominic C., Pearl; 13 — Dave D., Parmatown; 20 — Fred P., Seven Hills Discussion; 27 — Dick C., Pearl.

ROCKY RIVER (Thursday) 5 — Dick F., Southwest Sun.; 12 — Mary F., Wickliffe; 19 — Barbara C., Southwest Sun.; 26 — Tom C., West Shore.

STRONGSVILLE (Tuesday) 3 — Frank K., Clark; 10 — George H., Elyria Fri.; 17 — Edyth H., Gordon Square; 24 — Bill M., Wellington, O.

WEST SIDE MORNING (Thursday) 5 — Ed McN., Mansfield, O.; 12 — John C., West Side Morning; 19 — Joe B., Clark; 26 — Joe R., St. John.

*
Copy for October listing must be in our hands by September 13, 1974 accompanied by check for \$3.00. Lists not received by this date will not be printed. Mail to Central Bulletin Foundation, Box 6712, Cleveland, Ohio 44101.

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 Mezzanine 6, 1 Public Square Building, 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 241-7387.

SUPPORT YOUR DISTRICT OFFICE

BE A BULLETIN BOOSTER

ICE CREAM AND SOBRIETY

(Continued from page one)

"I don't even like chocolate ice cream," lied little Charlie through clenched teeth. Until Charlie decides to do something about his drinking, his lies are his own problem.

However, when AA members substitute rationalizations like the few examples above instead of being honest about their emotional upsets, they end up (1) as unhappy individuals for a while; or (2) as drunken individuals for how long?

— Bacchus, Akron, O. Intergroup News, Sept. 1972

SELF KNOWLEDGE

Sometimes we are like the moon, showing only one side and pretending, especially to ourselves, that the other side does not exist. If we are to be balanced people who can't be thrown off balance by life, we must know all sides of ourselves.

The Twelve Steps can help us gain this kind of insight. It's not always pleasant, and it's not always unpleasant.

By virtue of a very perverse kink in my thinking, I am often reluctant to trust good happenings and good feelings. I do not let my self believe that I am loved, or that I am likeable, or that I am any use in this world, or that there is ever to be any happy or meaningful relationship in my life. This, of course is a form of dishonesty and is seeing only half of what I am. It is marvelous for a self-pity binge, but it is not honest.

The truth is I am both likeable and unlikeable, loveable and unloveable, useful and useless. There is everything in me. Depending on how well I understand the nature of my being — the level of spiritual awareness I have of myself — I can justify, excuse, blame, be hurt and stirred up. or I can be free from hurt or disturbance because I already know and accept the total picture of myself. If I have already seen my faults and accepted myself. I can't be hurt or thrown off balance if someone else sees them too. I think perfect serenity must really be perfect self-knowledge.

— Jean K., via Search, Ky., Al-Anon Journal (Forum, July '74)

COURAGE TO CHANGE THE THINGS I CAN

This doesn't mean rioting or storming a machine gun nest in battle. Inner courage, to be admired; we all admit to being alcoholics. Accepting this fact and having the courage to do something with it, in the face of jeers, catcalls, being called wino or dipso takes it own brand of intensional fortitude. The courage to stand by your convictions and learn something about the disease you are harboring, is doing something that, again, helps only you in the end.

— From Chit-Chat

AN OPEN LETTER TO MY FAMILY

I am an alcoholic. I need help.

Don't allow me to lie to you and accept it for the truth, for in do doing, you encourage me to lie. The truth may be painful but get at it.

Don't let me outsmart you. This only teaches me to avoid responsibility and to lose respect for you at the same time.

Don't let me exploit you or take advantage of you. In so doing you become an accomplice to my evasion of responsibility.

Don't lecture me, moralize, scold, praise, blame, or argue when I'm drunk or sober. And don't pour out my liquor; you may feel better, but the situation will be worse.

Don't accept my promises. This is just my method of postponing pain. And don't keep switching agreements. If an agreement is made, stick to it.

Don't lose your temper with me. I will destroy you and any possibility of helping me.

Don't allow your anxiety for me to compel you to do what I must do for myself.

Don't cover up or abort the consequences of my drinking. It reduces the crisis but perpetuates the illness.

Above all, don't run away from reality as I do. Alcoholism, my illness, gets worse as my drinking continues. Start now to learn, to understand and to plan for my recovery. I need help from a doctor, a counselor, a recovered alcoholic, from God — I can not help myself.

I hate myself, but I love you. To do nothing is the worst choice you can make for me.

PLEASE HELP ME!

Your Alcoholic From Secretary's New Letter (S.F.)

MINUTES OF CENTRAL COMMITTEE

(Continued from page two)

Harry J. to explain this section.

Harry J., AA member and Co-ordinator of the Alcoholic Section; The women's section is just like the men's ward. The program almost duplicates that of Rosary Hall but they do not have the screening process the same. The doctors out there are more than cooperative. Help is given to any person, male or female, if that person desires help with a drinking problem but he can foresee some of the same problems that Rosary has had — one being that there are some people being admitted that do not really need the hospital — on the other hand, if someone comes in for help on the verge of DTs — they will admit them without a sponsor, then make arrangements to get one. He says there will be some mistakes but what they want is a de-tox center and then follow-up therapy. They can accommodate 9 women and 10 men.

Brecksville: Greg P., Chairman. Nothing to report. Bill H. then announced a 10 point program being initiated at the hospital. Copies of this program will be made available at next Central Committee meeting for members attending. Later Greg P., resigned his chairmanship and turned it over to Bill H.

INSTITUTION COMMITTEE: Helen D., Chairman, not present.

G.S.O. REPORT: John T.B., Northeast Ohio delegate stated that there had always been friendly feelings with the AA program here and that in 1966 Central Committee helped General Service get started. Gave an interesting report on the Toledo Conference held in July and announced the up-coming conference in September to be held in Detroit. This will be a regional conference, including Indiana, Illinois, Ohio, Wisconsin and Michigan. Forms for registration and hotel reservations will be available at next GSR meeting at Brecksville.

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

Imogene P., Secretary

AA CENTRAL BULLETIN ORDER BLANK Please write distinctly. . . or print . . . to avoid errors Date Name Address Street City Zone No. [] One Year at \$3.00 Amount enclosed \$. Mail to Central Bulletin, Box 6712, Cleveland, Ohio 44101 THE YEAR 'ROUND GIFT



NO INFLATION HERE

When we go out to buy a car or a suit of clothes, or even some groceries, we shop around and look for the best we can get for our money. We study the price, the quality and the quantity before we part with our money. What we get for our money is more important than what we spend.

Sometimes I wonder if we are getting our money's worth out of the AA storeroom. The counters are filled with valuable things at a price that every member can afford, but it seems that some men and women are passing up the true values and picking up the cheap and artificial things. Some members never acquired a true sense of value.

The sobriety shelves are filled with many qualities of sobriety and we have a choice to pick the quality that we want if we are willing to pay the price. There is a friendship department and we have the same choice there. The AA storeroom is filled with all our spiritual, moral and social needs and the price is within our means.

It is sad to see a man or a woman come into the AA store and get nothing but a cheap grade of sobriety. Of course sobriety is a most important gift because everything that is good for the alcoholic begins with sobriety.

But the member of AA who gets nothing more is like the man that buys a ticket for a show and falls asleep, or the man who pays a high price for a ticket to a ball game and then spends his time under the grandstand by the beer and hamburger stand.

Of course, he was at the show and the other fellow was at the ball game. They both had their tickets — that's sobriety. But why forego the show? Why forego the ball game.

So the next time you visit the AA storeroom, take a good look at some of the goods on display. You will see some human personalities that are worth more than all the material wealth that we can accumulate in a lifetime. Remember there is nothing free in the AA store, but the price is right and every member can afford it. So don't settle for the cheap things, but pick up the best and get your money's worth.

-Jericho, Akron (O.), Intergroup News
May 1973

THE WAY TO GO!

A turned up smile and a twinkling eye can make the difference for a newcomer as to whether he or she will return for the help they are seeking. Try it, it could even lift the mood of some oldcomer.

PURPOSE OF COURTESY

The purpose of the courteous person is to be in manner gentle, in temper tolerant, in behaviour civil, in mood humane, in outlook broad and comprehending.
-Royal Bank of Canada Letter

A NEWCOMER'S ABC

Although AA has not set syllabus, we have put together an alphabet for the newcomer, with some short explanations which may help him or her to understand, in the midst of the confusion, some of the things that are being said.

ANONYMITY: In AA we are not concerned with who you are or what you do. We are concerned with what you are. It is principles, not personalities that count.

BIG BOOK: Full Title — "Alcoholics Anonymous." Where we got our name and strength.

CONVENTION: Once a year, members from all over the country (this year from Europe as well) foregather for a weekend of meetings and social contact. "I never knew there were so many of us."

DUES OR FEES: There aren't any, just as there are no "musts." But we do have to pay for the rooms where our meetings are held; books pamphlets, packets of tea have to be bought. This is why we pass the box around.

