



## PRUDENCE

It is written that "the prudent man looketh well to his going." For, the prudent man is careful to avoid error. He is cautious where experience shows caution warranted, and he looks ahead to foresee the results of his conduct. Practical experience and reason guide the prudent man who confronts obstacles on the road to happiness. Practical experience and reason warn the prudent man when exciting diversions beckon.

Prudence is a great virtue. It is the means through which we avoid pitfalls. And since it, looks to the future, it is the means through which we learn to experience positive good. Prudence, like the other virtues, is negative only when one first tries to practice it. We start by trying to avoid the pitfalls that have trapped us so often. When we have become practiced in that, we go one to develop our moral sense, using prudence to teach us new ways of living and thinking, to give us a store of experience in right doing to protect us in the face of evil. Prudence asks us to practice doing good, to practice giving something of ourselves to others in personal services, doing something that is more than mere duty as we have always understood it.

New habits, of thought and action guide our footsteps, protect ourselves from error, and open the way to enjoyment of life in ways that are good.

One trouble that so many of us have in drawing on experience for instruction is that our experience has been limited. When we wish to throw off our cares and enjoy ourselves for an evening, when we wish to give way to elation, we may turn to the only ways of doing those things that our recent experience has taught us. The Devil, who is an enemy of prudence, steps up and says, "You've been teeteetotally dry for a whole year (or two years or three or five) and you haven't been out to kick up your heels all that time. Look at all the fun everybody else has! You can handle yourself now that you're really dried out. Three or four drinks will banish all care and won't do you any harm."

Well, look at the fun everybody else has, as the Devil suggested. But really look. The crowds that, fill the cafes, the saloons, the night clubs, some of them regulars, some of them now-and-thens, still is a noisy minority. Many more people who live well ordered lives manage to find merriment and fun without next-morning headaches. Often they are far more successful in enjoying themselves than we were in our alcoholic parties.

The writer of these lines enjoyed himself tremendously Christmas day in a family gathering in which every one present had to do a stunt for the entertainment of the others. New Year's Eve, as the clock struck midnight, the writer was in a gathering of seventy persons, most of whom drink now and then, but none of them felt they had to usher in the New Year half-tight. This was a meeting of old friends, glad to see one another, to chat and to joke and to talk seriously for a bit, and to feel the exhilaration of having been with friends as the New

(Continued on page four)

## LIGHTS AGLOW

A youngster who had on that day been received in the church was called to the side of his father, who was the keeper of a lighthouse in one of the coastal towns. A bitter storm was in progress, with a strong wind blasting the waves high against the isolated building. The father spoke to the boy at length to make the boy appreciate the sanctity of the vow he had taken that day. He brought out a candle and told the boy to light it and to take it out into the storm, to walk around the lighthouse and return with the candle lit. The lad started out of the door and the first blast of wind almost extinguished the light, but he shielded it carefully and the wind buffeted him about with fiendish fury he circled the lighthouse safely and returned to his father with the candle still burning, reflecting its light in the shining eyes of the achievement-happy boy.

The father congratulated him and told him to protect and guard his faith with the same devotion as he had in protecting the light of the candle regardless of life's temptations and its vicissitudes.

This story applies to the members of AA. In the full flush of our happiness in finding a solution to our hopeless alcoholic problem, we enthusiastically embraced the twelve points of our program and we started out with our newly-lit candle of hope in our recovery. As the boy started on his trip around the lighthouse he undoubtedly had scant faith in his ability to complete his mission. The only thing he fortified himself with was his faith in his father and his obedience in obeying his order. We had the same temerity when we started out with this program. Our fortification was our faith in our sponsor and our protection was our

determination to obey his orders to follow thru with ALL of the twelve steps. Our faltering confidence was strengthened as we went along with the desire to do something about our problem. We had faith!

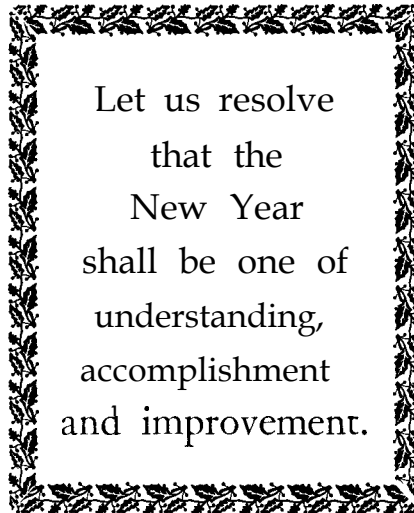
And as we shouldered aside this temptation and that, we finally learned how to shield our precious light from the buffeting winds of discouragements, disappointments and doubts of others in the possibility of our success.

Keeping the light lit for AA means that we must prepare ourselves daily and be ever alert to thwart anyone, or any upsetting element, which threatens to extinguish the light that has returned to us our self-respect, respect of others and the peace of mind which came to us from constantly reaffirming our devotion to the twelve steps.

Everything we hold dear has come to us because we have learned to live this new way of life. Our sobriety has kept the light lit. Let it shine forth as an example to others, so others can find happiness as we have found it.

Dust off the book and find the page which contains the twelve steps. Study them carefully and check yourself thoughtfully to see whether you have completed every admonition carried in them. Repeat the careful inventory of yourself and correct those "little things" which seemed of little importance as you corrected your major faults. Those "little things" oftentimes are almost can-

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Harry D., Founder and Editor 1892-1968



Vol. 33

January, 1975

No. 4

## MILL ENDS AND REMNANTS

Demise of one year and birth of another has, for most of us, been a time of reflection and a time for re-evaluation.

And it has been with this thought in mind that Page 4 is given, almost entirely to a chart we can use in taking stock of ourselves.

Most of us, since it has been suggested that we do so daily, follow the suggested procedure, but we dare say that most of us perform our daily inventory by taking mental gymnastics.

So, it is our feeling, our gut feeling as the saying goes, that in performing this task in writing we can SEE where we stand and where improvement is needed.

Since no one is perfect all will have minus factors in his left hand column, yet in trying to the best of our ability to live in accordance with the Twelve Steps and the Four Absolutes the plusses will far outweigh the factors deterrent to the type of person we would wish to be.

In preparing this column and in setting up Page 4 as you see it, we have become aware of oh, so many minuses which can be, by decision and application, turned into plus factors.

One, which we will share with you, is our failure to properly structure our time so that so many of the tasks we need to perform are done in helter skelter fashion and usually under duress and in harassment.

Yes, we do perform our allotted tasks, but were we to structure our time for them in a manner befitting their worth, we believe a better job will be the end result.

Most certainly having performed with efficiency and within the time periods needed our tasks, when completed, will have given us a serenity and pleasure of accomplishment that does not come with performing in haste and harassment.

So, happy inventorying, by George!

## BE A BULLETIN BOOSTER

SUPPORT YOUR DISTRICT OFFICE

### CLEVELAND AA DISTRICT OFFICE

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

## MINUTES OF CENTRAL COMMITTEE MEETING DECEMBER 3, 1974

Meeting was opened by Bob W., Moderator, with the Serenity Prayer. There were 28 Group Representatives present. Helen D., Vice Moderator, then read the Purposes of Central Committee and the Twelve Traditions of AA. The Minutes of the November 5th meeting were read and approved. Treasurer's report showed a balance in General Fund of \$308.97, and balance in Institution Group Fund of \$233.56, making a grand total in the Treasury of \$542.53, as of November 30, 1974.

### COMMITTEE REPORTS:

**Action Committee** — Dick F., Chairman, nothing to report.

**Areawide Committee** — Gene M., Chairman, nothing to report.

**Central Bulletin** — George M., no report.

### HOSPITAL REPORT:

**Rosary Hall** — Ray M., and Lou W., Chairmen, no report.

**Bay View** — Bernie B., Chairman. Edie H. reported in chairman's absence that the men's section is not going to be remodeled for the present. Reported stay for women patients will be 10 days.

**Brecksville** — Bill H., Chairman, no report.

**Lorain Community** — Jack S., Chairman, no report.

### INSTITUTION COMMITTEE

**Warrensville Women** — Helen D., Chairman, nothing to report at this time.

**GENERAL SERVICE** — John B. gave a report on Gratitude Weekend, held November 23 and 24, at the Holiday Inn. He said everyone enjoyed themselves, although attendance was not as great as anticipated. He stated the Twelve Traditions were illustrated, which was a tremendous success. Gave short report on the International Conference, to be held at Denver, Colorado, July 3-6, 1975. He said he has some registration blanks available.

After short discussion, a suggestion was made that a write-up be put in the Bulletin requesting the groups who do not have a General Service Representative, to appoint one and have them register with GSO, so they will be fully represented and apprised of GSO activities. John B. volunteered to be a go-between for this area and GSO.

**OLD BUSINESS:** None

**NEW BUSINESS** — Annual Election of Officers for Central Committee was then held with the following results:

**MODERATOR** — Helen D.

**VICE MODERATOR** — Gene M.

**SECRETARY** — Imogene P.

**TREASURER** — Joedy M.

Central Committee then commended Bob W., Moderator, for a splendid job done for the past year.

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

Respectfully submitted,  
Joedy M., Acting Secretary

## SMILES

A city first-grader slipped on the steps of a back country school and skinned his knees. The teacher said, "Remember, big boys don't cry, sonny."

"I'm not gonna cry, I'm gonna sue," replied the city kid.

\* \* \*

"This bed is not long enough for me," said a tall Englishman, upon being ushered into a bedroom by an Irish attendant at a cheap hotel.

"Why, ye ain't taller than six feet, an' this bed is all of that," comforted the Irishman.

"Yes but I don't want my head and feet to be bumping the top and bottom of the bed all night, old thing."

"Ah, sir," said Pat shrewdly, "Ye needn't worry. For the bed'll have two feet added to it whin ye get in."

### PRAYER OF THE MONTH

Almighty God, from whom all blessings flow, as we embark upon a new year, we remember those for whom life has little joy — the afflicted for whom we pray — the crippled, the deaf, the blind and those in pain; for those who are alone and for those who grieve, we pray, as well as for those imprisoned by poverty, alcohol, drugs or crime. Guide us, O God, to be helpful in accordance with your will. Amen.

### JUST FOR TODAY

Just for today I will know that I am God's child, under His protection and that no plague can come nigh my dwelling.

Just for today I will remember that God is Good. That God is LOVE and He knoweth them that trust Him.

Just for today I will know that I have strength to meet and conquer every claim of error; that under the guidance of Divine Principle I will be led to throw open the door for the entrance of Truth, and know that through that same door error is cast forth.

Then with a sweet sense of God's nearness I will know that yesterday has gone and left no bitterness; that today is here and big with blessings; that tomorrow belongs to God; and to realize this today, eliminates worry and trouble and pain and brings us peace.

### ANXIETY

"I sought the Lord and He heard me and delivered me from all my fears." This summarises my experience in recovery. It is only as we recover that we learn how very sick we were and how we were trapped by our own anxieties, fears and pains.

Originally I drank to relieve tension. As I became more dependent on drink, I became anxious about the direct consequences of my excesses. I drank to smother my worries, anxieties and fears. The medical profession say that all neuroses are associates with anxiety, conscious or otherwise. As I progressed in my illness, anxiety underlay my whole state of being. When I was occasionally sober, I was a shattered person with underlying fears, full of neurotic suspicions, worry and altogether a very nervous person. Those who work with alcoholics have learned to detect one in his workplace by studying his behaviour under frustration.

As a direct result of a spell in hospital-enforced sobriety, I came face to face with my fears. At last. I could see the painful truth that my own unchecked path was leading to rapid self-destruction. The fear of death in such a fruitless and hopeless way suggested that I might try my other avenue of escape — Literally, anything which remained. Then only, did I try the AA experiment with a God that might be there.

As far as I am aware, I did this with a minimum of Faith or Hope . . . As an experiment which, if it failed, could leave me no worse off through trying. The God whom I do not understand heard me and HE has delivered me from my fears. I now realize that at that stage of my suffering, my choices had been reduced to one . . . I could try Faith or Fear. To this day I am convinced that this is my daily choice . . . I can have Faith or Fear.

S.M. in The Road Back, Dublin

### IN MEMORIAM

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

GERALD (Jerry) HAVERDILL passed away on November 16, 1974 after a prolonged illness. During his twenty years of uninterrupted sobriety he was a member of the Brooklyn Group and more recently of the Laurel Group.

### DATES TO REMEMBER

#### JANUARY

1-HAPPY AND SOBER NEW YEAR!  
7—Central Committee Meeting 8:30 p.m., Room 362, Hanna Building.

#### FEBRUARY

3-Support Your District Office Campaign.  
4-Central Committee Meeting 8:30 p.m., Room 362, Hanna Building.

### GROUP NEWS ITEMS

On January 9 the first meeting of Angle Beginners Group will be held at 7:30 p.m. in St. Malachi's Church School Hall on Washington Avenue. This open, discussion type meeting will immediately precede the regular 8:30 p.m. Thursday meeting of the Anne Group.

There is a room available for regular Friday night discussion meeting at the Church of the Ascension, 13216 Detroit Avenue, Lakewood, Ohio, and help is needed to solidify the group. Those interested may contact Margaret R. at 521-4663 or go to the above address at 8:30 p.m. on Fridays.

It should be noted in the Speakers' List that the second January meeting of the Strongsville Group will be held on Monday, January 13. Meeting room is not available for the regular Tuesday meeting on the 14th.

The Alcohol Dependency Unit at Brecksville VA Hospital needs your help. All patients are expected to attend two or more outside night AA meetings with their sponsors or an AA member. A six hour pass is available so that Akron meetings can also be attended. Sponsors and AA members must be registered with the Nursing Office of the Unit. Hospital curfew for patients is 11:00 p.m.