EGO: That great big blown-up encumbrance we carry around with us, more often than not, needs reducing to life size!

FIFTH CHAPTER: of the Big Book. It's read aloud at some meetings. Tells us, simply and straightforwardly, "how it works."

GROUP: The basic unit of AA. That "Club" I never got around to joining when drinking!

HIGHER POWER: Only a Power greater than ourselves can restore us to sanity. What is more, we may choose our own Higher Power. God is precisely what we want Him to be.

IDENTIFICATION: Sooner or later someone will start describing what happened to you. An uncanny experience. No one's been blabbing.

This is identification.

JUST FOR TODAY: Members of AA stay away from the first drink a day at a time. Our "Just for Today" card tells how this can be applied to all areas of our lives.

KEEP IT SIMPLE: Ours is a simple programme for complicated people — that means us.

LITERATURE: Written Twelfth-Step work.

MATURITY: Children squabble — so did we when we were drinking. Children cry when they're sorry for themselves. So did we. In sobriety, we find ourselves "growing up."

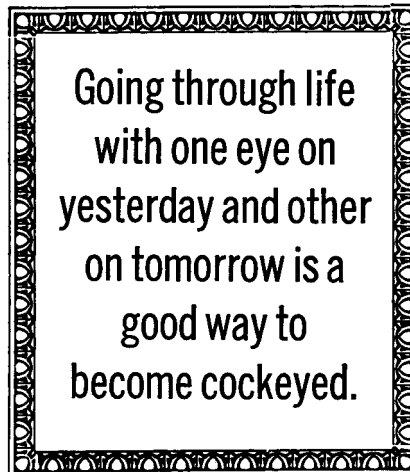
NEWCOMER: To call him the most important person in the room is not just flattery. He also reminds older members of their own drinking past — and of their present responsibilities.

OPEN MIND: Pride and prejudice are the two barriers to communication. An open mind unlocks many doors.

PROGRAMME: Remember that TV show: "Not So Much a Programme. More a Way of Life"? That's us.

QUIET TIME: Each meeting opens with a few moments of quiet to collect our thoughts and remember why we're here. Elementary meditation, during which we clear our minds of non-essentials.

(Continued on page four)





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Harry D. Pounder and Editor 1892-I 968



Vol. 33

October, 1974

No. 1

MILL ENDS AND REMNANTS

Over and over, and over again we remind ourselves of what has come to pass by reason of the acceptance of our powerlessness over alcohol.

As far as we know the age old question of which came first — the chicken or the egg, has never been answered, but as far as this alcoholic is concerned after many twenty-four hours of reflection it has led to the conclusion that alcoholic thinking **was** the forerunner of alcoholic drinking.

And as time unfolds we are convinced that the foregoing is a fact in our case and we are only concerned with our own case history, which isn't to say that we have no interest in ways in which we can help our fellow man. However, in understanding ourselves we are **strengthened** for our sharing and caring.

As we stood uncertain and helpless yet hopeful at the door of Alcoholics Anonymous we may have felt that all of the things for which we had searched were at hand, for it is the wont of the alcoholic to look for the pot of gold at the end of the rainbow and not for goodies which are strewn along the way to be garnered one at a time as merited and when we are ready to handle them.

The egg of sobriety **was** our first nugget and there was a lot of endeavor and effort, a continuing effort, before the **egg** was ready for hatching, and when this event came about, continued seek **and** search were necessary for growth into all of those goodies which are requisite to our happiness and well being.

In the hatching to sobriety we did not **receive** the **complete** answer, for the pieces of the shell of **our** alcoholic thinkinn, our personality defects remained. And that, without-doubt, **is** what makes our way of life the worthwhile challenge that it is, for in the panning for our gold of living-nuggets continue to amass for our storehouse.

There are so many, many opportunities for growth and tools, new tools are constantly being placed at our disposal to enable us to mine the riches of happiness beyond sobriety.

There IS gold in them thar hills, by George!

CHANNEL 25 (UHF)

On October 21st at 8:00 p.m. a national television show, entitled "Drink, Drank, Drunk," will be aired on Channel 25 (UHF), with Carol Burnett as Mistress of Ceremonies. As most of our readers know, Channel 25 is the educational television outlet for the Cleveland area, and the format of the program is expected to relate to alcohol, its use and abuse designed to inform the family and employer of the problem drinker.

Following the above there will be a live, local segment for a period of 90 minutes, in which a panel of representatives from AA, **AlAnon** and the other local and regional agencies which work with alcoholics will be available to discuss the problem and to answer questions which may be telephoned in by the viewing audience on some 15 telephone lines which will be available during the hour and one half segment.

MINUTES OF CENTRAL COMMITTEE MEETING SEPTEMBER 3, 1974

Meeting was opened by Bob W., Moderator, by saying the Serenity Prayer together with the 46 members present followed by the reading of the Purposes of Central Committee and the 12 Traditions of AA read by Vice-Moderator, Helen D. The Secretary read the minutes of the August 6, 1974 meeting which were approved as read. Treasurer's report as of August 31, 1974 showed a balance in the General Fund of \$463.37; Institution Fund, \$253.56, making a Grand Total **in** the Treasury of \$716.93, and was accepted. The report also included the information that 166 P.I.C. speakers had been supplied by the District Office during first eight months of 1974.

COMMITTEE REPORTS:

Rosary Hall Hospital Report: Ray M., Chairman. This report was given preference at this meeting due to the many questions and detailed discussion from the last meeting. Ray M. brought the rules for admission to Rosary Hall and, once again, stated the qualifications of the sponsor and co-sponsor. Included in this report was the fact that if there is no hospital coverage, the amount required as a deposit on admission to Rosary had gone up to \$1,000.00 — a very sharp increase from the beginning, though this amount has increased according to hospital costs, — i.e. \$200.00, \$400.00, \$500.00 . . . to \$1,000.00. Admission is from 9:00 a.m. to 8:00 p.m. and discharge of a patient **can** be any time, however; inasmuch as he cannot get dressed until his sponsor arrives to pick him up, to help insure his getting to his home safely. The sponsor is asked to inquire at the hospital a few days prior to the patient's release so that there are no misunderstandings. Rules for the Women's Section were given to Idolene M., pointing out to her the many different advantages the Women have while in Rosary Hall — including the advice and help of the Counsellors at any time and even though Sister Victorine sees the patients at least once while they are there, she is available if they wish to see her more often. Through discussion the screening process, giving the nurse in charge the final word in the admittance of a patient, was explained.

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

Areawide Committee: Gene M., restated that the **Areawide Meeting** would be held on Friday, Sept. 6, 1974 at Jordan Hall, St. Vincent Charity Hospital as scheduled with Phil B., Brecksville V.A., the speaker.

Central Bulletin: George M., Editor, expressed regrets for the lateness of the September issue, and very thoroughly went over the problems facing the few who are devoting their time to keep this publication in existence even though it **is** the oldest publication of its kind (32 years). He also reminded us once again to check the expiration date on the outside of our envelope so that renewals can be made and to make sure that if it is a renewal — it is marked as such — to **alleviate** search, etc. and promote more delays. Encouraged Groups to participate more in subscribing to this bulletin and to submit **articles** for publication at the present time — it is noted that the Bulletin has less than 1% of AA support although we are growing in numbers. To sum up his remarks — through apathy, complacency and continuing non-support of the Central Bulletin by our Groups could very well mean that by September 1975 — it would no longer exist. Two booklets in particular — "Misunderstandings" and the "Four Absolutes" **came** about as a direct result of earlier articles published in the Bulletin and for a time was only known in this area but now are being recognized as "useful tools" by AA everywhere and Cleveland District Office is only source of supply. We do not like to sit by and watch the tragic demise of something so worthwhile for the lack of volunteered support, not just money — but time involved in bringing this to you. The meeting listing page will be eliminated until such time as enough **groups** make an effort to get their notices in. **KEEP ALL THIS IN MIND** and mention it at any meetings you attend.

(Continued on page four)

PRAYER OF THE MONTH

Almighty God, having granted us freedom from the shackles that previously bound our lives, help us in this harvest season especially not to be unmindful of the many blessings which we have reaped. And in sharing them, may we come to know that in obedience to Your will we find our highest joy. Amen.

WHY HURT TWICE?

The word "resentment" derives from a Latin root meaning to refeel — to feel again. Someone has wronged, obstructed, or wounded you, and in **resenting** it, you refeel the injuries. You rehurt yourself. A person who bears a grudge is "like one, who having cut one hand while handling a knife, avenges himself by stabbing the other hand."

The best way to avoid this self-inflicted suffering is to apply what I call "spiritual medicine" the moment anybody hurts you. Get your resentment healed at **once**, before it starts to fester. Ask yourself "What am I doing wrong? Is my "enemy" just sicker because of his past drinking, than I am?" Practice being calm. When someone does something mean, be scientific. Think, "Now, why would he act that way? **There** must be a reason. I will try to find out why and remove the reason, so that there can be good feelings between us."

Once you have permitted resentment toward someone to embitter you, healing comes harder. In that case, you may have to drain the wound. Pour out your grievance to an AA friend. Or express it freely in a letter to yourself, then destroy the letter. Having done this, you are ready for the cure. It consists in completely forgiving the offending person. Only then, of course, is resentment really ended.

This you cannot do if you cling to the idea that you have every right to be resentful. Neither can you do it without developing a sincere interest in the other person's well-being and success. It **helps** to look deeper and try to understand the problems he may have.

"If we could read the secret history of our enemies, we would find in each man's life enough sorrow and suffering to disarm all hate." So why rehurt yourself? Skip resentments.

— C.F.G., Chicago, Ill.

LIGHT THAT SHINES

"People are like stained glass windows. They glow and sparkle when it is sunny and bright; but when the sun goes down, their true beauty is revealed only if there is a light from within."

— Inland Empire Newsletter, Colton, Calif.

THE "KNOW-HOW" PEOPLE

The "Know-How" people are the ones — Who were not born that way, — But gained ability and skill — By toil instead of play; — And knowing how to do things well — They're always in demand, — Permitting them to boss the job — Or otherwise command.

IN MEMORIAM

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

ALBERT SOUKUP, who enjoyed nearly 28 years of continuous sobriety, passed away at age 73 on August 22 in Veterans Hospital. His AA activity embraced many facets in both the Salvation Army and Brooklyn Groups and his devotion to helping and sharing were unstinted even during his illness of two years until his demise. All who knew him are the better for Al having passed their ways.

DATES TO REMEMBER

OCTOBER

- 1-Central Committee, 8:00 p.m., Room 362, Hanna Building.
 5-2nd Anniversary, Bay Fireside Group, 8: 30 p.m., Bay Presbyterian Church, Lake and Columbia Roads. Bav Villgae; Sneaker; Dale W.
 S-Advisory Group to Operating Committee of Cleveland AA District Office, 8 :00 p.m., Cleveland Plaza Hotel. All groups are urged to have representation at this meeting, which is of significant importance.
 20—Quarterly Meeting, Northeast Ohio General Service Committee, 2:00 p.m., American Legion Hall, Brecksville, Ohio. This will be important election meeting for Panel 21 Delegate and officers.
 21-"Drink, Drank, Drunk" is the name of the television show to be aired on Channel 25 (UHF) at 8:00 p.m., with Carol Burnett as Mistress of **Ceremonies**. See accompanying article in this Central Bulletin.

CLEVELAND AREA GUEST SPEAKERS

OCTOBER 1974

- ALLEDALE (Thursday) 3** — Barbara M., May-Lynd; 10 — Leonard K., St. Clair Thurs.; 17 — Joe S., Night and Day; 24 — Clarice M., Tri-County; 31 — Tom G., Friendship.
BAY FIRESIDE (Saturday) 5 — 2nd Anniversary of Group; Speaker: Dale W.; 12 — Sidney A. ; 19 — Father B.; 26 — Ron S.
BEDFORD MORNING (Wednesday) 2 — Joe W., Solon Mon. ; 9 — Gil K., YOUR; 16 — Ruth C., Serenity Women; 23 — Al M., Tri-County Fri. A.M.; 30 — Paula B., Serenity Women.
BORTON (Monday) 7 — Sidney A., Fairmount; 14 — John M., Young People; 21 —Helen D., Garden-Valley; 28 — Kevin B., Lakewood Armory.
BRECKSVILLE WEDNESDAY (Wednesday) 2 — Larry B., Garden Valley; 9 — Larry K., Berea Sat.; 16 — Jim D., Acceptance; 23 — Ron A., Pearl Monday; 30 — William H., Chrysler-Twinsburgh.
DOAN MEN (Wednesday) 2 — Larry R., North Randall; 9 — Ed H., Northeast; 16 — Joe N., (?) ; 23 — Andy S., Lander Circle; 30 — Steve T., North Randall.
GARFIELD HEIGHTS (Tuesday) 1 — Surprise; 8 — Dick H., Walton Hills; 15 — Walter B., Walton Hills; 22 — Louise R., Bedford Wed.; 29 — Frank G., Bedford Heights.
GORDON SQUARE (Friday) 4 — Carl S., Angle; 11 — John M., Angle; 18 — Joe G., Angle; 25 — Jerry M., Madison Ave.
GRATEFUL (Sunday) 6 — Mary F., Mentor Plains; 13 — Bill P., Superior; 20 — Bill L. (5th Anniv.), Grateful; 27 — Bill L., Edgelake.
PARMATOWN MEN (Friday) 4 — Calvin C., Angle; 11 — Bill W., Madison Sat. ; 18 — Dominic C., Pearl; 25 — Bill H., Brook Park.
ROCKY RIVER (Thursday) 3 — John M., 10 — Bill O'N. ; 17 — Will H. ; 24 — Ed P.; 31 — Frank T., all from Southwest Sunday.
STRONGSVILLE (Tuesday) 1 — Bill L., Teamsters; 8 — Bill G., Southwest Sun.; 15 — Wally M., Brunswick; 22 — Pat P., Bedford Wed.; 29 — David D., Equity.
WEST SIDE MORNING (Thursday) 3 — Tom McG., Edgelake; 10 — "Doc" F., Lake County; 17 — George W. Superior; 24 — Jay W., Sister Ignatia; 31 — Dick L., Painesville Fri.
Y.O.U.R. (Sunday) 6 — Phil M., YOUR; 13 — Mose Y., Alliance, O.; 20 — Henry W., (?) ; 27 — Eddie R., Sister Ignatia.

* * * * *
 Copy for November listing must be in our hands by October 13, 1974 accompanied by check for \$3.00. lists not received by this date will not be printed. Mail to Central Bulletin Foundation, Box 6712, Cleveland, Ohio 44101.

■ ■ ■ ■ ■
BE A BULLETIN BOOSTER

WHY STAY WITH AA??

As I grow older in AA, I am often asked by friends outside it why I remain actively concerned with our Fellowship. Three of the many reasons are these:

I'm a coward. I'd be afraid to leave the protection and the warmth of AA to go outside it and start to shiver by myself again.

AA is a part of me now. I couldn't leave it; it would be like shedding my skin. Do you remember that school-girl who was asked by her teacher to say what the chief use of cowhide was; and she replied that the 'chief use was to keep the cow together.' That's what AA does for me. It keeps me together to live a rational, sober, contented and sometimes even a useful life.

But the strongest reason of all is that I'm so very grateful to AA for my recovery. Under God, I owe AA my life, and my health, my reason, everything that I am today. One of its finest gifts to me has been to give me back the chance to make friends.

All over the world, there are hundreds of thousands of our members who want to be friends with us; hundreds of thousands of members who want us to be THEIR friends; hundreds of thousands who NEED our friendship, as we surely need theirs, to renew their own faith and confidence in their own recoveries. Don't let us ever, ever, deny them our friendship for reasons of reserve, shyness or from some exaggerated idea of the importance of our own personal anonymity.

-From "Slainte" via Secretary's Newsletter, San Francisco

A NEWCOMER'S ABC

(Continued from page 1)

RESENTMENT: The alcoholic's Private Enemy Number One.

SERENITY: The peace of mind we were done out of by alcohol.

TWELVE STEPS AND TWELVE TRADITIONS: The Steps, which are suggested as a programme of recovery help us to find ourselves within AA. The Traditions help us to live in unity with other members and groups.

UNITY: One of AA's three legacies. That which cuts across all the divisions of creed, color, status and opinion.

VOLUNTEERS: AA is full of volunteers and you can begin right away. Chairs to be stacked, ash trays emptied. Later, offer to do telephone duty, or help on a 12th Step call. In AA, we must give in order to receive.

WILLINGNESS: The key to recovery. X-PERIENCE, STRENGTH AND HOPE: By sharing these, we find sobriety and are able to help other alcoholics.

YET: You didn't go to prison? Or to hospital? You didn't lose home, wife, job? Just add the three-letter word, "Yet."

Z-Z-Z-Z-Z-Z: A good night's sleep for a change. - Good News, San Francisco

EXPIRATION NOTICES

We have advised that by ruling of the Post Office Department, it is no longer possible to send renewal reminders by other than First Class Mail, cost of which is prohibitive.

Effective with the August issue, therefore, we asked our subscribers to please observe the month of expiration which appears on their envelope and match it with the monthly edition to determine the expiration month. Then renew promptly, so as not to break continuity.

For example, this is the October Issue - if your envelope bears an October notation to the right of your address, your subscription is expired and should be renewed at once. Second, third and even fourth notices are no longer possible.

MINUTES, CENTRAL COMMITTEE MEETING

(Continued from page two)

HOSPITAL REPORTS :

Bay View: Bernie B., Chairman - not present.

Edie H., our representative at the Women's Section at Serenity Hall brought in rules for admitting patients at Serenity Hall and left copies of same for those in attendance so that they can familiarize themselves with the procedure. She will also volunteer her services there and will be in very close touch.