### CLEVELAND AREA GUEST SPEAKERS JANUARY 1975

**BAY FIRESIDE — (Saturday) 4** — Charles P., Garden Valley; 11 — Emmett M., Southwest Sun.; 18 — George M., Edgelake; 25 — Marty Y., Euclid Wed.

**BORTON (Monday) 6** — Jack B., Northeast; 13 — Art B., (?); 20 — Bea B., Eastside Women; 27 — Don C., Borton.

**BRECHSVILLE WEDNESDAY (Wednesday) 1** — Mose Y., Alliance, O.; 8 — Norm H., Brook Park; 15 — Ray L., Brook Park; 22 — Jim W., Esquire; 29 — Harry J., Bay View.

**DOAN MEN (Wednesday) 1** — Andy C., Humble; 8 — Herb T., Kirtland; 15 — Ed O., Painesville Thurs.; 22 — Jim F., Mentor Sun.; 29 — Ken G., Mentor Plains.

**FAIRVIEW PARK (Tuesday) 7** — John B. (1st lead), Fairview Park; 14 — Bernie O., Fairview Park; 21 — Rich C., Fairview Park; 28 — Kay D., West Side Women.

**GRATEFUL (Sunday) 5** — Handy McG., Wed. Lee; 12 — Joe T., Wed. Lee; 19 — Helen D., Garden Valley; 26 — Jack B., West Side Young People.

**J. & L. (Thursday) Time change: 8:00 p.m. 2** — Edward P., J. & L.; 9 — Bobby J., Ford 1250; 16 — Ken B., Pearl; 23 — George G., Forest City; 30 — Lad Z., Forest City.

**SISTER IGNATIA (Friday) 3** — Tom B., Bainbridge; 10 — Jack R., West 25th; 17 — Tony B., Hilltop; 21 — Leo G., TC-1005; 28 — Fred B., Eaton.

**STRONGSVILLE (Tuesday) 7** — Jim W., Brunswick; Mon., 13 — Harry J., West Richfield; 21 — Wally M., Brooklyn; 28 — Don B., Brunswick.

**WEST SIDE MORNING (Thursday) 2** — Father John, Rosary Hall; 9 — Lou W., Temple; 16 — Vic Z., Valley View; 23 — Cal C., Angle; 30 — Jerry M., Pearl Mon.; Feb. 6 — Bob T., Garrettsville, O.

**Y.O.U.R. (Sunday) 5** — Jay W., Sister Ignatia; 12 — Emma L., St. James; 19 — Bessie K., Wickliffe; 26 — Al R., Shoregate Men.

Copy of February listing must be in our hands by January 15, 1975 accompanied by check for \$3.00. Lists not received by this

- 4. Made A Searching And Fearless Inventory Of Ourselves.
- 10. Continued To Take Personal Inventory And When We Were Wrong Promptly Admitted It.

**— MINUSES —**

**+ PLUSSES +**

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<b>AA CENTRAL BULLETIN</b>	
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<b>THE YEAR 'ROUND GIFT</b>	

A woman motorist jumped out of her car after a collision with another car and shouted at the driver. "Why don't you people watch where you're driving? You're the fourth car I've hit this morning."

**PRUDENCE**

*(Continued from page one)*

Year began.  
There are many opportunities for non-alcoholic fun (yes, fun! ). Most of us can find those opportunities if we'll make less than half the effort ~~we would if we~~ were drinking. Most of us still have friends outside as well as inside AA.

**LIGHTS AGLOW**

*(Continued from page one)*

cerous in their growth and if not arrested can assume major importance.  
Carry the light and keep it shining bright! The brighter it shines the greater happiness will be your reward.



## MAKING A DECISION

A **person** may go through his allotted span of life without once being confronted by a large question the decision of which will change his future, but everyone is required to decide about puzzling matters every day.

These are options open. When you come to a fork in the road and must decide what to do you have four choices: you may sit down, you may step out on this or that of the diverging paths, or you may turn your back on the problem and go home.

The thing to do is to find out enough about each option so that you are in position to reach a reasonable decision. Ask questions of whatever guide-books you have, of people who pass by, and of the data on the signboard. If you have your **note-book** with you, set out the "for" and "against" of each possible course.

On the whole (**there** are exceptions to every rule of **behaviour**) it is wiser to make decisions promptly and crisply than to linger **over** them and lose momentum. Holding up a decision while awaiting facts that are **necessary** to wise thought is different from indecision due to reluctance to decide. A scientist seeking the answer to a life-and-death problem may properly defer final judgment until all the evidence is in, but in the meantime he may tell his tentative conclusions based on the state of his knowledge.

No one can become dominant in his field unless he does independent thinking, comes to his own decisions, checks them for their accuracy, and acts upon them. People who hesitate **between** being positive or negative are in an unfortunate position. By remaining in the middle of the road they incur the danger of being run over by both lanes of traffic instead of by only one.

The **person** who wishes to make decisions with confidence needs to keep in mind the fact that knowledge is the bed-rock upon which judgment must rest. Skills in deciding are developed through practice and through relating things newly learned to one's acquaintanceship with facts and principles.

He is a **fortunate person** whose mind is filled with energizing high-pressure TNT thoughts, but they did not come by **chance**. He collected them or formed mental images of them, and put them into stock. One cannot apply techniques effectively while ignoring the more arduous task of acquiring facts and resolving abstract ideas into concrete examples.

Most people who are placed in positions where they **must** think judiciously seek to find a specific rule instead of trying specific cases by general rules. It is an affront to use generalities when particulars are available, but a person will deal more constructively with individual cases when he is acquainted with general rules.

The first distinguishing characteristic of straight thinking is facing the facts. When you are explicit, and differentiate between what you know and what you do not know but merely take for granted, you avoid the vagueness in which many people live.

*(Continued on page four)*

## NONE ARE DENIED

ANY ALCOHOLIC — can recover through AA — if he wants to! — ANY ALCOHOLIC in AA — need never drink again — if he is willing to "go to any lengths" in the **application** of the 12 Steps. ANY ALCOHOLIC can and will recover and stay recovered — when he uses the suggested formula of AA unconditionally!

There is really no mystery in such an assertion — since the source of recovery stems directly from a **limitless** power that is available to every human being. The alcoholic's recovery is not dependent upon other people — circumstances or things — but solely on his **willingness** to CLEAN HOUSE-and PUT HIS TRUST IN GOD!

Not even disbelief or a belief there is NO GOD — need be a barrier in finding this Power. A high I.Q., education, talent, or social standing are not requisites, nor will the lack of — be a bar to recovery. The real stumbling blocks in CHOOSING the AA way of life — are EGO — FALSE PRIDE — INTELLECTUAL ARROGANCE — and above all **SELFISHNESS**. The indispensable are — HONESTY — OPEN MINDEDNESS — and a WILLINGNESS — to try!

All that is required to start — is a SUFFICIENT degree of HUMILITY to accept himself as he REALLY IS in all his powerlessness and WANT to change. If he only wants — to WANT TO change — he WON'T. There is no way the alcoholic can recover — if he tries to hang on to his old ideas — nor is there any short-cut. Only when he is willing to sweep away the wreckage of the past — the shame and the guilt — can he make a beginning.

The dilemma of the alcoholic — is his LACK OF POWER. No matter how strong-willed, intelligent or phil-

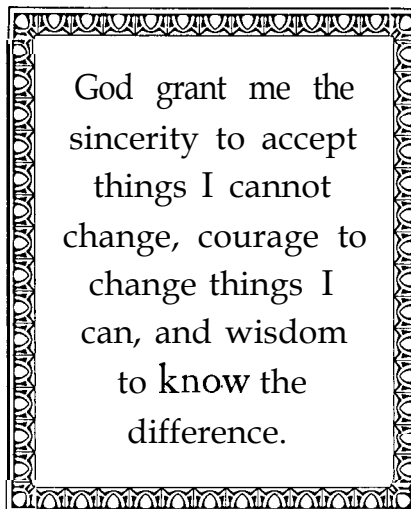
osophically inspired — he is powerless to manage his own life -- or refrain from drinking.

The obsession to drink stems from a deep need, not subject to reason or logic, and the allergic reaction to alcohol feeds the need. The alcoholic FEELS inadequate to cope with reality and responsibility — real or imagined, and alcohol becomes an essential adjustive technique — it relieves the pain of consciousness, even if only temporarily.

It obliterates — even if only temporary — and it supplies euphoric heights of human adequacy — even if only temporarily. Consciously — or sub-consciously — the alcoholic fears the removal of alcohol from his life on a permanent basis above all else — because it is the only thing he knows that makes an intolerable existence — tolerable — though miserable. So when an alcoholic is faced with the threat of total abstinence as a solution to his problem, he only intensifies his resistance and withdraws further into his HELL of lonely suffering.

Basically he is trying to find what all humans are seeking — HAPPINESS however whatever — wherever! For most people — happiness involves goals — purpose — meaning and moral values that afford the individual rewards and satisfactions that motivate him to abide by a natural way of life without drugs.

*(Continued on page four)*





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Harry D., Founder and Editor 1892-1968



Vol. 33

February, 1975

No. 5

### MILL ENDS AND REMNANTS

Why is it in almost all segments of our society today, AA included, so few literally carry the brunt of any funding campaign, thus bailing out the many who deign to glory in the outturn but deign not to give?

As this is written we approach opening of the 1975 Cleveland AA District Funding Campaign, which will embrace the period January 27-March 3, inclusive.

Funds required to keep the office operating at continuing peak performance of the past total \$50,000, and for this each of us is responsible so that the hand of AA will be extended to those who still suffer and seek our help.

Everyone of us needs to get behind this effort and when one of Chairman Larry L.'s campaign workers visits, your home group get together with him (or her) and make a truly generous pledge or contribution.

It is important that we be more than generous in 1975, as at the end of last year's campaign the needed goal was missed by 6.8%, and as of December 31 an amount of 15% of group and individual pledges were unremitted. Hence, ideally, an over subscription of 20% above the 1975 goal would overcome the deficiency slack of this past year. Simply, if you contributed \$25.00 last year, make it \$30.00 in 1975!

This reporter is not so naive as to believe that we will reach the vast majority of members who do not participate, for few of that vast majority are subscribers to Central Bulletin. else our subscription rolls would be bulging.

Nevertheless, we sincerely believe that our loyal subscribers will respond generously to the 1975 appeal, and we ask them also to pass the word and carry the message to others to lend their generous support also.

PLEASE, by George, support your District Office!

### WHOLE NEW YEARS GIFT

With the New Year comes a gift, 365 brand new spanking new days. Unused by anyone before.

What shall we do with them? Will be growl and gripe, feel sorry for ourselves, hate and distrust? Or will we try to love and enjoy to our fullest capacity?

Will we find contentment and happiness, peace and tranquility, and learn to be grateful for all that we have?

Too often we make ourselves discontented over our worldly possessions or the lack of them. They're nice to have I agree, but not a necessity of life. Not a necessity of our well-being and most certainly not a necessity to our happiness.

If we have the food that we need, shelter, water to drink, and adequate covering for our bodies, then we have the necessities of life. All else just puts the frosting on the cake.

If you must have more to be happy, then you are requiring other persons and other things to make you happy.

Why not use these brand new days coming up to learn to be happy because you're you? All it takes is faith, hope, love and gratitude. You know God didn't promise you a rose garden.

-From Search, Louisville, Ky.

### MINUTES OF CENTRAL COMMITTEE MEETING JANUARY 7, 1975

Meeting was opened by Helen D., Moderator, with the Serenity Prayer. There were 31 members present at this meeting. Gene M., Vice Moderator, read the Purposes of Central Committee and the Twelve Traditions of AA. The minutes of the December 3rd meeting were read and approved. Treasurer's report showed a balance in the General Fund of \$306.48 and in the Institution Group Fund, \$233.56 making a Grand Total in the Treasury of \$540.04 as of December 31, 1974. 249 speakers were supplied by the District Office for non AA meetings and Groups for the months of January through December, 1974.

#### COMMITTEE REPORTS:

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

**Areawide Committee:** Herman W. named as new Area-wide Chairman. No report.

**Central Bulletin:** George M., Editor, reports that reawal of subscriptions are lagging apparently due to subscribers not observing expiration month which appears on the envelope.

#### HOSPITAL REPORT:

**Rosary Hall:** Ray M., Chairman, reports that Rosary is filling up now but they would like to stress that Rosary does not take care of mental cases, strictly alcoholic. He suggests that the sponsorship, if the sponsor lives in town, that he visit the patient as much as possible during his stay and if the sponsor lives out of town (for an out of town patient) Ray or Lou W. will be happy to help out since the sponsor will not be able to visit so often. The stay is twelve days and a patient can only be admitted to Rosary Hall two times — the second is the last. Also had a question about answering service on Sunday. A lot of people call Rosary direct and are told to contact Central Office. Ray was assured that we do have an active service all day Sunday.

**Bay View:** Bernie B. no report.

**Brecksville:** Bill H., Chairman, turned report over to Harry G., who read a report on the Alcohol Dependency Unit at Brecksville VA Hospital which appeared in the January Bulletin, stating that members can go outside to attend meetings with any AA member. Quality of AA person, not quantity, is important in taking on the responsibility of seeing that patients attend outside meetings and are returned to the hospital on time.