Brecksville: Bill H., Chairman. All quiet. He also brought in papers showing program admission requirements, visiting hours and other information pertaining to the program at the hospital.

Copies of the TEN POINT PROGRAM introduced at previous meeting were also available at this meeting for all those interested.

Lorain Community: Jack S., Chairman - nothing to report - had not been there for awhile.

INSTITUTION COMMITTEE:: Helen D., Chairman knows nothing more at this time.

OLD BUSINESS :

Dick P., Cleveland District Office, wonders if we have not missed the purpose of AA representatives in Institutions and Hospitals. Our main purpose in having AA representatives there is to exchange impressions with the institutions and hospitals and to keep exchanging impressions with the Executive Boards or Councils explaining the AA spirit as far as AA rules and regulations are concerned. We are hearing a lot of what the hospitals are demanding from AA and not so much about what these representatives have been able to work out with the hospitals concerning policies that can benefit us in putting a patient into the hospital. It would seem a nurse cannot possibly sit down and work out rules and regulations favorable to both patients and sponsors. It is the responsibility of our AA representatives to communicate so that these rules and regulations can be a little more acceptable to some of us that take time to admit these people into hospitals and work with them to start them on the road to sobriety.

NEW BUSINESS:

Minnie C. had a question about Answering Service, hours, our policy in handling these calls and a lengthy discussion followed, hopefully clarifying the situation so that all present could better understand how this is conducted.

GENERAL SERVICE REPORT:

John T. B., Representative reminded us of the Regional Conference to be held in Detroit on Sept. 13, 14 and 15. The next assembly meeting will be Oct. 20th - this will be the bi-annual election. Plans for Gratitude program being hosted by the West Side and West Shore are being made for November but are not final. Final arrangements will be announced at our October meeting.

Geraldine W. made a request for a \$20.00 literature allotment for the Sick, Lame & Lazy Group. Motion made, seconded and carried that allotment be granted.

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

Imogene P., Secretary

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CAN I GET THERE BY MOONLIGHT?

How many miles to Babylon?
Three score miles and ten.
Can I get there by candlelight?
Yes — and back again.

We lived on **Dixon** Street, unpaved and dusty, in an old frame house with the paint peeling — a long front porch to sit in the swing of an evening. Having **no** inside bathroom, the old outhouse out back was of great **embarrassment** to me. From time to time after midnight I would hear the clatter and clank of the old **wagon** which serviced such things on its-cheerless rounds.

My drinking had begun by then and I didn't want to live with **something**, I just blocked it out and re-lapsed into fantasy. The front porch was my world — and night after night, sitting in the swing, ever changing patterns of light and shadow from moonlight reaching through leaves stirred by a little breeze made that old street beautiful. So, when the smells from the little outhouse were intolerable, I hid in a poem.

O' Moon, monarch of the night,
O'er earth and sea you float,
A silver orbit **clothed** in light,
From careworn worlds remote.

Where **once** was rough and ugly
ground

A mystic isle appears
Transforming moonbeams still
abound

To arrest a moonchild's tears.

So, when I had company on the front porch some nights and he chanced to ask "do **you** smell something in the air?" I could look him right in the eye and say, "smell what?" "Hey, isn't the moon pretty tonight?"

Alcoholism is a progressive illness and its attendant refusal to face reality and cope with it. William James wrote "the sway of alcohol **over** mankind is **unquestionably** due to its power to stimulate the mystical faculties of human nature, usually crushed to earth by the cold facts and dry criticisms of the sober hour."

My world was so ugly sober — but enough drinks made it all beautiful and alive again. Years later there was a house in the Mission District of San Francisco — during the Second War — an old house with several apartments, dark and depressing, with decades of odors of cooking — cabbage, onions, permeating the stale air. So, when it became intolerable, I called a taxi and went up to Twin Peaks. As darkness came on I lay on the grass at the edge of the cliff and watched the city come alive with lights far **below** like millions of multi-colored jewels. This was my world — not the house I left far below. But, I couldn't stay there — the mist rolled in and blotted out the stars — and as I sadly **rose** to leave, I felt a piece of cloud slip through my fingers.

It should have been a warning, but we are the last

(Continued on page four)

NO EXCUSES

I read an article in one of the **popular** magazines entitled, "If You Have a Good Excuse, Don't Use It." When we were drinking we always thought that we had a good excuse to drink and we used it. We blamed others for our drinking problem and for all of our other problems. We could not, face reality and play the cards-that life dealt to us. So by blaming others it **helped us** to indulge in a kind of a neurotic pleasure, and when we **offended** someone we felt a pang of remorse so we **castigated** ourselves and felt free to go out and repeat the same thing over.

Perhaps this is why some people fail to admit that, they lost control over their lives. This neurotic pleasure **supplies** them with an excuse to drink

and to use others on the chessboard of their passions and ambitions, instead of regarding them as human beings who have the same problems and **sorrows**.

Blaming others is a childish trick to escape responsibility, but blaming ourselves is a more subtle scheme for cutting ourselves loose from God and the moral law as set forth in His **commandments**. Blaming others also charges our emotional battery for the resumption of our journey down the road of moral and spiritual poverty. As practicing alcoholics we had an excuse for everything. "It's my stubborn nature." "I can't help it if I am built that way." "My problems are **different**." All our excuses were only verbal barriers to avoid making any changes in our character defects.

There are also some men and women who come into AA and readily admit that their life is **unmanageable** just to relieve themselves of **any** mental or physical effort to follow the steps that lead them to a **happy**

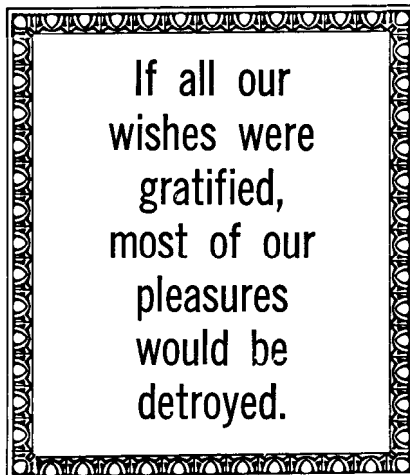
sober life. But **after** every drunk they come back and don't feel any pang or shame to borrow some members pot to cook his goose in it.

There are some men and women who made many trips to the AA door and readily **admitted** that they are powerless over alcohol and their life is unmanageable, but that is as far as they are willing to go. Perhaps, they think that AA is an **escalator** that will carry them to the summit, of human brotherhood where all **their** troubles will be solved. They insist that the Twelve Steps won't help them because they are a special breed of alcoholics, so they want others to pay tribute to their dominating whims.

A selfish life is an indication of immaturity and the cure for such a **condition** is not found in a whiskey bottle or a pill-box and the danger of a selfish life is that it becomes too introspective, turning in on itself. Lofty ethical **attitudes** of generosity, sympathy, helpfulness, are not found sitting in an easy-chair.

Yet it is strange and wonderful how the principles of AA work out. In the measure in which we bear another's burden our own becomes **lighter**; in giving sympathy to one who mourns, our own grief is **assuaged**; in helping **others** meet their troubles and **help-**

(Continued on page four)





Published monthly by the Central Bulletin Foundation, Inc., a non-profit corporation dedicated to service. Address all letters to Central Bulletin, Box 6712, Cleveland, Ohio 44101. Subscription price — \$3.00 per year.

Harry D., Founder and Editor 1892-1 968



Vol. 33

November, 1974

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 but trusted servants; they do not govern.
3. The only requirement for AA membership is a desire to stop drinking.
4. Each group should be autonomous except in matters affecting other groups or AA as a whole.
5. Each group has but one primary purpose — to carry its message to the alcoholic who still suffers.
6. An AA group ought never endorse, finance, or lend the AA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every AA group ought to be fully self-supporting, declining outside contributions.
8. Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. AA, as such, ought never 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 recognizance to the great purpose of The Twelve Traditions and be guided by them in deliberation of 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!

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

**MINUTES OF CENTRAL COMMITTEE
MEETING OCTOBER 1, 1974**

Meeting was opened by Bob W., Moderator, saying the Serenity Prayer — joined by the 39 members present. One other member arrived late, making the total attendance 40 members. Helen D., Vice-Moderator, read the Purposes of Central Committee and the 12 Traditions of AA followed by the reading of the minutes of the last meeting held September 3rd. Minutes were approved and accepted as read. There was no Treasurer's Report given — due to the absence of our Treasurer but a short statement was made regarding expenditures and income. A complete Treasurer's Report will be made at the next meeting. There were 174 P.I.C. speakers supplied to non-AA Groups by Central Office during the months January through September 30, 1974.

COMMITTEE REPORTS:

- Action Committee:** Dick F., Chairman. Nothing to report.
- Areawide Committee:** Gene M., Chairman. Nothing to report.
- Central Bulletin:** George M., Editor, says to keep working and boosting.

HOSPITAL COMMITTEES:

- Rosary Hall:** Ray M., Lou W., Chairmen — absent.
- Bay View:** Bernie B., Chairman, reports that sponsors are falling back into old habits. They call the hospital first to see if there are any beds without first making patient contact and many of these patients do not need hospitalization.
- Women's Section:** Edie H., Representative — phoned the office earlier that she was ill and would not be able to attend.
- Brecksville:** Bill H., Chairman. Program set up at Brecksville is going quite well but the hospital is insisting on attendance at the meetings of all the alcoholic patients and the Group there cannot afford to supply that many with refreshments. Attendance at meetings recently has been 40-60 people, mostly patients. Dick P., Central Office made suggestion that since hospital is making attendance at meeting mandatory for the patients, perhaps something could be worked out to help pay for the coffee.
- Lorain Community:** Jack S., Chairman. Nothing to report.

INSTITUTION COMMITTEE :

- Warrensville:** Helen D., Chairman. Nothing to report.

NO OLD BUSINESS.

NEW BUSINESS:

Question by Helen D. as to Woodruff's eligibility for literature.

Dick F. made announcement about the showing of the movie "Drink, Drink, Drunk" to be shown on Monday, October 21, 1974 at 8:00 p.m. over Channel 25. Also announced Advisory Committee meeting to be held on October 8, 1974 and importance of this meeting.

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

Imogene P., Secretary

P.S. It was also mentioned at the meeting by Dick P., Central Office, that groups be given the suggestion to subscribe to at least a few subscriptions to the BULLETIN so that they can have them on their literature table to acquaint new members of its existence.

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 Mezzanine 6, 1 Public Square Building, is open weekdays from 0 a.m. to 5 p.m., Saturdays from 0 a.m. to 1 p.m. but maintains a 24-hour telephone service which responds to calls made after the office is closed. The telephone number is 241-7387.

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.

ANYWAY

People sometimes are unreasonable, illogical and self-centered. Love them anyway!

If you do good, some people will accuse you of selfish ulterior motives. Do good anyway!

If you are successful, you will win many false friends and some true enemies. Succeed anyway!

The good you do today may be forgotten tomorrow. Do good anyway!

Honesty and frankness may make you vulnerable. Be honest and frank anyway!

The biggest men with the biggest ideas can be shot down by the smallest men with the smallest minds. Think big anyway!

Some people favor underdogs but follow only top dogs. Fight for some underdogs anyway!

What you spend years building may be destroyed overnight. Build anyway!

Some people really need help but may attack you if you help them. Help people anyway!

Give the world the best you have and once in a while you'll get kicked in the teeth. Give to the world the best you've got anyway!

-Anonymous

SLIPS OF THE LIPS

If your lips would keep from slips, — Five things observe with care; — Of whom you speak, to who you speak; — and how and when and where.

DATES TO REMEMBER

NOVEMBER

2—**Harvest** Dance of Laurel Group, Sunnybrook Gardens, Smith and Hummel Roads, Brook Park, Ohio — 8:00 p.m. to 12:00 M.

S-Central Committee, 8:00 p.m., Room 362, Hanna Building.

6-4th Anniversary of West Side Young People's Group, 8:30 p.m., First United Church of Christ, 2150 Warren Road, Lakewood, Ohio; Speaker: Virginia L., West Side Women.

11-35th Anniversary of Orchard Grove Group (First West Side Group), 9:00 p.m., TC-1--5 Union Building, 5615 Stump Road, Parma, Ohio; Speaker: Clarence S., Cassel Berry, Florida (Cleveland's first AA member).

18-3 5th Anniversary of Borton Group (Cleveland's first AA Group), 8:30 p.m., Forest Hills Presbyterian Church, Lee Road and Monticello Blvd., Cleveland Heights, Ohio; Speaker: Clarence S., Cassel Berry, Florida (Cleveland's first AA member and first Secretary of Borton Group).

22-District V AIAnon Gratitude Night, 8:30 p.m., Jordan Hall, Charity Hospital, East 22nd Street and Central Avenue, Cleveland, Ohio; Speakers: Gene and Anna Mae C.

28—**THANKSGIVING DAY**

28—**Annual Thanksgiving Day Meeting**, West Side Morning Group, 11:00 a.m., West Side Hungarian Lutheran Church, 3245 West 98th Street (rear), Cleveland, Ohio; Speaker: George G., Forest City.

DECEMBER

8—11th Anniversary of Southwest Sunday Group, 8:30 p.m., Berea High School Cafeteria, Bagley Road and Eastland Road, Berea, Ohio; Speaker: Jack B., Merriam, Kansas.

EFFECTIVE 12TH STEPPING

Prime purpose of the meeting of the Cleveland AA Advisory Committee held on October 8 embraced a full discussion of ways and means of making the District Office 12th Step calls to groups more effective and group action more responsive.

There was unanimous recognition that the sublime purpose of the fellowship of AA is to help the suffering alcoholic and this means there can be no delay in reaching the caller as quickly as possible to assure him (or her) that we do care and can help.

To this end for a more effective procedure all group secretaries will shortly receive a **manuel** as to what is expected of the secretaries in handling and placing 12th Step calls from the District Office.

CLEVELAND AREA GUEST SPEAKERS NOVEMBER 1974

BAY FIRESIDE (Saturday) 2 — Tom McG., Edgelake; 9 — Helen D., Women's Workhouse; 16 — Fritz B., Puritas Sun.; 23 — Bob F., Lakewood Men; 30 — Calvin C., American Indians.

BEDFORD MORNING (Wednesday) 6 — Larry M., Walton Hills; 13 — Mylon McC., Ba. Inbridge; 20 — Eleanor V., Chagrin Falls; 27 — Julie M., Akron.

BORTON (Monday) 4 — Dick F., Southwest Sun.; 11 — Jon Mc., Brooklyn; 18 — 36th Anniversary of Group. Speaker: Cleveland's first AA, Clarence S., Florida; 25 — Open.

BRECKSVILLE WEDNESDAY (Wednesday) 6 — Tom U., League Park; 13 — Tony V., League Park; 20 — Andy B., Parma Sat.; 27 — Bob W., Brookpark.

GARFIELD HEIGHTS (Tuesday) 5 — No meeting account of election day; 12 — Jim C., Garfield Heights Tues.; 19 — John Z., Newburgh; 26 — Jean W., Maple Heights Fri.

GORDON SQUARE (Friday) 1 — Chollie P., Orwell; 8 — Sally K., Hope House; 15 — Tom K., Barberton; 22 — Mose Y., Alliance; 29 — Tom F., Gordon Square.

GRATEFUL (Sunday) 3 — Frank J., Charity; 10 — Herb B. (?); 17 — Rita T., Fri. Afternoon Women; 24 — Lillian W., Redwood.

KEAN (Friday) Jack E., Bay View; 8 — Bob C., Bay Fireside; 15 — Maggie D., West Shore; 22 — Dan F., West Shore; 29 — Terry W., Bay West Discussion.

MID PARK (Thursday) (Closed) 7 — R.E.T. (1st lead), Berea Fri.; 14 — Nadine W., Berea Fri.; 21 — Marlene, Strongsville; 28 — Val Mc., Pearl Mon.

FARMATOWN MEN (Friday) 1 — John McN., Barberton, Ohio; 8 — Tom K., Barberton; 16 — Ben K., Brook Park; 22 — Don S., Memphis; 29 — Russ H., Charity.

ROCKY RIVER (Thursday) 7 — Kevin B., 14 — Bill McW.; 21 — Bill G.; 28 — Ed R., All sneakers from West Shore.

STRONGSVILLE (Tuesday) 5 — Ray L., Brooklyn; 12 — Art N., Pearl; 19 — John P., Brunswick; 26 — Joe K., Brooklyn.

SOUTHWEST SUNDAY (Sunday) 3 — Jack B., UAW-1005; 10 — Dick F., Parma Sat.; 17 — Phil R., Strongsville; 24 — Jack S., Westlake Morning Discussion.

WEST SIDE MORNING (Thursday) 7 — Father Jack R., Youngstown, Ohio; 14 — Ed C., Newburgh; 21 — Al G., Eaton; 28 — Annual Thanksgiving Day meeting, George G., Forest City.

WEST SIDE WOMEN (Monday) 4 — Grace N., Strongsville; 11 — Frank M., Shaker; 18 — Helen D., Garden Valley; 25 — Bob S., Edgelake.

Y.O.U.R. (Sunday) 3 — Dick M., Chagrin Falls; 10 — Will be announced; 17 — Gene S., Mat-Lynd; 24 — "Doc" F., Lake County.

* * * *

Copy for December listing must be in our hands by November 13, 1974 accompanied by check for \$3.00. Lists not received by this date will not be printed. Mail to Central Bulletin Foundation, Box 6712, Cleveland, Ohio 44101.

THE FOUR JIMS

The first meeting of AA was held in the house of Leo S., brother of the late Matt. There were eight or ten people present, including Jim B., a school teacher at Clontarf. He admitted he was a heavy weekend drinker who would like to do something about his weekend binges and felt AA might be the answer. On our way home, I told Jim I would like him to be one of the speakers at the first public meeting in The Country Shop; he immediately fell silent. Two days later I had a letter from him to say he could not attend any public AA meeting or speak at one because it could cost him his job if certain people in Dublin found out that he was a member; and that he could, if he tried hard enough, control his drinking . . . so that was the last I ever heard from Jim Number 1.