**Lorain Community:** Jack S., no report.

#### INSTITUTION COMMITTEE :

**Warrensville Workhouse:** Helen D., nothing to report at this time.

**GENERAL SERVICE:** John B., no report.

**OLD BUSINESS:** None.

**NEW BUSINESS:** Dick F. reported that Lou W. is starting a new group Wednesday, January 8th at Kaiser Hospital (the old St. Ann's), Meeting will be at 1: 30 p.m. and is open to outsiders as well as patients and Lou can use some help.

Dick F., also mentioned that at the last Advisory Committee meeting it was decided that a pamphlet be put out to act as sort of a guideline of what the duties of a Secretary are so that they will better understand their responsibility within the Traditions of AA, especially the structure of the Fellowship in the Northeast Ohio area.

Helen D. asked all group representatives present to talk to their Secretaries and have them get a list of persons who can take 12 Step calls at different times during the day so that no calls for help would be delayed because a person has to travel too far out of their area.

**MOTION MADE:** Dick P., District Office suggested that perhaps we could have a Public Information spot on the air, calling attention to our phone number as an aid in helping the suffering alcoholic. Motion carried.

Also, under "New Business," came a short discussion about Anonymity.

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

Imogene P., Secretary

## PRAYER OF THE MONTH

Almighty God, for tomorrow and its needs we do not pray; grant us your grace and your aid just for today. Place us in the way of your light so that its reflection may be found in us. And may this reflection be strong enough to guide others to seek your light for themselves. Amen.

## STILL GOOD ADVICE

When serving some one hundred years ago as Chaplain of the U.S. House of Representatives, William Henry Channing recommended: "live content with small means; seek elegance rather than luxury, and refinement rather than fashion — study hard — think quietly — talk gently — act frankly;— listen to the bees and birds — to babies and sages with an open heart. Bear all cheerfully. Do all bravely. Await occasions, hurry never. In a word — let the spiritual — unforbidden — and unconscious grow up through the common."

## THE WORD IS PERFECTION

Perfection is an elusive goal, mainly because no one knows what it really is. Many think that a perfectionist is a highly skilled person who demands the best from himself and others, and who usually gets it. The psychological definition is the exact opposite; a perfectionist invariably demands more of any given situation than the situation calls for. Consequently here in a land of "never enough"; he may find it difficult to function at all. **Content yourself with what is good, and you will behold improvement coming to meet you.**

## FREEDOM

An AA speaker in a meeting, talked of his alcoholism as a "prison" of his own making. He said that when he was drinking, he felt completely cut off from his fellow man, in solitary confinement as it were, isolated and absolutely alone. Then he spoke of the joy of being able to break out into freedom with the help of the AA way of life.

That word "freedom" has a special meaning to those of us in AA. Because our release from the bondage of alcohol has been very real, indeed. Over and above all of its patriotic connotations, freedom — to us — means freedom from the obsession with drink, freedom from the same old daily or periodic plunge into the bottle, freedom from fear, anxiety, guilt and remorse. How wonderful to be free.

-from Silver Dollar, Fargo. N.D.

## PRESS ON

Nothing in the world can take the place of persistence. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb.

Education alone will not; the world is full of educated derelicts. Persistence and determination alone are omnipotent.

## IN MEMORIAM

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

F. LYNN COVEY, a long time member of the Berea Thursday Group, passed away in December in a losing fight against cancer. An effective sponsor, responsive and responsible to all AA needs, Lynn will be sorely missed by his many, many friends.

## DATES TO REMEMBER

### FEBRUARY

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

24-31st Anniversary of Pearl Road Group, 8:30 p.m., St. James Lutheran Church, 4771 Broadview Road at Oak Park Avenue, Cleveland. Speaker: Art N. (his 25th Anniversary), Pearl Road Group.

## FUNDAMENTALS

The "Big Book" tells us that when we get disgusted with meetings and get tired of hearing talk of others in the group, to look within ourselves, that probably there is something wrong with our thinking rather than that the group is wrong.

Group meetings do tend to stagnate at times, and the group can examine its group conscience just as the individual must on many occasions. Hilarious antics in pre-AA days are screamingly funny, psychiatric reactions of the alcoholic are interesting, arguments on religion are worthwhile, social service discussions have their place. But they don't fit into AA meetings.

Our primary purpose is to get sober and stay sober. We do this through our book of experience. Deviate for long from this fundamental course of action and experience shows that group unrest starts to grow.

The longer one is in AA the more he appreciates the value of fundamentals. No finer meeting can be enjoyed than that devoted to basic AA concepts.

-From HERE'S HOW, Chicago, Ill.

## CLEVELAND AREA GUEST SPEAKERS FEBRUARY, 1975

**ALLEDALE (Thursday)** 6 — Walter W., Early Early; 13 — John S., Early Early; 20 — Joe B., Redwood; 27 — Millie Z., Gordon Square.

**BORTON (Monday)** 3 — John F., Northeast; 10 — Fred T., Mansfield, O.; 17 — Ed H., Northeast; 24 — Landon M., Lander Circle.

**BRECKSVILLE WEDNESDAY (Wednesday)** 5 — Rich F., Lorain Avenue Tues.; 12 — Harry G., Brecksville Wed.; 19 — Jose M., Parma Sat.; 26 — Ray G., Charity.

**DOAN MEN (Wednesday)** 5 — Jerry W., Angle; 12 — Fred B., Eaton; 19 — Tom T., Lorain Avenue Tues.; 26 — Tony W., Berea Fri.

**GORDON SQUARE (Friday)** 7 — John M., Young People; 14 — Ralph G., Young People; 21 — Mike A., Night & Day; 28 — Paul G., St. Clair Thurs.

**GRATEFUL (Sunday)** 2 — Jim F., Tri-County; 9 — Herb F., Kirtland; 16 — Sally K., Hope House; 23 — Anthony I., Night & Day.

**PARMATOWN MEN (Friday)** 7 — Paul C., Parmatown Men; 14 — Frank T., Southwest Sun.; 21 — Frank T., Parma Heights; 28 — Jack S., Parmatown Men.

**ROCKY RIVER (Thursday)** 6 — Mary M., West Side Women; 13 — Tom K., Bay Fireside; 20 — Bobby Z., Volunteers of America; 27 — George F., Rocky River.

**SOUTHWEST SUNDAY (Sunday)** 2 — Ken S., Redwood; 9 — Ruth C., Sister Ignatia; 16 — Milt L., Newburgh; 23 — Frank A., Berea Thurs.

**WEST SIDE WOMEN (Monday)** 3 — Milly B. (1st lead), West Side Women; 10 — Evelyn P., West Side Women; 17 — Niles T., Fairview Park; 24 — Mary H., West Side Women.

**Y.O.U.R. (Sunday)** 7 — Bill M., Newburgh; 14 — Tom C., Superior; 21 — Harriet M., Lee Mon.; 28 — Bill H., Wed. Men's Discussion.

Copy of March listing must be in our hands by February 13, 1975 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

OLD SCARE CROW AND COWS

Today, more than ever before in the world's history, alcohol and alcoholism are becoming a problem among men. Although AA has no contention against the alcohol industry, the problem of alcoholism has become so great that we can hardly refuse to consider the material that is being printed concerning the subject. One interesting article, written by Robert W. Moon presents some of the facts in a humorous pamphlet called, "Old Scarecrows and the Cows."

Just suppose there were 150 million cows in America. Let's suppose there is a great industry doing a great business selling a certain kind of hay. This hay, called Old Scarecrow, while made entirely from locoweed, is alluringly described as a blend of old straw aged in the cornfield, and on almost every fence there appear large pictures of contented, "Cows of Distinction" munching away on this fatal fodder. As a result, cows by the million turn from their sober diet of alfalfa and begin chewing, "Old Scarecrow."

Now let's suppose that this stuff makes the cows do silly things such as running into barbed wire fences, jumping off bridges or running into automobiles — so much so that 500 thousand are killed or injured every year. Suppose milk production is cut down because the users of Old Scarecrow lose 50 million "cowdays" a year. Suppose the life expectancy on the cows who chew it regularly is reduced by an average of 12%. Suppose it makes four million of the cows so sick that much of the time, they are useless. Suppose that for every one that is cured, the industry makes ten more Old Scarecrow addicts. Suppose that caring for the victims of Old Scarecrow requires 80% of the farmer's time.

How would you expect the farmers to take all of this? Would you expect them to take it sitting down? Or would you expect them to stand up and say: "That ain't Hay," and then put forth an effort to protect their cows?

Now, just suppose that you cared as much about your children and your fellowman as you would expect the farmer to care about his cows!

What do you suppose you would do about drinking?

-From The Brighter Side

IMPORTANT NOTICE

By reason of the increasing amount of mail sent with no postage, effective November 17, 1974 U.S. Postal Service ruled such "Postage Due" letters will no longer be delivered.

All such mail will be returned to the sender. If no return address is shown on the envelope, this mail will be sent to the dead letter office for processing.

Please make sure all your letters have the proper amount of postage securely affixed to your envelope. Also, please be certain to include your full return address on all envelopes to assure their return to you, if accidentally mailed without a stamp.

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

TESTIMONY OF THE MONTH

My name is Ernie and I am an alcoholic, to say nothing of being a resident of this institution three different times. The three times I have been sent here, it has always been for checks, and this isn't really the reason (checks) that I'm here. I become more convinced everyday that it's alcohol that has placed me here, or maybe I should say it's my inability to cope with alcohol.

Writing checks, burglary, armed robbery, or whatever particular crime you can think of is usually done by the alcoholic for one of two different reasons: Either to obtain more alcohol or to continue feeding his "big-shot-itis" so that he can continue the so called party life and to show off before his friends.

Now, there are of course other hidden emotional illnesses that come out as a result of drinking. Neuroses of various types, but we aren't really concerned with causes, but with what alcohol does to us personally; how it affects our ability to carry out the duties of our state of life; how it affects our functioning in a "normal" fashion, and we can find out the answer to this by simply asking ourselves some questions:

- 1. Do I act the same when I'm drunk as when I'm sober?
2. Does alcohol interfere with my spiritual life, does it stop me from going to church, in short, does it cause me to forget God?
3. Does alcohol interfere with the normal life that my family is living, does my spending money on booze in any way deprive them of the necessities of life?

If the answer to these questions is yes, it's almost sure that, at least we have some kind of drinking problem.

I am beginning to see many things that I never understood before and when I leave this institution I'm going to attempt to carry the principles involved in AA with me into the free world simply because the last part of the 12th Step tells me that I have to practice "these principles in all my affairs," and it is my personal belief that this is where it's really at, once we have worked the other 11 steps.

- Ernie G., in Sundial (N.M. State Prison)

DO SOMETHING

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

- Albert Schweitzer

MAKING A DECISION

(Continued from page one)

We are constantly urged to be objective in our thinking, but if we sit on the fence, never committing ourselves, and never giving a decision, we live an unrewarding sort of life. Doing nothing has consequences just as surely as doing something has.

-From "On Being Positive," Royal Bank of Canada Monthly Letter, Nov. 1974

NONE ARE DENIED

(Continued from page one)

Seemingly — no earthly force can solve the alcoholic's problem — but GOD can — and will — when He is sought! The 12 Steps are a direct path to this infinite source of help — and cleaning house is simply an act of contrition and self-awareness that prepares the alcoholic to accept God's love and mercy!

The rewards of submitting to AA's 12 Steps — are inevitably — HAPPY — SOBRIETY! The alternative — is inevitably — fatal! Half-measures avail NOTHING! Anything ALMOST right is WRONG! If he wants to keep on suffering — he can and will — If he wants to recover — he CAN and he WILL — through the 12 Steps — by the GRACE OF GOD!

- From RAILBEAMS, St. Paul, Minn.





## LISTEN TO HEAR

Don't be fooled by me, don't be fooled by the face I wear. For I wear a thousand masks, masks that I'm afraid to take off and none of them is me. Pretending is an art that's second nature with me but don't be fooled, for God's sake, don't be fooled. I give the impression that I'm secure, that all is sunny and unruffled with me, within as well as without, that confidence is my name and coolness my game; that the water's calm and I'm in command, and that I need no one. But don't believe me. Please.

My surface may seem smooth, but my surface is my mask. Beneath this lies no **complacency**. Beneath dwells the real me in confusion, in fear, and aloneness. But I hide this. I don't want anybody to know it. I panic at the thought of my weakness and fear of being exposed. That's why I **frantically** create a mask to hide behind, a nonchalant, sophisticated facade to help me pretend to shield me from the glance that knows. But such a glance is precisely my salvation. My only salvation. And I know it. That is if it's followed by acceptance, if it's followed by love. It's the only thing that will assure me of what I can't assure myself, that I am worth something.

But I don't tell you this. I don't dare. I'm afraid to. I'm afraid your glance will not be followed by acceptance and love. I'm afraid you'll think less of me, that you'll laugh at me, and your laugh would kill me. I'm afraid that deep down I'm nothing, that I'm no good, and that you will see this and reject me. So I play, my game, desperate game, with a facade of assurance without and a trembling child within. And so begins the parade of masks'. And my life become a front.

I idly chatter to you in the suave tones of surface talk. I tell you everything that is really nothing, and nothing of what's everything, of what's crying within me; so when I'm going through my routine, do not be fooled by what I'm saying. Please listen carefully and try to hear what I'm not saying, what I'd like to be able to say, what for survival I need to say, but what I can't say.

I dislike hiding. Honestly! I dislike the superficial game I'm playing, the phony game. I'd really like to be genuine and spontaneous, and me, but you've got to help me. You've got to hold out your hand, even when that's the last thing I seem to want. Only you can wipe away from my eyes the blank stare of breathing death. Only you can call me into aliveness. Each time you're kind and gentle and encouraging, each time you try to understand because you really care my heart begins to grow wings, very small wings, very feeble wings, but wings. With your sensitivity and sympathy, and our power of understanding, you can breathe life into me. I want you to know that.