Jim F., a retail grocer, was a very nice man to talk to; he was a periodic who did most of his drinking in his shop. He thought AA would be good for a lot of people, but not for a business man like himself. He didn't think his drinking was hurting his business and said most of his customers knew that he took a drink once in a while; but to join AA could ruin his business and his reputation. I tried to explain the anonymity of AA, and he said you only attend one meeting and everyone in Dublin knows you are a member. He would gladly contribute financially if he hadn't to attend meetings. That was Jim Number 2.

Another, Jim P., almost turned back on his way to the first meeting because he saw so many people heading up Dawson Street . . . he thought they were all going to The Country Shop. He had forgotten that the Red Dean, from England was speaking in the Mansion House that night. I never had a chance for any long conversation with him, as he had to leave at the end of the meetings to catch the last bus home. He came to a few meetings, but dropped off soon. That was Jim Number 3.

Number 4, Jim R., came to the first meeting at the Shop not to join AA but to defend his right to drink and give a tongue lashing to the "Bloody American" who was going to speak. He came by accident, as he had missed his bus to a Union meeting. The speakers were all low key and not very impressive, but someone must have said something that made Jim R. stay after the meeting to find out more about AA. I asked him if he believed in a Higher Power, and he said he did. I told him to ask that Higher Power to keep him sober one day at a time till the next meeting on Friday night. He was the first to arrive that night, to say he was still sober. He became very active and was the spark plug in the early months because Richard P. was on the road travelling. He had his own AA room in his house with the Big Book and what AA literature there then was available, and his wife was never out of tea and eats for those who dropped in. The Gem of the Jims has now retired to his new house in Sutton with 27 years sobriety in AA behind him.

O, Happy Day that Jim missed that bus to the 'bloody' union meeting..

— Conor in Road Back, Dublin

SMILES

An old state employee was driving a truck along a highway and was exceeding the speed limit. A Highway Patrolman flagged him down and said, "Do you realize you were doing 65 miles an hour?"

"No, I didn't," said the man.

"Haven't you a governor on that truck?"

"No, sir," said the employee, "the governor's at the state capital — that's fertilizer you smell."

Two men robbed a bank, but luckily the police got a description of the car. It was either a 1967, 1968, 1969, 1970, 1971 or 1972 Volkswagen.

NO EXCUSES

(Continued from page one)

ing them solve their problems, our own worries are dissipated. There is no room in AA for easy indifference to another human being who wants and needs help.

— Edward B., Akron, Ohio.
Intergroup News

CAN I GET THERE BY MOONLIGHT?

(Continued from page one)

to relate to the admonishment, "Do not send to know for whom the bell tolls . . . it tolls for thee."

How many miles to Babylon,
Three score miles and ten.
Can I get there by moonlight?
No — you can't, my friend.

When alcohol failed to work its miracles for me, it was the end of everything — no moon, no cliff with pretty lights — just a bed in a small room in a skid row hotel — vomiting my life away, burning up, then freezing — hearing sounds that weren't sounding — seeing faces that were not there. Hallucinations — D.T.'s? They weren't in my vocabulary, but for lack of a better word, just plain hell.

When I finally found AA, my spoor said she had to face reality — that the pretending and posturing had to go. Later on, I was able to do as she suggested — face reality. I learned in AA that to stay sober and have peace of mind, I had to do some things every day I might not like doing at first, like getting up when the alarm sounds, going to work, taking it on the chin when the boss is irritable — going home tired and cooking food I didn't want to eat, but because someone I loved was hungry.

There were days when I wondered where all those "still waters" I'm being led beside and "green pastures" I'm to lie down in really are. And I faced the fact that they would have to be inside me — as I drive to work through air pollution — exhaust fumes — with the sound of a jack-hammer somewhere ripping through cement; being jostled by crowds on the sidewalk and smothered in the press of other bodies in a crowded elevator.

Someone said "happiness is not in doing what we want to do, but in liking what we have to do."

And, I say to myself, this is the real, real world, and with the help of AA, I can cope with it without a crutch. The pain of living is somehow turned to joy. I am a liberated woman — from booze and crippling emotions — free to enjoy just being myself — without guilt — without apology.

I still love a poem and the magic of music — moonlight shining through the trees — but not to hide in — just enjoy. The sunlight, of reality can be good, too. One day at a time, with the help of God as I understand Him and AA, I've found a place in the sun that I can live with.

How many miles to Babylon?
Three score years and ten.
Can I get there by Moonlight?
If there is Sunlight, too —
Yes -there and back again.

-Thanks to
M.C., Houston, Texas in Silent Rostrum

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THE YEAR 'ROUND GIFT



REAL PEACE

The peace of God, which as Paul the Apostle put it in his letter to the Philippians, "surpasses all understanding," is a peace that comes to us through our directing our minds to the good that is in all life. Paul directed us to think of things that are true, honest, just, pure, lovely, of good report, things in which there is virtue, things that merit praise.

This is the season of the year for thoughtful celebration, but it also is the season above all others for joy, for giving something of ourselves for others, for expressing love. It is a time when we want to share ourselves with our families and friends, to show our good will and to find mutual happiness. If there is anything false about this happiness it is because we make it so.

Love is the highest of all expressions of good. Love is the outgoing of the soul to something that is worthy: it is deep affection which we owe not only to God but also to all mankind. It is an expression of our higher selves.

Love is unselfish, and we find happiness in love only when we give as well as receive. We may benefit temporarily from the love of others without giving anything in return, but our minds become fertile soil for evil growing out of justification, then out of resentment, suspicion and then out of ill will.

We have to work our way back out of all these expressions of evil and then turn our minds to expressions of good.

Love is not mere score-keeping, one good act done for one good act received. Unselfishness demands that we do generous things without any expectations of return. Charity demands that we think well of others even though they may not seem to appreciate it.

If we learn to think of things that are true, honest, just lovely, of good report, we will discover that more good than evil exists in many places that, we thought of only as being evil. If we learn to think of these things, we will be inspired to act in these terms, to respond to the good in others, and to give something of ourselves to others.

The highest expression of love we owe to the Creator, who made all things good. But we owe love not to God alone, but to His creatures as well. Indeed, without love for others, we cannot show love to God; nor can we receive His blessings.

Love is the road to peace, to the peace of mind and happiness that we all seek, to the rest from the weariness of the strife of our lives, to the peace of God, which surpasses all understanding.

A happy Christmas to all! And with this greeting let us pray that we continue in the spirit of good will throughout all our days, that we learn each day to see and to do good, and that we grow in love for God and for all men.

■ ■ ■ ■
BE A BULLETIN BOOSTER

THE BIRTH OF HOPE

Christmas is the birth of hope. Through the ages to all peoples in all climes, it has carried this promise. However low their estate, however forlorn their outlook, a new way of life is available if they but accept it.

We alcoholics should be especially mindful of this meaning of the holiday. We are among the privileged people who have seen the hope come true. We have found a new way of life.

The lives of each of us is a living reminder of the main thought of the holy day. Behind us lays the wreckage of Christmas destroyed, for our families, our friends, and ourselves. The emphasis we put on celebrating was all wet — in every way. Christmas, instead of being a time of rejoicing was just another day with a hang-over, maybe a bit more bitter than the rest for we often were seized with remorse.

How different now, that with the help of a Higher Power, the Power whose manifestation so many of us celebrate on this day, we have obtained sobriety!

Now there is no remorse. We are of some use to our wives and children, our families and friends. With them we can look at Christmas and comprehend its full meaning. There is a smile on their faces, a gladness in their hearts that fills the old void we created by our drinking. There is a sense of security, a confident look into the future that were unknown before.

These are gifts that only wise men can bring. They are more precious than gold and jewels, more valuable than incense and myrrh. These are the fulfilled promises of that hope that came upon the world almost two

millenia ago. This is the real heart of the holy day.

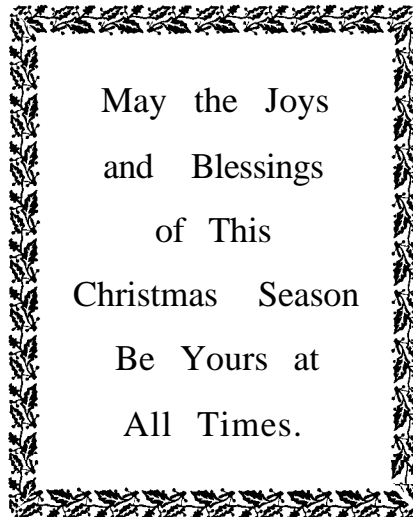
These gifts are ours not by indirection: not by a sense of duty alone. They are *ours* because we have found a way to translate the truth that it is more precious to give than to receive.

And because we wanted to stop drinking, because we had the humility to admit that we could not achieve that aim by our efforts, and turn to a power greater than ourselves we have reached the manger of sobriety. We have followed the star and have been rewarded.

There is one way and one way only to keep this realized hope. This is to help others. Remember it is more precious to give. And by giving of our time, our efforts, our knowledge, our experience, we retain the greatest gift of all.

This is why the idea that signifies Christmas never fades within us. By working the Twelve Steps we observe that idea throughout the 365 days of the year. Maybe because of it the holiday holds just a bit more significance for us alcoholics than for others.

Some people sing that they "are dreaming of a white Christmas." We no longer dream. In our realized hope we are enjoying an even more beautiful holiday, a sober Christmas.





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 — \$3.00 per year.

Harry D., Founder and Editor 1892-1968



Vol. 33 December, 1974 No. 3

MILL ENDS AND REMNANTS

Are we over concerned with NOW? There is no intent on our part to deemphasize the importance of our twenty-four hour program, or the shortened periods of it that we sometimes need to hold onto the sanity of sobriety.

However in enjoying the sanity of our sobriety are we closing the door entirely on the horizons, however foggy they may be, which disclose to our recall the why of our search for the way of sobriety!

Even in the now recall is necessary in keeping our inventory current., so that we may be alertly aware to any old short cuts that can creep into our now.

Are we self-indulgent in our now to the degree that we were in our then, seeking pleasure and results of inconsequence to the exclusion of the important and vital.

At least these are conclusions we sometimes come to when we hear of or observe the inactivity of complacency, and the inertness of apathy, and while it makes us uneasy, there is the hope that the devoted ones will carry on until such time as the apathetic ones dig deep enough into their inventories to see they, too, have responsibilities.

In our self-examination let us start with first things. How long has it been, or how often have we picked up ash trays after our meetings- Have we made coffee recently? How often have we accepted 12th Step calls? When was the last? Am I listed with my group secretary to do so? Have I volunteered to serve on committees, campaigns, etc.? When did I last visit a hospital ward? Am I letting the other fellow perform?

Now is important, as long as we don't get too comfortable in it, by George!

THANK YOU!

Just been browsing after this through bound volume of C.B. XI-XII of 1952 given me by Harry D., in Cleveland in 1954! It brought back a lot of memories! All pleasant ones.

The Road Back, Dublin, Ireland
Sackville, Editor,

SOME PROVERBS

The right angle from which to approach any problem is the right angle.

Putting things off somehow mostly applies to duties and not to pleasures.

Some men love to work, and some love to play. Wise men love both.

Don't put oil of lavender where there should be elbow grease.

Misfortune can't keep dogging us if we become dogged enough.

It is easier to spend allowances than to make them.

Even if you are on the right track, you will be run over if you just sit there.

Reputation is what you have when you come to a new community. Character is what you have when you go away.

Getting on is largely a matter of getting up each time you are knocked down.

MINUTES OF CENTRAL COMMITTEE MEETING NOVEMBER 5, 1974

Meeting was opened by Bob W., Moderator, saying the Serenity Prayer in which he was joined by the 52 members attending. We had one late-comer and one duplication which made group representation at 52 members, a much appreciated increase in attendance. Helen D., Vice Moderator, read the Purposes of Central Committee and the Twelve Traditions of AA. The minutes of the October 1st meeting were read by the Secretary and were approved and accepted as read. Nelli B., in the Treasurer's absence, read the Treasurer's report for the month ending October 31, 1974 which showed a balance in the Institution Group Fund of \$233.56 and, in the General Fund, \$393.97 making a Grand Total of \$627.53 in the Treasury. 209 speakers were supplied by the District Office to non-AA Groups through October 31, 1974.

COMMITTEE REPORTS:

Action Committee: Dick F., Chairman reported on two complaints received by the District Office, namely:

1. A man in Cleveland Clinic approached the nurse telling her he had an alcoholic problem and she wrote AA on a card with the address, 10900 Carnegie. The gentleman contacted the man whose name was on the card and had to answer a questionnaire which contained many personal questions, income, etc. and the man told him with his income that would cost him \$15.00 per hour for counselling. Finally the gentleman needing help contacted AA and he is now getting our help. Efforts to date have been futile in trying to contact the nurse and the man whose name was on the card.

2. In another case a man was charged \$25.00 to be admitted to hospital (had him sign a paper). When hospitalized, the hospital got the man another sponsor and told him to tear up the paper.

Areawide Committee: Gene M., Chairman said that next Areawide Meeting would be held at Jordan Hall, St. Vincent Charity Hospital on Friday, November 29th at 8: 30 p.m. There will be two good speakers — Jim W. and Nellie B.

Central Bulletin: No report.

HOSPITAL COMMITTEE:

Rosary Hall: Ray M. and Lou W., Chairmen, absent. Minnie C. reporting on the women's section said that everything was moving along nicely.

Bay View: Bernie B., Chairman, gave schedule of program that is being set up at Serenity Hall for the patients which sounds very interesting. Harry J. then took over and said they were very enthusiastic about all that is happening at Bay View. On December 15th the men's section will be closed over the holidays and redecorated — not to say that patients will not be admitted, they will be — but, in another section. The stay at Bay View for men patients is going to be 10 days and for the woman patient, possibly longer but it will all be AA oriented and a close AA followup after release from the hospital.

Edie H.: Representative, Women's Section, also very enthusiastic over proposed plan for patients.

Brecksville: Bill H., Chairman. Things have resolved themselves at the hospital since the last meeting. Patients no longer required to attend the meetings — only those interested. Attendance has dropped and coffee problem resolved.

Lorain Community: Jack S., Chairman. No report.

(Continued on page four)

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 Mezzanine 6, 1 Public Square Building, 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 241-7387.

PRAYER OF THE MONTH

Eternal God, as we look to the future with hope and thank you for the blessings of today, we pray that you will bless and comfort those for whom hope is difficult; those who are afraid; those who are in physical pain and those whose pain is emotional, people known and unknown to us. Amen.

INEVITABLES

Most of us revolt against the inevitables of life as they were foul importations, but as an old man of the desert once said, "Where the sun always shines nothing ever grows; there must be rainy days if the world is to be fed." There must be winter if there is to be any growth. It is the way of living and of life, and all these things are a part of us.

-Pat S., New Hope Group, Leavenworth, Kan.

WE CONTINUE TO SERVE

On October 20, 1974, the Group General Service Representatives, District Committeemen, present Panel Officers, Past Delegates and other trusted servants of General Service of Northeast Ohio assembled for the regularly scheduled biennial election. With careful deliberation, giving due consideration to the qualifications of those candidates willing to serve. The results were encouraging and reassuring we have a panel which will serve us well, and Northeast Ohio will be well represented during 1975 and 1976.

Our new Delegate-elect is Bob B. of Akron who has been quite active for eight or more years as a GSR, District Committeeman and former Treasurer. He made his presence felt when the annual Ohio State Convention was held in Cleveland in 1968 and 1972. Without his hard work and dedication to important duties, the successful operations of these conventions would have been difficult to achieve. The Chairman (and Alternate Delegate) is Fred B. of Girard, Ohio. Fred, too, has served long and well as a GSR and District Committeeman. He has contributed substantial effort at every Assembly, has made important contribution to several conventions and is an asset to General Service. A newcomer to General Service, but not to AA is Terry L., of North Olmsted. She has agreed to perform the demanding functions of Secretary. Her track record assures us that we have elected the right person for this task. Last, but not least, the post of Treasurer will be filled by Chuck L. of Akron. He, too, has been active and energetic in this vital work for some years as GSR, District Committee, Utility Outfielder, etc. He brings ability and dedication to this job, and our financial affairs are in good hands.

As your retiring Delegate — my term expires December 31, 1974 — I wish to express my deepest gratitude to all the people who so willingly did their part and more. The members of the present panel discharged their responsibilities admirably, often under difficult circumstances without complaint. The support of all GRS's, Committeemen, Past Delegates, etc., made all our successes possible and is gratefully acknowledged. I hope and pray and feel confident that the same support will be given to our new panel.

J.T.B. — Lame Duck Delegate

EXPIRATIONS

If your envelope shows "DEC" to the right of your address your BULLETIN subscription expires with this issue and should be renewed at once, as second notices are no longer possible.

It is our observation that many of our subscribers are breaking the continuity of their Central Bulletin receipts by not renewing promptly.

* * *

Telnet to man at window: "Sorry, Mr. Jones, your wife beat you to the draw."

DATES TO REMEMBER

DECEMBER

- 3-Central Committee, 8:30 p.m., Room 362, Hanna Building.
 4—14th Anniversary of North Olmsted Group, 8:30 p.m., Episcopal Church of the Advent, 3760 Dover Center Road, Westlake; Speaker: Church W., Toledo, Ohio.
 5-5th Anniversary of Midpark Group, 8 : 30 p.m. Speaker: Frank M., Shaker. Middleburg Heights Community Church, Big Creek Parkway and Bagley Road.
 8—11th Anniversary of Southwest Sunday Group, 8:30 p.m., Berea High School Cafeteria, Bagley Road and Eastland Road, Berea, Ohio; Speaker: Jack B., Merriam, Kansas.
 25-MERRY CHRISTMAS!