I want you to know how important you are to me, how you can be the creator of the person that is me if you

(Continued on page four)

## THE UNWRITTEN LAW

We cannot separate ourselves from people who drink and whose moral standards do not measure up to ours. Most of us have to work and do business with people whose ideals and virtues are not on line with ours. So in our daily contact with others we should guard our lower instincts and not let them get out of control.

Step One says: We admitted that we were powerless over alcohol — that our lives became unmanageable. Yes, we lost control over our lives because we lost control of our lower instincts and as a result, we were in all kinds of trouble.

From the very beginning of the human race, men had to make laws and build penal institutions to confine and discipline the people who control their own lives. At the same time people built churches, schools and colleges to help people to develop their minds so that they could control their lower instincts.

The mere act of living imposes chores and responsibilities. We are never free of the necessity of working, resting, eating and attending to our daily essentials of health and cleanliness. But many of our deeds and actions are not covered by laws. This covers many of the things we do or not do.

Let us consider the obedience to the unenforceable. Obedience to practice the Twelve Steps or the Twelve Traditions cannot be forced. People cannot be forced to stop drinking or to join AA. We cannot be forced to attend a certain amount of meetings or make a Twelve Step call on another person. Out of the realm of AA, there are no laws to force us to attend any church service or to worship God. After we become of age, we are regulated by statute to go to school or

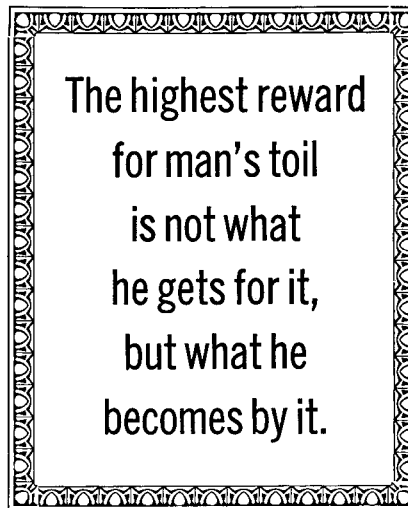
college. Yet, our sobriety depends on our obedience to the unwritten law of right conduct when there is no one to enforce the law.

Honest obedience is important to sobriety and to our daily living with others. Honesty is the bedrock upon which character is built. Without honesty, our virtue and love becomes a thing of flimsy passion. We need honesty to sustain us in our dealings with others where the eyes of the law do not penetrate.

An honest controlled life will carry us safely through this world of greed and brutalizing self-indulgence. The glorious achievement of many sick alcoholics have resulted from their courageous battling to keep their lives under control. Every obstacle that confronts life is a challenge to effort, both physical and mental. Our honesty will be revealed when we come face to face with temptation only if we made it a daily practice to keep our instincts under control.

So life must be lived. The ultimate control of our lower instincts is of supreme importance, for it determines the direction of our journey and it gives meaning and purpose to life.

— Edward B., in Akron, Ohio  
Intergroup News





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Harry D., Founder and Editor 1892-1968



Vol. 33

March, 1975

No. 6

## MILL ENDS AND REMNANTS

While it has been said here before, we will repeat ourselves, that in preparing this column considerable time and thought precede what we put down and more often than not a great amount of reading is necessary for the stimulation required.

In a recent Akron, Ohio, Intergroup News, an article so stimulating and thought provoking prompted us to share it with you in its entirety. It was written by Patty J. (and we assume the anonymity is proper). It is entitled:

### THE CUP

"Two of the most difficult things in the world to accept are these: The acceptance of death and the acceptance of life.

Often the acceptance of death comes only through the blurring of memory. Some times the acceptance of life comes not at all. I have not really learned to accept death except in my mind and in my dispassionate hours. In my emotions, I cannot tolerate the fact of it. Somehow I have learned the acceptance of life and there are times, I am sure it is the greatest achievement.

Perhaps, though death must be accepted, life must be welcomed. It takes a greater insight, I think, than death, for which there is no real insight at all but only the mystery which must be believed.

About me on the streets of this town walk men and women who have neither accepted life nor welcomed it. They come and go, are born and produce replicas of themselves and die and leave only the shadows of their being to mourn them. That is the great tragedy, not that they die, but that they have never lived. Living takes pain and the painful perception. It takes joy and the joyous awareness. It takes the deep drink of the exquisite cup of itself and perhaps when death comes, the cup is empty. That is as it should be.

It may be that the cup of life given to me is small and therefore I savour it the more. Had I been given a great chalice of life, its edges keen and its flavor more bitter and more sweet, I might not have contained in myself the capacity to love it so. Today in my cup there is sorrow for a friend and the acid taste of death at the brim. I am afraid and lonely, but I will not turn away, for there is illumination within me and the world around me is filled with splendor and a bird is teaching its young to fly.

I accept all this with eagerness and a great gladness. I have the right to laughter. If tomorrow when I raise my cup, I taste tears within it. I have the right to weep."

A heap of pondering, by George!

## CLEVELAND AA DISTRICT OFFICE

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

## MINUTES OF CENTRAL COMMITTEE MEETING FEBRUARY 4, 1975

Meeting was opened by Helen D., Moderator, with the Serenity Prayer. There were 36 members present at this meeting. Gene M., Vice Moderator, read the Purpose of Central Committee and the Twelve Traditions of AA.

Helen D. introduced Rudy S. who was present at this meeting to acquaint the Committee with a new facility that is to be opened at Women's Hospital, called Merrick Hall, for the treatment and rehabilitation of the woman alcoholic. This will reportedly be the first treatment center of its kind in the world . . . solely for the woman alcoholic. Much planning has gone into this center it will be a multi faceted treatment, launching the woman alcoholic into a life of sobriety with a follow-up of AA living. The stay will be 14 days and Rudy S. will be the Director of this program. He went into the plans of the program at great length and asked that we support them morally with prayers. Hospital insurance will cover treatment: It is not "a psychiatric treatment, primarily alcohol. Admission, hours, visitation, etc. will be explained to us in greater detail at the time the facility opens sometime in the spring. He then expressed his thanks to the committee and took his leave.

Meeting continued with the Secretary reading the Minutes of the January 7th meeting which were approved and accepted as read. The Treasurer's Report for the month of January, 1975 was read showing a balance in the General Fund of \$236.48 and in the Institution Group Fund of \$233.56 making a total balance in the Treasury of \$470.04. Report approved and accepted as read. 31 speakers were supplied by the District Office for non AA meetings and groups for the first month of 1975.

### COMMITTEE REPORTS:

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

**Area-wide Committee:** Herman W., Chairman. Next Area-wide Meeting will be held on Friday, March 14, 1975 at Jordan Hall, St. Vincent Charity Hospital at 8:30 p.m. Speaker will be Mary H. of the Heights Closed Discussion Group.

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

### HOSPITAL REPORT:

**Rosary Hall:** Ray M. reported that, beginning May 1st, the stay will be 14 days and the entire staff will be improved. Wanted to make it understood that rule still holds — man cannot sponsor woman. Woman must have woman sponsor, same for man. There will be only two admissions permitted at Rosary Hall if a patient was admitted for the first time during the late 1960's or early 1970's. Third admissions are possible if the patient was first treated prior to 1960 and then only after being thoroughly checked out as to attitude, cooperation, etc. This admission would be permitted due to the fact that the stay was shorter at that time. Also, there is great need for women volunteers who can give, possibly, one day a week during the day time hours.

**Bay View:** Bernie B., no report.

**Bay View Women:** Edie H., all is well.

**Brecksville:** Bill H., Chairman. All quiet.

**Lorain Community:** Jack S., no report.

### INSTITUTION COMMITTEE:

**Warrensville:** Helen D., Chairman. They are still in the process of opening a women's section, she has heard — but has nothing more to report.

**GENERAL SERVICE:** John B. gave interesting report on the success of AA program in U.S. and Canada. Statistics shown in latest issue of Box 4-5-9.

The World Directory will be printed in late April and should be distributed in June. New Directory to come in three parts, probably at three months intervals. No information on price, etc.

Question raised as to how the reservations are going to be araneed if someone wants to attend the Denver Conference in July and are going to go through on chartered buses. It was suggested, also, that if anyone had received confirmation on their registration but not on their reservations for quarters, they should follow through and contact the Committee in New

(Continued on page four)

**PRAYER OF THE MONTH**

O God, give me strength to live another day. Let me not turn coward before its difficulties or prove recreant to its duties. Let me not lose faith in my fellowman. Keep me sweet and sound of heart, in spite of ingratitude, treachery or meanness. Preserve me from minding little remarks or giving them. Help me to keep my heart clean, and to live so, honestly and fearlessly that no outward failure can dishearten me or take away the joy of conscious integrity. Open wide the eyes of my soul that I may see good in all things. Grant me this day some new vision of Thy Truth, inspire me with the spirit of joy and gladness, and make me the cup of strength to suffering souls. Amen.

**HOW TO FORGIVE**

The art of forgiving is one of the finest of spiritual graces. We offer a few suggestions on how to do it:

1. Begin by assuring yourself that you have not been seriously injured after all.
2. Count up all the favors and kindnesses that have been shown you, even by the person who has injured you.
3. **Begin** to list the mercies you have enjoyed at the hands of God, which you did not deserve.
4. Offer thanks to God for the spirit of forgiveness with which He has followed you.
5. Begin to offer an earnest prayer in behalf of the one who has wronged you.
6. Begin to look for some opportunity to help him yourself.
7. Make a special effort to surprise him with some kindly act or service.
8. When the memory of your injury intrudes upon you, match it with a kindly thought or deed.
9. If the wrong is particularly acute, make it a point of prayer.
10. Repeat carefully, "Forgive us our trespasses as we forgive those who trespass against us."  
— L. Smith

**NUGGETS**

(Recipe for' all Seasons)

1 <sup>cup</sup> of thanks to God ■ 1 cup of good thoughts ■  
3 cups- of kind deeds . 2 cups of sacrifice' for others  
. 3 cups well beaten thoughts of compassion.

Mix ingredients thoroughly and add tears of joy as well as sorrow for your neighbor in trouble. Flavor with little gifts of love and kindly service.

Fold in prayer and faith to lighten the other ingredients and raise the texture to great heights of Christian living. Bake well at a high deree of human kindness and serve with a warm smile. Enjoy every bite.

Criterion — Jan. 1975

**FAIR PLAY**

Whistler, the artist, had a French poodle, of which he was extravagantly fond. The poodle was seized with an infection of the throat one day, and Whistler had the audacity to send for the great throat specialist, Mackenzie.

When Mackenzie saw that he had been called to treat a doz. he felt incensed, but said nothing. He prescribed, pocketed a big fee, and drove away.

The next day he sent posthaste for Whistler. And Whistler, thinking he was summoned on some matter connected with his beloved dog, dropped his work and rushed to the home of Mackenzie.

On his arrival, the great specialist said, gravely, "How do you do, Mr. Whistler? I wanted to see you about having my front door painted."

**SUPPORT YOUR DISTRICT OFFICE**

**DATES TO REMEMBER**

**MARCH**

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

14—**Areawide Meeting, 8:30 p.m.,** Jordan Hall, Charity Hospital, East 22nd St., and Central Ave. Speaker: Mary H., Heights Closed Discussion Group.

28-Good Friday

30-EASTER

**MAY**

I-ANNUAL INTERGROUP DINNER and Dance, Cleveland Plaza Hotel.

**WHEN WE'RE LATE**

Many, many things must be done to put together our monthly journal and sometimes time, circumstances and pitfalls militate against this being done on time, so we are late, for which we express regret.

It is suggested that secretaries and group chairmen when submitting their leads for inclusion in the Guest Speakers List for the month of publication add the **anme** of the speaker for the first meeting of the following month, thus when delays do occur the lapse in time will be bridged. If you do it, you'll like it.

**HOW DO YOU HANDLE CRITICISM?**

Re-examine your attitudes toward criticism. There would be fewer hurt feelings if people viewed criticism as an opportunity rather than a threat. According to psychologists, when a **person** criticizes you, it sometimes means that he's taken an active interest in you! In **any** case, the mature well-adjusted person will seek to benefit from even unfair criticism — looking for the grain of truth in it and asking himself what he can gain from it — instead of frantically mobilizing his defense to fight it. When you are doing the criticizing, remember that your remarks will be better received if you find something to commend and praise' first.

**CLEVELAND AREA GUEST SPEAKERS**

**MARCH, 1975**

**BORTON (Monday)** 3 — Betty W.; 10 — Kathy P.; 17 — Lee P.; 24 — Ro E.; 31 — Walter R.

**BRECKSVILLE WEDNESDAY (Wednesday)** 5 Norm K., Parma Sat.; 12 — Don W., Brookpark; 19 — Chester Z., League Park; 26 — Fritz S., League Park.

**EDGE LAKE (Tuesday)** 4 — Catherine S., Hague; 11 — Joseph K., Hague; 18 — Pearl K., Clark; 25 — Tom McG., Edgelake.

**GRATEFUL (Sunday)** 2 — Al T. (4th Anniv.), Grateful; 9 — Harriet M., Lee Mon.; 16 — Barbara B., Serenity Women; 23 — Fred B., Eaton; 30 — Milt L., Newburgh.

**PARMATOWN MEN (Friday)** 7 — Art R., Equity; 14 — Ray L., Brooklyn; 21 — H. R. D., Brookpark; 28 — Jim B., Brookside.

**SISTER IGNATIA (Friday)** 7 — Stan L., Lake County; 14 — Tom S., Lakewood Men; 21 — Tom D., Garfield Tue.; 28 — Nate G., Riverside.