JANUARY

- 1-HAPPY NEW YEAR!

NO SMOKING

One day the conductor on the train saw a farmer with a pipe. "Can't smoke in this car," said the conductor. "I'm not smoking," said the farmer. "You've got a pipe in your mouth." "Yep. Got on my shoes, too, but I'm not walking."

CLEVELAND AREA GUEST SPEAKERS

DECEMBER 1974

- BAY FIRESIDE (Saturday)** 7 — Tom B., Avon Lake; 14 — Dick P., Newburg; 21 — Beth G., Independence; 28 — John T.B., North Olmsted.
BORTON (Monday) 2 — James S., Chagrin Falls; 9 — Jim W., Esquire; 16 — Lisa R., Euclid Wed.; 23 — John M., Young People; 30 — Kenny W., Lee Mon.
BROOHLYS (Thursday) 5 — Bob H. (9th Anniv.), Brooklyn; 12 — Jack T. (5th Anniv.), Brooklyn; 19 — Group Christmas Party; 26 — Art R., Equity.
GORDON SQUARE (Friday) 6 — Jim M., Canton; 13 — Father B., Padua Discussion; 20 — Frank O., (29th Anniv.), Gordon Square; 27 — Rich L. Lakewood Armory.
GRATEFUL (Sunday) 1 — Gene C., Charity; 8 — Eddie G., (28th Anniv.), Shaker; 15 — Frank Y., Superior; 22 — Mark S., Redwood; 29 — Joe H., Superior.
LORAIN AVENUE TUESDAY (Tuesday) 3 — Jerry S. Lorain Avenue Tues.; 10 — Imogene P., Laurel; 17 — Group Christmas Party; 24 — Christmas Eve, Cas P., Midpark; 31 — Ron A., Forest City.
MIDPARK CLOSED (Thursday) 5 — 5th Anniversary of Group, Speaker: Frank M.; 12 — John P., Brunswick Wed.; 19 — Dick F., Midpark; 26 — Ray C., Berea Fri.
NORTH OLMSTED (Wednesday) 4 — 14th Anniversary of Group, Speaker: Chuck W., Toledo, Ohio; 11 — Dolores J., Midpark; 18 — Charles D., Parmatown Men; 25 — Terry S., Memphis.
PARMATOWN MEN (Friday) 6 — Bill F., Brook Park; 13 — Tony T., Brooklyn; 20 — Frank M., Shaker; 27 — Bill M., Wellington.
STROGSVILLE (Tuesday) 3 — Fred P., Seven Hills; 10 — Barbara C., Hope House; 17 — Lori G., Euclid Fri.; 24 — No meeting Christmas Eve; 31 — No meeting New Year's Eve.
WEST SIDE MORNING (Thursday) 5 — Tom B. Novelty, 0.; 12 — Tom G., Sr., Angle; 19 — Bill S., Parmatown; 26 — Ruth C., Sister Ignatia.
WEST SIDE WOMEN (Monday) 2 — Ed C.; 9 — June R.; 16 — Beth G. (Christmas Party); 23 — Mary B.; 30 — Mose Y.
Y.O.U.R. (Sunday) 1 — Leo A., Coventry; 8 — Jim McG., Sobriety Beyond; 15 — Simon S., Wickliffe; 22 — To be announced; 29 — To be announced.

Copy for January listing must be in our hands by December 13, 1974 accompanied by check for \$3.00. Lists not received by this date will not be printed. Mail to Central Bulletin Foundation, Box 6712, Cleveland, Ohio 44101.

GROUP UNITY

Our Groups, as so many others, end their formal meetings by saying the Our Father or Lord's Prayer together, either aloud or inside themselves. There are obvious reasons for doing so and for asking those unwilling to do so to keep silent whilst the rest say the prayer. One is that the opening two words remind us that we aspire to be a Family. But brothers and sisters can and do often jar on each others' nerves; and it can be that unconsciously some of us, the writer perhaps most of all, offend against each other. None of us wish to be the unwitting cause or the rationalisation of another member's decision to leave AA or to discontinue attendance at meetings. Yet it is possible that we may have contributed to it through carelessness.

Let us take an 'offence' against Anonymity. It can occur through the vice of curiosity . . . asking the just-joined alcoholic his name or business, a form of trespass on the privacy guaranteed on his entry. Or it may occur through a sense of self-importance! 'That man who joined tonight . . . He's X.Y.Z., a doctor (or a lawyer, or what have you) . . . I know him well.' Whatever the cause, the result of this careless talk may well be to drive the intending member away from his real last hope of recovery. Another 'offense' may be mentioned, though in truth it does its perpetrator more harm than its victim. It is the 'offense' of Ingratitude, the taking of other more active members' work and sobriety for granted or of damning them with faint praise. Even the most contented of us has his moments of discouragement and depression which the memory of a word of thanks or encouragement in the past can do much to dispel. And, if we are so made that we cannot bring ourselves to utter thanks for others' work, there must be few of us who could not offer thanks in the form of help. Gossiping about others, reporting members' slips, confidences from one repeated to another; none of these are calculated to maintain that friendly trust and charity and affection so necessary to any Family. We can fairly say that in our Groups, these 'offenses' are happily rare: we cannot truthfully say that they are completely non-existent.

"In the evening of Life, we shall be judged on Love." In our own interests, let us all keep a vigilant guard on Doctor Bob's 'erring member, the tongue.'

The Road Back, Feb. 1953

SMILES

At a recent Cleveland P.T.A. meeting, one irate mother stood up and said: "I'm definitely opposed to sex education in the schools for my son, and I've felt that way ever since the stork brought him."

Virus is a Latin word used by doctors to mean "your guess is as good as mine."

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THE YEAR 'ROUND GIFT

MY GRATITUDE FOR THE GIFT

It is impossible to be bored with such a positive, progressive and wonderful programme that AA gives us. Sean O'Casey is quoted as saying 'Life is simply an Invitation to Live.' Which got me thinking that when I was an active alcoholic, I did not want to accept that invitation, but only sought Oblivion through the bottle to blot out Reality. There was no living in that; only a mere existence. Now I have the AA programme. Although we say it is a selfish programme, it helped me to live again by giving ME the 12 Steps and when I looked at them, I found they were all giving instead of taking.

Most people who stay sober give this programme away to keep it. Life is simply giving of oneself.

Most of the things we cannot change are on the outside of us. We can change ourselves inside by adjustment of thought. Just being sober does not constitute Sobriety. Sobriety is in fact what we do with this precious gift. Humans are so frail; we have been given a glimpse of the other side. Out of our weakness comes strength. Others can never achieve this in a life time. We definitely have the edge in this respect. Giving of our Experience to others can be done in so many ways . . . when one is at a meeting, paying attention, listening; by having an open mind, not determined to keep our ideas fixed; giving ourselves by Action, practising ALL the Steps, caring how other members are faring, thinking about them during the day.

One does, in time, find oneself and one's priorities as they really are; see one's involvement with God as we each understand Him and understand that we can't pretend we do not heed Him or that He does not want us in His plans. Gratitude is a precious gift, too, for all those exciting happenings and the Fellowship; for finding other people; no longer loneliness but an understanding beyond compare . . . People who really care, radiant friendships.

No matter whatever Chaos is in the world, I now have a lovely life for which I owe my deepest gratitude to all those who 'show me how' in the Fellowship of Alcoholics Anonymous.

— J. H., in Road Back, Dublin

MINUTES OF CENTRAL COMMITTEE MEETING —

(Continued from page two)

INSTITUTION COMMITTEE:

Warrensville Women: Helen D., Chairman. Could not report anything at this time.

OLD BUSINESS: None.

NEW BUSINESS: Elections will be held next, month for **Vice-Moderator**, who should be a west side member. Members should give some thought as to their choice.

GENERAL SERVICE REPORT: John T.B. gave slate of new officers: Bob B., Akron, new Chairman; 1st alternate, Fred B., Girard, Ohio; Secretary, Terry L., North Olmsted; Treasurer, Chuck L., Akron, Ohio. Gratitude weekend will be held November 23rd and 24th at the Holiday Inn, Rtes, 82 and I-71. On Saturday evening there will be a banquet and Group Secretaries or alternates (or both) are encouraged to attend and get acquainted. There will be a one-half hour comic play and a speaker. On Sunday there will be a Dutch treat breakfast and meeting will start at 1:00 p.m. with principal speaker at 3:00 p.m. Sunday afternoon. Tickets will be out soon for this weekend.

Suggestion by Minnie C. that General Service Representatives try to get their meeting announcements out earlier — this might help increase attendance.

OTHER BUSINESS: Clyde McC., Saturday Night Security, said that his group had voted not to read outside notices and would like opinion as to whether they did right. He was told it was their privilege — the Group can use its own discretion — all notices received, if not AA, do not necessarily need to be read.

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

Imogene P., Secretary