**STRONGSVILLE (Tuesday)** 4 — John H., West Richfield; 11 — Frank A., Berea Thu.; 18 — Don W., Berea Thu.; 25 — John P., Brunswick.

**WEST SIDE MORNING (Thursday)** 6 — Farrell G., Angle; 13 — John C., Humble; 20 — Jack E., DeWittville, N.Y.; 27 — Ken & Rusty M., Madison, O.; April 3 — Mose Y., Alliance, O.

**WEST SIDE WOMEN (Monday)** 3 — Ralph C.; 10 — Dolores J.; 17 — Doc F.; 24 — Father B.; 31 — Surprise.

**Y.O.U.R. (Sunday)** 2 — Jack K., Wickliffe; 9 — Will be announced; 16 — John McM., Angle; 23 — Martha DeM., Allendale; 30 — Regina, YOUR.

Copy of April listing must be in our hands by March 15, 1975 accompanied by check for \$3.00. Lists not received by this date will not be printed. Mail to Central Bullfin Foundation, Box 6712, Cleveland, Ohio 44101.

WITHOUT SINCERITY WE DON'T HAVE IT

Sincerity to ourselves and to others must surely be one of the most important attributes that men and women can strive to attain. It embodies humility and honesty and an attempt to see and accept things as they really are. It may well be considered the core of our spiritual involvement in life.

We people of AA know that sincerity is a cornerstone of our program of recovery from alcoholism. Unless we tackle that program with the utmost sincerity — with a willing and open heart — we have not much chance of achieving a contented and lasting sobriety.

And unless we can be sincere in practicing the principles of AA philosophy in all our affairs we cannot go very far along the recovery road.

And yet sincerity may not seem to come too easily to some of us when we first put down the bottle and try to remake our lives. We have schooled ourselves to double standards and rationalizations during our drinking years and we have to unlearn this sort of thinking.

More than most people, the alcoholic leads a double life," says the Big Book. "He is very much the actor.

"To the outer world he presents his stage character. This is the one he likes his fellows to see. He wants to enjoy a certain reputation, but knows in his heart he doesn't deserve it."

We have the chance to do something about this state of affairs as we work the AA Program. But any estimate of our progress, any evaluation of whether we are really making the greatest effort we can, must come not from someone else assessing our performance but from our own hearts.

We might be shy, awkward, lacking in witty conversation. But all the polish and sophistication in the world will get us nowhere — in fact, it will probably hold us back from spiritual advancement if it is just a facade.

Without sincerity we haven't got much at all.

-The News, The Monthly Journal of AA Victoria (Australia) November 1974.

MINUTES

(Continued from page two)

York sq that, they can be assured they have a place to stay.

NEW BUSINESS: Dick F. announced that our annual District Office Fund Drive started Monday, January 27th and asked all secretaries to respect the individual that goes to their group asking for donations for the 1975 District Office Campaign. Goal this year is \$50,000.00.

Moderator, Helen D., asked all in attendance to pass the word along that we do have the Central Committee meeting every month and each group should have a representative.

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

Imogene P., Secretary

THE GROUP, NOT YOU!

Since the advent of AA, the group system of gathering and adhering to principles has been in effect and has proved a boon to fellowship. However, because we are human and the complexities of human nature are such, some among us are prone to fall into, or join forces with the disgruntled minority. This shows a lack of complete cooperation, or should we say a leaning toward the competitive rather than the cooperative method of arriving at a group decision.

It is tradition among us that the individual has the unlimited right to his own opinion on any subject under the sun. He is compelled to agree with on one; if he likes, he can disagree with everyone. And indeed, when on a "dry drunk," many AA's do. However, when we must arrive at a group decision, we must come together with the idea of gathering partial truths and bringing them to a group conclusion. With the individual thrust into the background, the members of the group will come together in a relaxed, receptive state of mind. They will find agreement is present.

Each group is a big family, its members banded together for one purpose, the purpose of sharing our happiness with others. Not for someones personal triumph or glorification, but for the common good of all. If we are of a common mind there is no disgruntled minority and unanimity of thought overcomes the desire of the individual will to dominate. Personal triumph is cast into the shadows and cooperative agreement brought into light.

— Helen W.

PERSEVERANCE

Man is a creature of habit. This fact is most certainly recognized far more strongly by the alcoholic than by the non-alcoholic. The former now knows what habitual excess led to, whereas, the latter who has always lived moderately, regards habit as a matter of routine. In the strict sense, while drinking, we were persistent but not perseverant. We persisted in being fickle, fitfull, inconsistent, irresolute and unsteady. The kynote of perseverance, employed in the good and high sense, which is the holding to a worthy cause against all difficulty, danger, hindrance or opposition, was completely lost in us.

We must now recreate and strengthen within ourselves, that which had been cast asid. We must newly acquire the act or habit of persevering in the attainment of and strict adherence to the Four Absolutes. The acquisition of happiness, contentment and peace of mind, can be reached only with effort and self discipline. However, as we go further and advance with the AA program, we find that only a modicum of effort is required to practice perseverance; until finally we reach the point where it becomes a habit and we no longer force ourselves or give up if the going seems a little tough. So now, let us continue striving, in spite of all discouragement, to persevere in the right against all opposition, and thereby live a fuller and more useful life.

LISTEN TO HEAR

(Continued from page one)

choose to. Please choose to. You alone can break down the wall behind which I tremble, you alone can remove my mask. You alone can release me from my shadow-world of panic and uncertainty, from my lonely person. Do not pass me by. Please do not pass me by.

It will not be easy for you. A long conviction of worthlessness builds strong walls. The nearer you approach me, the blinder I strike back. I fight against the very thing I cry out for. But I am told that love is stronger than walls, and in this lies my hope. Please try to beat down those walls with firm hands, but gentle-hands; for a child is very sensitive. Who am I, you may wonder. I am someone you know very well. For I am YOU.

-From Chit-Chat

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 6772, Cleveland, Ohio 44101 THE YEAR 'ROUND GIFT



## SHARING HOPE

More and more I think perhaps the greatest thing we can share with another human being is HOPE. Sharing experience is necessary; first, in breaking down the walls of our own false pride, and telling a new member what we were really like, so they can identify . . . and please don't tell me an older member is too far away from his last drunk to remember what a hangover feels like — or the unbearable remorse! After more than 20 years I remember as vividly as if it were yesterday.

When I was new in the program, I wondered for a long time why the older members would not tell me what to do about my personal family problems. After a while, I realized they gave me something far more precious than advice — that intangible miracle — Hope to the Hopeless — hope that I could stay sober — then, hope that with sobriety, I could cope with my life, as they were doing with theirs.

Facing the realities of every-day living without the glass crutch can be a very frightening thing for a new member. He or she feels much like a stranger in a far country, and there are moments, much as he wants sobriety, when the temptation comes to go back to the old and familiar way of anaesthetizing himself with alcohol — just for a little while just a little while more.

Then, this Hope shared by other sober alcoholics, comes — much like the song of the nightingale in John Keats' famous poem:

You were not meant to die — immortal hope —

“ . . . No hunerv ngerations tread thee down; The voice I hear this passing night was heard by Emperor and clown: Perhaps the selfsame song that found a path through the sad heart of Ruth, when, sick for home, she stood, in tears, amid the alien corn;”

and we find courage to continue on.”

Sometimes “hope” is the most potent weapon we have against impossible odds.

My dad died — he did not want to; he suffered untold pain of treatments he hoped would forestall the inevitable. He hoped even after a doctor reluctantly told him to “begin getting his affairs in order,” that the doctor was mistaken. He dug up from memory the names of people in the community who were told death was imminent years ago and they were still alive — ending with “doctors don't know everything!”

I was with him when he drew his last breath — he never recognized me after I got to his bedside four days before. One minute I was praying for him to get well and the next, seeing his agony, praying that his spirit would be released from that pain-filled deteriorating body.

He was my rock — when I was growing up I alternately hated and loved him, one as fiercely as the other — but he was always the rock . . . the steadfast . . . the dependable . . . the “always there” if you needed him.

(Continued on page four)

## YOU ARE MY BROTHER

You did not know when you joined AA that you would make a new “LIFE” for yourself, for me, and for countless others. You were sick, tired and discouraged; just another drunk who wanted to do something about it. We understood how you felt the day you joined. There were some faces there in the clubroom you hadn't seen in some time and they were happy faces, serene faces. You felt like a stranger because those old buddies were sober, quiet and clean.

You didn't get much from that first meeting, although you did listen attentively to the speakers. You knew you would come back — not so much for what was said as from the irresistible pull of the appearance of all those ex-drunks. Something had changed them and you wanted to find it too.

You had been dry a week now, and you felt the whole world should know about it, slap you on the back and tell you what a great guy you are. Nobody did, but you already felt a part of something fine: as if your appearance and your sobriety this night was having an unspoken effect on some of the other members. It was a good meeting and you enjoyed the unpretentious talks made on the various phases of the AA program.

This was a fine bunch of guys — no six-bit words — no oratory — just the common over the table variety of easy friendly discussion. Although still shy, you had a feeling that it wouldn't be hard to ask questions and exchange ideas with these men. There were no “big shots,” self-styled authorities or other pompous individuals. Everyone is equal and made to feel that whatever he has to say is fully as important as that of the next man.

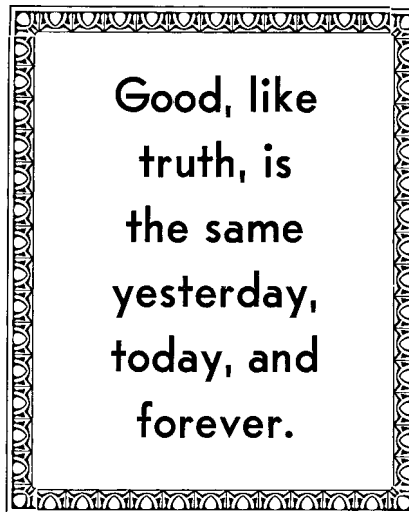
You see some of your members have slips and are amazed at the easy tolerant forgiveness shown. Nobody in the world goes so all-out to help his fellowman as a brother AA on 12 Step work. Time, expense and self is forgotten. There are no lectures or recriminations because every AA realizes he is only one step away from a slip himself. You know that the secret of your sobriety is the step before that first drink — which is the slip into the kind of thinking which could drive you to that first drink.

You've been in AA for a long time now. You've gone over and discussed freely, pro and con, the 12 Steps and Traditions of AA. You believe in God now, but in your own way, and not in the terms projected at you in your youth. God, as you understand Him now, is your friend and partner in a better way of life and not a stern disciplinarian waiting to punish you for all your misdeeds.

You are healthier and happier now than before. The only things which can get under your skin nowadays is when someone tries to improve on or complicate the basic simplicity of the AA program. You haven't found asylum from your dringing problems alone.

You have received much from your fellowman and in the receiving have given happiness to others in countless ways. Your wife and family are happy and contented with your thoughtfulness and love. You are one of the

(Continued on page four)





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Harry D., Founder and Editor 1892-1968



Vol. 33

April, 1975

No. 7

### MILL ENDS AND REMNANTS

Many years ago when home remedies were in vogue this was the season for a course of sulphur and molasses and regular intake of sassafras tea that our bodies may be shed of the poisons accumulated through an inactive and self indulgent winter.

These springtime 'tonics' were supposed to have readied us for the more active days of the season ahead, restoring us to the peak of physical condition to meet the demands of the increased activities.

While home remedies have largely been supplanted by proper diets and other prescribed implementation for our physical well being, as has always been the case our mental and spirit renewal have been left to somewhat shift for themselves.

However, in AA we have the tools to keep an on-going renewal day by day thus keeping our mental attitude on a plane free of danger from the doldrums of a long winter.

Nevertheless, springtime is a period for renewal and restoration of all living things, so, then, it is good reason for those of us in AA to put greater emphasis on our attitude of sobriety and its meaning to us.

Perhaps Spring, embodying renewal and restoration, has more significance to this writer since this was the season 19 years ago that renewal and restoration to a way of life without alcohol.

Happy sobriety, though, knows no season, unless we consider the season to be of 24 hours duration, and these are the "seasons" to which we apply ourselves so that the continuity of renewal and restoration shall remain.

Each of us have been enriched beyond measure by the gift of freedom from the bondage we knew and the gift of life we now know.

Have a happy springtime, by George!

### AA LITERATURE PRICES

On May 1, 1975 prices on AA Literature will be increased as follows:

BOOKS	OLD PRICE	NEW PRICE
<b>"Alcoholics Anonymous"</b> *		
Retail Price	\$4.50	\$6.25
Price to AA Groups	4.00	5.75
<b>"Twelve Steps and Twelve Traditions"</b> --Regular Edition		
Retail Price ...	2.75	4.00
Price to AA Groups ..	2.50	3.75
<b>"Twelve Steps and Twelve Traditions"</b> --Gift Edition		
Retail Price .....	3.00	4.25
Price to AA Groups	2.75	4.00
<b>"AA Comes of Age"</b>		
Retail Price .....	4.00	5.75
Price to AA Groups ..	3.75	5.25
<b>"As Bill Sees It"</b>		
Retail Price .....	3.50	5.00
Price to AA Groups .....	3.15	4.65

The price on pamphlets and other material will be increased on an over-all average of about 45%. On May 1, effective date of price increases, a new discount structure based on quantity orders will be introduced.

### MINUTES OF CENTRAL COMMITTEE MEETING MARCH 4, 1975

Meeting was opened by Gene M., Vice Moderator, with the Serenity Prayer. There were 51 members present at this meeting. The Purposes of Central Committee and the Twelve-Traditions of AA were read by Vice-Moderator, Gene M. Minutes of the February 4th meeting read by the Secretary were approved and accepted. Treasurer's Report for the month of February was read, showed total in the General Fund of \$165.64 and in the Institution Group Fund \$233.56, making a Grand Total of \$399.20 in the Treasury. Treasurer's Report also accepted and approved. 65 speakers were supplied by the District Office for non AA meetings and Groups for the first two months of 1975.

#### COMMITTEE REPORTS:

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

**Area-wide Committee:** Herman W., Chairman reminded us of the Area-wide meeting to be held Friday, March 14th at Jordan Hall, St. Vincent Hospital. Mary H. will be the speaker.

**Central Bulletin:** George M., Editor, advises greater Group support is required to bolster subscriptions.

#### HOSPITAL REPORT:

**Rosary Hall:** Ray M., Chairman — no report.

**Bay View Hospital:** Bernie B., Chairman — no report.

**Brecksville:** Bill H., Chairman. All quiet.

**Lorain Community:** Jack S. — no report.

#### NEW BUSINESS:

Dick F. announced that we had missed our goal by about \$2500.00 in our District Office annual Fund Drive Campaign, according to first report on March 3, 1975, which was an approximate report. He suggested that we go back to our Groups and let them know — and that pledges will be accepted by members all during the year.

It was announced that at Brecksville on Tuesday, Thursday and Saturday — they are in dire need of help.

#### FURTHER NEW BUSINESS:

Dick P., District Office Secretary, announced that there is going to be a general increase in the cost of literature from New York and the Operating Committee is going to study the avenues to be pursued according to the purchase of literature. Increase to be effective May 1, 1975.

It was also announced that the Employee's parking lot at St. Vincent Charity Hospital will be available for us Monday through Friday from 5:30 P.M. till 10:00 P.M. The Charity Group, meeting on Friday night, is moving their starting time to 8:00 P.M. so that members can take advantage of this parking privilege and suggestion was made that, after the March 14th Area-wide Meeting, consideration be given to change the time of that meeting also.

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

Imogene P., Secretary

### A DAY'S LIVING

During the course of a day's activities, the average American (if there is such a being) accomplishes a great deal more than he thinks he does . . . at least along the line of expenditure of physical energy. A popular medical writer some time ago studied the matter and came up with a number of interesting figures which tell us what it takes to live through a normal day. So, here's what you accomplish in twenty-four hours:

Your heart beats 103,689 times.

Your blood travels 168,000,000 miles

(that's what the man said, but we'd like to hear an explanation of this claim).

You breathe 23,040 times.

Soberly, we would add.

### SMILES

Wife: "Why do you go out on the balcony when I sing. Don't you like my singing?"

Husband: "It isn't that, I want the neighbors to see that I'm not beating you."

**PRAYER OF THE MONTH**

Almighty and Everlasting God, we thank you for this springtime, this time of renewal and restoration, praying, as all things in nature are renewed and restored, that we, too, may be nurtured and strengthened and renewed in your love. Amen.

**WHAT IS OBEDIENCE?**

Obedience is not the mark of a slave. It is an important quality in leadership.

The great leaders of this world have not been their own masters. They arose and followed someone higher up and thereby became the greater.

Obedience is a gateway to power. Our physical health depends upon our obedience to the laws of our physical nature. Strength of character issues from obedience to the laws of God.

**OVER THE TOP**

Upon tallying results of the 1975 Cleveland AA District Office Funding Campaign outturn shows 208 groups and 1916 individuals (Was you dere, Charlie?) Daid or pledged \$51,451. A little over 50 percent has been paid to date with the balance pledged to be remitted during the year.

Chairman Larry L. and Co-Chairman Bill W. are to be congratulated along with their many, many helpers, as are the members for their splendid response.

**OFFICE OPERATION COMMITTEE**

At a meeting of the Advisory Group to Cleveland AA District Office on March 20, the following were elected to 3-year terms on the Operating Committee: Roger M., TC-1005 Group; Oscar O'N., Garden Valley Group; and Bud K., Eastlake Group. Pat M., Painesville Group, was elected to fill the one year unexpired term of Ken G., who resigned by reason of out-of-area transfer.

Hold-over members are: Bill C., Oberlin; Virginia T., River Tuesday Group; Helen D., Warrensville Group; Larry L., Kirtland Group; Nancy M., Golden Gate Women's Group; Don T., Parma Heights Group; and Bill W., Madison Avenue Saturday Group.

**GENIUS**

The greatest genius will never be worth much if he pretends to draw exclusively from his own resources. What is genius but the faculty of seizing and turning to account everything that strikes us. Every one of my writings has been furnished to me by a thousand different persons, a thousand different things.

-Goethe

**IN MEMORIAM**

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

ALFRED E. BOWEN, 30 year member of the Edgelake Group, passed away in early March in San Diego, California. Al was 82 years of age.

NORMAN G. CONLEY, who had 20 plus years of continuous sobriety, passed away in Albuquerque, New Mexico, on February 20. Norm, prior to moving to New Mexico, had been a member of the Edgelake Group, and for the past 14 years active in AA affairs in Albuquerque where he was also manager of the Desert Club. He was 63.

ROBERT WILKE, a long time member of the Eastlake Group, passed away suddenly at age 54 in early March. In addition to his devotion to AA affairs at the group level, Bob was an effective, hard working member of the Operating Committee of the District Office during his term of office.

**DATES TO REMEMBER**

**APRIL**

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

5-Aurora Friendly Group, 9:00 p.m., first meeting in new location: Aurora United Methodist Church, 241 Aurora Rd. (SR-43), Aurora, Ohio.

**MAY**

3-ANNUAL INTERGROUP DINNER and Dance, 7:00 p.m., Cleveland Plaza Hotel; Speaker: Marguerite C., Houston, Texas.

4-12th Anniversary of Grateful Group, 2:00 p.m., St. Paul Episcopal Church, 15837 Euclid Avenue, Cleveland; Speaker: Father John D., Rosary Hall.

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

**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.

**CLEVELAND AREA GUEST SPEAKERS**

**APRIL 1975**

**BAY FIRESIDE (Saturday)** 5 — Jim F., Bay West Discussion; 12 — John O'N., West Shore; 19 — Jim K., Berea Thurs.; 26 — Bob, Bev. & Karen P., AA, AlAnon, Alateen.

**BORTON (Monday)** 7 — Bill M., Chagrin Falls; 14 — Tim C., Riverside; 21 — John Z., Northeast; 28 — Omer S., Shaker.

**BRECKSVILLE WEDNESDAY (Wednesday)** 2 — Bill I., North Randall; 9 — Larry R., North Randall; 16 — Bill P., Acceptance; 23 — John F., Parmatown Men; 30 — Jack D., Brecksville Wed.

**DOAN MEN (Wednesday)** 2 — Lee O., Wed. Lee; 9 — Tom P., League Park; 16 — Duane McG., Doan Men; 23 — Russ R., Marshall; 30 — Chuck S., Marshall.

**GORDON SQUARE (Friday)** 4 — Kevin B., Lakewood Armory; 11 — Bobby J., Ford 1250; 18 — Mary Ann O., West Side Women; 25 — Jack S., Ford 1250.

**GRATEFUL (Sunday)** 6 — Dick M., Collinwood; 13 — Pete L., Grafton, Ohio; 20 — Dorothy M. (5th Anniv.), Matt Talbot; 27 — Lloyd G. (14th Anniv.), Grateful; May 4 — 12th Anniversary of Group, Speaker: Father John D., Rosary Hall.

**J. & L. (Thursday)** 3 — Ruth T., Pearl; 10 — John S., J&L; 17 — Art F., Hague; 24 — Herb F., Clark.

**PARMATOWN MEN (Friday)** 4 — Tom S., Lakewood Crossroads; 11 — James G., Bedford Wed.; 18 — Joe H. (1st lead), Parmatown; 25 — Tom M., Deaconess Sun.

**ROCKY RIVER (Thursday)** 3 — Frank K., Kean; 10 — Oscar O'N., Garden Valley; 17 — Bob B., Equity; 24 — Tom B., Bainbridge.

**SISTER IGNATIA (Friday)** 4 — Russ R., Marshall; 11 — Frank M., Garden Valley; 18 — Edie H., Gordon Square; 25 — Mary F., Mentor Plains'.

**STRONGSVILLE (Tuesday)** 1 — Art F., 6700 Discussion; 8 — Phyllis W., Post Office; 15 — Kay S., Flame, Akron, Ohio; 22 — Barbara M., Parma Sat.; 29 — Bill W., Lakewood Men.

**WEST SIDE MORNING (Thursday)** 3 — Mose Y., Alliance, Ohio; 10 — Leo G., TC 1005; 17 — Joe M., Sheffield Lake; 24 — Chollie P., Chardon; May 1 — Danny H., Gunnison, Colo.

**WEST SIDE WOMEN (Monday)** 7 — Mary A., Edgelake; 14 — Aileen Y., Edgelake; 21 — Marie R., Kean; 28 — Rita M., West Side Women.

**Y.O.U.R. (Sunday)** 6 — Tony I., Night-Day; 13 — Bill L., Valleyview; 20 — Tony K., Smith-Wilson; 27 — Al DiS., (?).

Copy for May listing must be in OUR hands by March 15, 1975 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.

## FOUR LETTER WORDS

In recent years the expression "Four-letter word" has suffered because of a crude, salacious and suggestive connotation. As a result, every four-letter word, although still **catalogued** in the standard dictionary, will be a little bit ashamed, unless we rally to its defense. The good, beautiful and challenging four-letter words far out-number the small rubbish pile of unworthy ones. Let's start with an alphabet of noble four-letter words and then see how many more we can easily add.

AGED-All hail! They have fought the good fight.  
 BABY-God's mystery with man and man's, love for his wife.  
 COOL-The well-balanced man never loses his.  
 DARE-Genuine success is the result of this.  
 EARN-How all earthly goals are attained.  
 FAIR-Being this wins true respect.  
 GIVE-Real happiness **comes** when we do this.  
 HELP-True charity is bearing one another's burdens.  
 IDEA-The beginning of anything worthwhile.  
 JOIN-No man is an island.  
 KIND-Life is too short for anything else.  
 LOVE-It makes the world go **'round**.  
 MORE-Great things are achieved by doing this.  
 NEWS-It lightens the heart when it's good.  
 OPEN-When one's mind is-prejudice vanishes.  
 FRAY-It keeps the lines **open** between God and us.  
 QUIT-A wise man knows when to.  
 READ—When selective it makes for a well-developed intellect.  
 SING-It keeps the soul in harmony with life.  
 TACT-It spares one the scars of soul and body.  
 URGE-The magic which brings' out the best in many.  
 VOTE-Your privilege and duty in a free society.  
 WILL--The marrow of a healthy back-bone.  
 X-RAY-The savior of many a twentieth century life.  
 YOKE-So light when we understand the purpose of life.  
 ZEAL—The fire that burns up the league.

So here you are! It's just a start. Now see how many more you can add for the glorification of the four-letter word to force the scrubby few to pick up their soiled skirts and shamefully rush off into oblivion.

## FAMOUS APT QUOTATIONS

We sometimes hear that the principles of AA were originally taught at our Mother's knee. Certainly we are all aware that there are truths in the 12 Steps as old as mankind itself. In glancing through a **book** of famous quotations, mottos and proverbs we can discover many in history who probably would have made good **AAs**. I think Ben Franklin would have been a good 12 stepper. In his Poor Richards Almanac he wrote, "It is easier to suppress the first desire than to satisfy all that follow." His approach to humility is contained in the sentence, "He that falls in love with himself will have no rivals." Do you think he had the 24-hour program in mind with these words? . . . "One today is worth two tomorrows."

Just in case you think alcoholism is a new and modern disease, try these quotes: "All the crimes on earth do not destroy so many of the human race, nor alienate so much property, as drunkenness." . . . Roger Bacon. "**Bacchus** has drowned more men than Neptune." . . . Garibaldi. "Of all the calamities, intemperance is the greatest." . . . Thomas Jefferson.

In case you think the early a.m. eye-opener is **something** new, try this one from the Bible: "Woe unto them that-rise up early in the morning, that they may follow strong drink; that continue until night, till wine inflame them." Isaiah V, 11.

## BIG MONEY?

I am a quarter.  
 I am **not on** speaking terms with the butcher.  
 I am not large enough to buy a ticket to the movies.  
 I am too small to purchase a schooner of beer.  
 I am hardly fit to give a youngster for a job done.  
 But, believe me, when I go to an AA meeting,  
 I am considered big money!

## ANOTHER SELLOUT

In the closing days of March the 24th Annual Intergroup Dinner is a **projected** sellout, as only 162 tickets remain out on consignment and are due for return if **unpaid** for by **April 15**.

Sponsored "by the Operating Committee of the Cleveland AA District Office the dinner will be attended by 1400 members and guests at 7:00 p.m., Saturday, May 3. Speaker will be Marguerite C., of Houston, Texas.

## S. P. C. A.

Usually everyone in an alcoholic's circle is delighted when he gets in AA. Not all, however, are enthusiastic. They react variously from apathy to absolute **animosity**. They can make a beginner's life miserable. High on this list is the type who must have someone to kick around. The SPCA had to be organized to handle this kind. Ignorance of alcoholism, false pride, brush it under the rug philosophy, jealous spouses, envious prospects also contribute to the neophyte's misery. So — how about a SPCA (Society for the Prevention of Cruelty to Alcoholics)? Actually it is a built in phase of AA. A cardinal purpose of AA is not to be concerned with changing other people but learning to live **happily** with them despite their faults.

- From : "A Reasonably Happy Man,"  
 Secretary's Newsletter, San Francisco, Calif.

## SHARING HOPE

(Continued on page four)

We never had that "last talk" — (he never wanted to discuss my drinking after I got sober) . . . but oh, how I wanted to tell him **how** sorry I was for the pain I had caused him! But I didn't want to relieve my own heart at the expense of his discomfort.

There is hope again . . . hope that he knew how I loved him. Bishop Fulton Sheen once said . . . "We are not made worse by admitting we are broken-hearted . . . for, unless our hearts were broken, how else could God get in?"

Friends in AA called on the phone and sent messages and Joe, using precious fuel, flew to me to let me know in person that I would be **alright**. Hope shared. Strength shared. And Marshall Vaughn left Thanksgiving preparations to sing at the service, "The Lord's Prayer" — in that little country town — for a man he never even knew. But the message was for me . . . "Give us this day . . ." one day at a time — hang on. Hope shared.

Oh, God, come through the doors of our broken hearts, and lay Hope, gently **healing**, on the **open** wounds. When all those people on whom we have depended are here no more, thank God for **being** sober and able to seek out Him the rock that never dies.

— M.C., in The Silent Rostrum, Houston, Texas

EDITOR'S NOTE : "M.C." is editor of The Silent Rostrum, Houston, Texas, and will be the guest speaker at the Annual Intergroup Dinner in Cleveland on May 3.

## YOU ARE MY BROTHER

(Continued from page one)

most valuable and reliable employee to your employer and he is happy.

All the people you come in contact with like and respect you. God is with you 24 hours at a time. But of all the wonderful gifts you have received from AA the greatest of them all is the privilege to help and inspire others like **myself**.

YES, YOU ARE MY BROTHER AND A BROTHER TO EVERYONE.

—Harlowe in Akron (0.) Intergroup News

■ ■ ■ ■

Hungover hubby to wife: "I'm bruised all over. What happened last night?"

Wife: "You said you'd been seeing two friends home and they dropped you twice."





## WILL WE?

Both of our co-founders are gone now. So is Bernard Smith and most of our pioneering old timers. Soon Dr. Jack Norris will be stepping down.

AA is truly on its own. Years ago when the plan for direct access to our own affairs via the yearly conference of delegates was still in the talking stage, Bill wrote to Dr. Bob: "The group will eventually take over, and maybe they will squander their inheritance when they get it. It is probable that they won't. Anyhow they have really grown up; AA is theirs; let's give it to them."

**Will we squander our inheritance?** If so, it would begin with the groups. Watch for squander when it's time to elect a new secretary. How many refuse to serve because they don't want the responsibility or haven't got the time; or push it off onto some poor guy who hasn't been sober long enough to get his own affairs in order, let alone take on the responsibility of a group.

We squander our inheritance when the new man or woman stands alone on the sidelines, while no one takes the time to see that he has literature or to get his telephone number. Somebody tells him, "Keep coming back" — but will he want to? Are your meetings informative or merely, "show cases of sobriety?" Maybe he wants what we have but how is he going to know how to get it unless we tell him? Unless we pass on what was given us. Unless we care and share and take him by the hand over the hurdles of his first few meetings. Does the speaker have a message of sobriety or merely relate his drinking experience? Anyone at his first AA meeting already knows how to get drunk — he can sit on a bar stool and "relate" to other drunks! Do we explain the program to him or are we afraid we'll scare him away. 502 (D.W.I.'s) didn't scare him, jail didn't scare him; we claim you can't scare a drunk into quitting — yet we're afraid to mention our 12 step program, especially the, "God bit," because it might scare him away! AA's First Legacy of Recovery is still the 12 step program, the mutual give and take between one alcoholic and another. All our service machinery is geared to make this possible. As Bill said of his first meeting with Dr. Bob, "I realize that I needed this alcoholic as much as he needed me!"

LISTEN TO THE SQUANDERER who says, "AA should relax its traditions." (Usually the person who says that doesn't even know the traditions.) Or "I've done my share"; "I don't want the responsibility"; "I don't have time to get to meetings anymore," etc. LISTEN on the telephone while I make excuses to a sick man or woman calling for help because there are no sober men or women willing to make the call. One day I was turned down by six gals in a row. "My hair is in curlers"; "I was just on my way out the door," etc. (I can't remember a 12th Step call that was convenient for me at the time.)

Is it squanderous of the AA member who will donate time, energy and money to everything in the field of alcoholism except AA; while loudly proclaiming to any-

(Continued on page four)

## SLIPS

The greatest fallacy any AA member can latch on to is that a "slip" is inevitable or that it is necessary in order to improve the quality of eventual sobriety! Such a notion can indeed be tragic for many times an alcoholic's first contact with AA provides his LAST chance or his ONLY chance for SURVIVAL!

Too often we hear such negative philosophy being expressed by those who don't stay dry very long, and whose lives are still unmanageable. These people are very sick and need the healing mantle of AA which will never be denied them. Yet, such sick rationalization when promulgated with seeming authority, may spell doom for the new person. Too often, the chronic slippers, do not return to AA to learn WHY they failed, but to loudly proclaim justification and promote an acceptable rationalization for the NEXT drunk.

It may well be that the alcoholic has not yet made a decision for SOBRIETY or perhaps he only "Wants to want to stop drinking." However, the ONLY reason anyone fails in AA, is because he doesn't accept and apply the 12 Steps of Recovery.

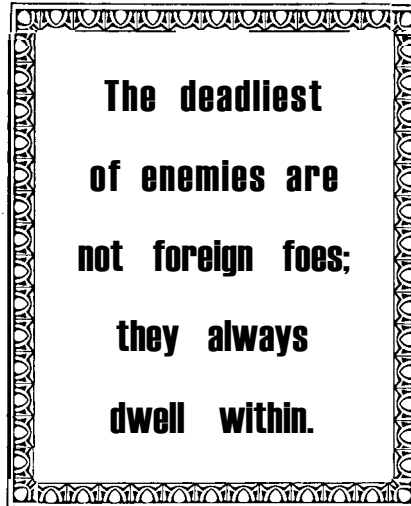
Whatever the EXCUSE for rejecting AA's formula, the result is no less disastrous, be it IGNORANCE/ARROGANCE! No alcoholic can ever completely recover until he WANTS sobriety ENOUGH to be willing to go to any lengths to get, and willing TO DO whatever he has to do to achieve it. This leaves no room for compromise or bargaining. Sobriety only BEGINS when the alcoholic stops drinking. At this point he is simply DRY, and must begin to live and think in a manner suggested by the principles evolving from his application of the 12 Steps. Persistent,

honest effort will inevitably bring growth to the point where, not only will the NEED to drink be removed, but the desire as well.

Perhaps old-timers and others who are making satisfactory progress contribute to the misconception of the chronic "slipper" by minimizing their "seniority." While there is no seniority in terms of privilege, there certainly is in "quality." Since the only way sobriety can be maintained is through striving for spiritual progress, we MUST either PROGRESS or REGRESS and those who progress achieve a degree of insight and wisdom that can be helpful to the "slipper." The old-timer's responsibility is to be honest with the alcoholic who doesn't stay sober, he shouldn't CONDEMN nor should he condone, but from the depth of his own suffering and healing he knows that returning to drinking isn't accidental. There IS a REASON and it is always obvious he has neglected the "work department" attending meetings, reading and re-reading the big book and working with other alcoholics or he has neglected the "prayer department." He has failed to develop his spiritual life and the "BOOK" sez, "Unless we develop our spiritual lives, eventually we return to drinking."

An essential quality bestowed upon the old-timer is a grateful heart and none but the grateful heart can

(Continued on page four)





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Harry D., pounder and Edior 1892-1968



Vol. 33

May, 1975

No. 8

## ALCOHOLICS ANONYMOUS

There are no rules or laws in AA, but every member of this wonderful fellowship is honor bound to respect the anonymity of another member, particularly now that we are coming **OUT** of the blackout. **Not** the blackout of the individual, but the blackout of public misunderstanding and indifference that has long cloaked the alcoholic problem.

Politicians, radio, television, newspapers and magazines are all scrambling to get on the AA band wagon to spread the story of alcoholism. In many cases the individual member lends his name to the newspapers, however this wouldn't matter much if it would only effect **the** individual member. In the process of an awakened public interest there lurks a danger **to** the fellowship, and if the individual gets drunk, he leaves a cloud of doubt about our fellowship. This is a danger that every member should consider as a calculated risk. Therefore, we should know what we are doing and be constantly aware of the calculation.

Certainly we don't want to do anything to hinder the present wave of interest in alcoholism. This interest is good and eventually it may help the public to understand the alcoholic problem and help to **remove** the stigma that still shrouds the alcoholic. But most alcoholics are "prima donnas" who like to be in the spotlight. Their ego is fed on **attention** and now that others are studying the alcoholic problem, the alcoholic wants to do the teaching.

We still need the same kind of AA that was handed down to us almost 40 years ago and we should never forget that there are two parts to our fellowship. (Alcoholics Anonymous). Our anonymity is a vital part of our fellowship. It builds our honesty which strengthens the bonds that hold this fellowship together.

Anonymity is important to some business men and to some professional men who are doing business or serving people that have a contemptuous attitude toward alcohol and people who drink it. One of the greatest **offences** against another member is to breach his anonymity without his consent. A person may be able to make his own decision for himself, but he cannot be certain that the breach will not hurt another.

There are some men and **women** in AA who want to impress their friends by dropping names of people who are holding highly responsible positions. They **overlook** the fact that Alcoholics Anonymous is for alcoholics, and we are all on the same level. There is no aristocracy in AA but outside of AA every member should be free to live his own life.

The founders of AA did their best to protect the alcoholic from people who don't understand him or his problems, but are **always** ready to bring in a verdict of guilty without giving him a chance to defend himself. So, if it was good 40 years ago to protect the alcoholic's anonymity, it is also good today. Every member should have the right to live, work and play under the protective cloak of anonymity.

\* -Edward B. Akron, Ohio

To live in hearts we leave behind . . . is not to die.

## MINUTES OF CENTRAL COMMITTEE MEETING APRIL 1, 1975

Meeting was opened by Helen D., Moderator, with the Serenity Prayer. There were 38 group representatives present. The Purposes of Central Committee and the Twelve Traditions of AA were read by Gene M., Vice Moderator. Minutes of March 4th meeting were read by the Secretary and were approved. A letter from Sister M. Victorine, Director — Rosary Hall, was read explaining a misunderstanding regarding the report given to the February meeting of this committee. The stay at Rosary has been extended from 12 to 14 days because the additional two days will be more beneficial and all third time admissions must be approved by the Director. Also, at this time, they are not making requests for women volunteers. Treasurer's Report for the month of March was given showing a balance in the General Fund of \$166.39 and in the Institution Group Fund of \$233.56, making a Grand Total in the Treasury of \$399.95. Treasurer's Report accepted and approved as read. 116 speakers were supplied by the District Office for non AA meetings and groups for the first three months of 1975.

### COMMITTEE REPORTS:

#### Action Committee: Dick F., Chairman, reported that on

Saturday, March 22nd, he and Gene M. had attended a meeting at the Ashtabula Saturday Night Group in regards to a plan the Groups in that Area have of opening and maintaining an Answering Service — purpose of which is to meet activities of the Center (Lake County). It is felt the groups in that area are suffering because the Center has been running ads in the paper giving their phone number and, naturally, would be the most likely to receive calls for help **because** of the publicity given the number. The different groups in that area **would** maintain this service by their contributions — they want personal coverage of the phones on a 24 hour basis. This plan is still up in the air but Dick and Gene tried to explain some of the problems they could come up against. The Operating Committee has suggested that our Answering Service be instructed to take **any** collect call from **anywhere** in the area **from** anyone calling for help. The Cleveland District Office accepts collect calls.

Dick P., District Office Secretary, explained that ours is to be a program of attraction rather than promotion and ads by agencies, other than AA, take away the action of the Groups.

**Areawide Committee:** Herman W., Chairman, announced that even though March 14th was a dismal night, 27 people were in attendance at the **Areawide** meeting and those who could not make it, missed an **excellent** lead. The date for the next **Areawide** Meeting is tentatively set for Friday, June 13th at 8:00 P.M.

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

### HOSPITAL REPORT:

**Rosary Hall:** No report. It was explained that Ray M., Chairman could not be in attendance but that there was nothing new to report.

**Bay View Hospital:** Bernie B., Chairman — no report.

**Brecksville:** Bill H., Chairman. No report.

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

**INSTITUTION COMMITTEE:** Helen D., Chairman. Nothing to report.

**NEW BUSINESS:** Dick P., District Office Secretary, informed the committee that we had been approached by Sun Newspapers for a story and also by a TV Station who wanted to come to our office' for interviews, pictures, etc. but that both were told that we were **unable** to do this and suggested that they could contact other organizations dealing with the problem of alcoholism.

A reminder that Grafton Prison Farm still welcomes outsiders to their meetings which are held on Tuesday evening at 7:00 P.M.

Anyone wishing flight information to the Denver Conference in July can contact Joedy M. at District Office — 241-7387.

**N. E. OHIO GENERAL SERVICE:** John B. announced that at the last Assembly Meeting held on March 16th,

(Continued on page four)

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**PRAYER OF THE MONTH**

Almighty God, we pray that you will still our restlessness, guiding us to live this day so that we may not borrow from future care and teaching us that tomorrow shall its burden bear. Amen.

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**DATES TO REMEMBER**

## MAY

- 3—**ANNUAL INTERGROUP DINNER AND DANCE**, 7:00 p.m., Cleveland Plaza Hotel; **Speaker**: Marguerite C., Houston, Texas.
- 4—**12th Anniversary of Grateful Group**, 2:00 p.m., St. Paul Episcopal Church, 15837 Euclid Avenue, Cleveland; **Speaker**: Father John D., Rosary Hall.
- 6—**Central Committee Meeting**, 8:30 p.m., Room 362, Hanna Building.
- 13—**12th Anniversary of Garfield Heights Group**, 8:30 p.m., Garfield Heights City Hall, 5555 Turney Road; **Speaker**: Tom McG., Edgelake Group.
- 17—**5th Anniversary of Brecksville Wednesday Group**, 8:30 p.m., Brecksville VA Hospital, 10000 Brecksville Road, Building 24, Brecksville, Ohio; **Speaker**: Cornie V., Columbus, Ohio.
- 19—**34th Anniversary of West Side Women's Group**, 8:30 p.m., West Boulevard Christian Church, West 101st Street and Madison Avenue, Cleveland, Ohio; **Speaker**: Terry L., Bay View West Group.
- 23—**12th Anniversary of Parmatown Men's Group**, 8:30 p.m., Parma Community Hospital Cafeteria, 7007 Powers Drive, Parma, Ohio; **Speaker**: Jim D., Independence Group.
- 2 B-MEMORIAL DAY

## JUNE

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

**THREE VERY DESPERATE DAYS**

I've just had three days, three very desperate days. I'd like to share with you, in the hope that it will help someone else. I'm going to copy for you the thoughts I wrote down only yesterday.

"If I take that first drink, I will be thrown into a world of despair that I might not come back out of! Help me, God! Help me! I've thanked you so many times for releasing me of that terrible, frightening compulsion, and now it's here. Please give me the strength to cope! I've told so many fellow alcoholics, with the strength you personally gave me, that you cannot do it alone. You need God and other people. Why do those very words evade me now? Why at a time I finally felt my life had some purpose, some meaning?"

"The phone is ringing and I don't want to answer it. Why, God? Is it because another human being might invade my privacy? Invade my thought of wanting very desperately to have a drink? What can that first drink do for me? I would be unable to face the people I've become so very close to. I would again have to hide, have to lie, and become very lonely and alone. My family would be shattered, because they love me. How can I be having these insane, unstable thoughts when I'm surrounded by those who love me?"

"Today, I'm still a little shaky, a little depressed to think this can happen after having a reasonably comfortable sobriety. But the fact is, it did! Let me tell you what happened. My daughter recognized the fact that I was not being real truthful and without knowing it, she tried calling you, my sponsor, but could not get you. She then called another AA member and before I knew it, I was being confronted by half the members in our group. Thank you for drumming that into her head. Needless to say, I was furious and I felt trapped, but thank God I didn't have an escape . . . Again, I'm grateful and sober."

-Rosemary K., in Silver Dollar, Fargo, N.D.

**THOUGHT PROVOKERS**

The very impossibility in which I find myself to prove that GOD is NOT . . . discloses to me HIS . . . existence.

— LaBruvère

\* \* \*

Much of what we call hard work is an accumulation of easy things we didn't do when we should have.

There are two tragedies in life. One is not to get your heart's desire. The other is to get it.

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**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.

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**CLEVELAND AREA GUEST SPEAKERS  
MAY 1975**

- BRECKSVILLE WEDNESDAY (Wednesday) 7** — Charles D., Parma Heights; 14 — Andy B., Parma Sat.; 17 (Saturday) — 5th Anniversary of Group; **Speaker**: Cornie V., Columbus, Ohio; 21 — Bill G., Seven Hills Men's Discussion; 28 — Dick F., Southwest Sun.
- DOAN MEN (Wednesday) 7** — Ed P., Nite & Day; 14 — Lou W., Temple; 21 — Norm M., Nite & Day; 28 — Lenny K., Tri-County.
- GARFIELD HEIGHTS (Tuesday) 6** — John S., Early Early; 13 — 12th Anniversary of Group; **Speaker**: Tom McG., Edgelake; 20 — Ed M., Euclid Fri.; 27 — Hoby H., Newburgh.
- GORDON SQUARE (Friday) 2** — Larry K., Berea Sat.; 9 — Bob M., 6700 Group; 16 — John C., Hague; 23 — Dave D., West Park; 30 — Tom G., Sr., Angle.
- GRATEFUL (Sunday) 4** — 12th Anniversary of Group; **Speaker**: Fr. John D., Rosary Hall; 11 — Al K., Newburgh; 18 — Cass L., Southeast; 25 — Tom C., Newburgh; June 1 — Connie B. (1st lead), Tri-County.
- MIDPARK CLOSED (Thursday) 1** — Nick K., Strongsville; 8 — Stan M., Sevea Hills Men; 15 — Bill S., Parmatown Men; 22 — Eugene G., Puritas Sat.; 29 — Discussion.
- PARMATOWN MEN (Friday) 2** — Ron G., Parma Sat.; 9 — Can B., Ford 1250; 16 — Ray T., Strongsville; 23 — 12th Anniversary of Group; **Speaker**: Jim D., Independence; 30 — John B., Ramona.
- ROCKY RIVER (Thursday) 1** — Chuck B., Orchard Grove; 8 — Calvin C., American Indian; 15 — Pearl K., Clark; 22 — Dolores J., Midpark; 29 — Bill C., Rocky River.
- SISTER IGNATIA (Friday) 2** — Danny O'S., Matt Talbot; 9 — Jack W., Northeast; 16 — Vince C., Wed. Lee; 23 — Harry McG., Wed. Lee; 30 — Alex DeV., Matt Talbot.
- STRONGSVILLE (Tuesday) 6** — John B., Sheffield Lake; 13 — Lee C., Bay Fireside; 20 — Paul B., Brunswick; 27 — Orville H., Berea Fri.; June 3 — Bernie B., Brooklyn.
- WEST SIDE MORNING (Thursday) 1** — Danny H., Gunnison, Colo.; 8 — Milly G., Tri-County; 15 — George J., Streetsboro Mon.; 22 — Bob K., West Side Morning; 29 — Warren C., Jr., Edgelake; June 5 — Tom P., League Park.
- WEST SIDE WOMEN (Monday) 5** — Mary G., Edgelake; 12 — Joan B., Young People; 19 — 34th Anniversary of Group; **Speaker**: Terry L., Bay View; 26 — Panel on 1st Step.

Copy for June listing must be in our hands by May 15, 1975 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.

## A DIAMOND IN THE SNOW

During the last blizzard that we had, a mother, while helping one of her children from the car into the house, lost her diamond ring.

Did she sit down and cry and say poor me? No, she said tomorrow I will find it. The family told her that would be impossible. She answered them that nothing is impossible if you have determination and faith in God.

The next day she set out methodically at the task before her. She got a basket and started carrying the snow, from where she got out of the car, into her house. Basket after basket she carried in and carefully melted it. In about the 20th basket, there was the ring.

The alcoholic, when he is trying to sober up, is like the woman. The only difference is that he has lost something of greater value than the diamond ring. He has lost his sobriety, a diamond can be bought, but sobriety cannot.

I have seen very few failures with an alcoholic, in my day, who is trying to arrest the disease of alcoholism and who had the determination of the woman in our story and who attended 20 AA meetings regularly — one after the other!

The Lord has entrusted to each of us a contribution to make peace with ourselves. But He usually hides it. He wants us to discover it for ourselves — the part He wants us to play.

Yes, it requires maybe upsetting your evening by having to go to an AA meeting. You can bring out the old "con" part of alcoholism and say I'm busy. Or I have to work. The mother, no doubt, was a very busy person, but knew she wouldn't be happy doing her work with the ring in the snow. So she did something about it. No doubt she was laughed at, but she used God's Wisdom, which he has given to each of us to use.

Are you going to use this gift of God and be happy? Or are you going to continue with alcohol and be unhappy? It's your decision. To me, I'd sooner lose my life than the diamond of sobriety, which God and AA have given me!

— Leo R., in Silver Dollar, Fargo, N.D.

## HOW

I came to AA in 1953; and after three months I drifted off the programme and then came back. Since then, I have stayed sober up till Today. I never could have thought I would remain sober 20 years. It was only done by the AA way . . . a Day at a time.

It was a wonderful feeling when I became three years sober. Now, Today, sobriety has become a habit as I regularly have attended our own group meeting and many others.

The first time I was in the Country Shop was around 1956. I have seen AA grow stronger in Ireland as it has done here in Scotland. AA must grow and our way to help it grow is by staying sober ourselves, showing a good example and helping our kind who ask for help.

To new members who feel that something new should be added to our Fellowship, lets not try to change our Fellowship, no part of it, but let us try to change ourselves. AA is a simple programme and it works if we are honest in our thinking. AA will help us if we try it by the three letters in the word HOW.

H-Honest in our tinkering.

O-An Open Mind, willing to take in new ideas.

W-Willingness to give the Fellowship and its programme a trial.

To all my fellow members I give my thanks. I shall be ever grateful to them for being a Power greater than myself in my early days. Now I find that Power greater than myself in the Third Step. Let's all remember our Twelve Traditions and at all times be guided by them in our Group and Inter-Group affairs.

—E. F., (Glasgow Central) in Road Back, Dublin

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

## NUGGETS

Just for today I will adjust myself to what is, and not try to adjust everything to my own desires. I will take my "luck" as it comes, and fit myself to it.

Just for today I will have a quiet half hour all by myself, and relax. During this half hour, sometime, I will try to get a better perspective of my life.

## MINUTES OF CENTRAL COMMITTEE MEETING —

(Continued from page two)

they had a nice turn out and next meeting will be Sunday, April 13th at Brecksville. They should also inform various groups who do not have a GSR and appoint someone to attend the meetings. It is an experience to see what transpires and form a better understanding between General Service and the AA Groups.

Roger M. announced that since the last meeting of this committee, which showed that we had fallen short of our goal in the 1975 Fund Drive by \$2500.00 (an approximate first report) our Drive had been successful. Our goal had been realized, and exceeded by \$1,451.05. Total: \$51,451.05.

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

—Imogene P., Secretary

## SLIPS

(Continued from page one)

"speak the language of the heart" to the suffering alcoholic. He is given a special gift to transmit love, faith and HOPE that will pierce the facade of dishonesty, hopelessness and loneliness that locks the drinking alcoholic in his prison of misery and aloneness, and inspired and encouraged him to accept the offered hand.

While it is true, "That there but for the Grace of God go I," we also know that God's Grace is not selective just for you and me it is available to any and all who are "willing" to turn their lives and their wills over to Him!

AA is not a gimmick nor a crutch nor a substitute for anything, it is a "guide to LIVING" that leads to a source of power and strength that is limitless and endless to those who seek it. IT NEVER FAILS! Therefore, IF YOU HAVE DECIDED YOU WANT WHAT WE HAVE and are WILLING TO GO TO ANY LENGTHS TO GET IT — THEN you are ready to take CERTAIN STEPS. Just remember "if you have DECIDED" so the decision is YOURS without any conditions.

—Les V., in Railbeams, St. Paul, Minn.

## WILL WE?

(Continued on page four)

one who will listen, "AA saved my life"? Far be it from me to minimize the importance of education, medical treatment and rehabilitation. But does it make sense to educate, treat and rehabilitate the alcoholic and leave our own services go lacking? Despite all the efforts in medicine and psychiatry, AA is still the most effective method of recovery from alcoholism. What a pickle the alcoholic would be in if there were no group for no one wanted the responsibility. No one to answer the phones and no one to pay them. Only AA members can support and maintain our Legacies of Unity and Service. Only we can destroy them.

Reflect a moment on the Washingtonian movement of 1840. similar to AA, it grew in number to 400,000 reformed drunkards, then destroyed itself and dropped out of sight. With it went the hopes of thousands of drunks of that day, surely God was with them but they had nothing similar to AA's Twelve Traditions. Without such safeguards the movement died. Where would we be if our pioneering members had settled for just their own sobriety? Would AA be world wide? WHAT IF YOUR PHONE CALL HAD GONE UNANSWERED, WOULD YOU BE ALIVE AND SOBER TODAY?

The Filing Cabinet via  
Akron (0.) Intergrout News



## THE. FIFTH STEP

I am a woman. Now let us clarify several things. I am not the ordinary kind of woman in the sense that I am a housewife, or the mother of children, or one who works in the shops and supports herself by decent labor. A few days ago I had no job unless it was that of being an entertainer. The kind of entertainer I was is not approved of by honest people. In fact, I am the scum of the earth. Nobody knows that better than I do.

Do not think because I am steeped in sin that I do not have a conscience. I have told you that I know what I am. How could anyone know better? I know how I have earned my living ever since I was old enough to be aware of my looks, for they are my only asset, and I have traded on them for several years now. I am now through with it.

You probably know me and my kind. You have not been so good your self. Nobody is. Then you have a faint idea what we go through. I don't believe that I have had an easy moment in years until recently. Now I feel as clean as one of those mountain peaks you can see over there in Galilee on clear days.

It got too much for me. This life I was leading, I mean. Accepting money from thieves and murderers, money which was still warm from the bodies of their victims. Earning money from the sale of dope and "hot" goods the shoplifters brought me. Yes, I had those side lines too. I can talk about it now, but when I used to think about what I was, I hated everybody and myself most of all.

I can't talk very well. I mean I can't go into the temple and tell the priests what kind of a thing I had become. I don't express the things I feel very clearly. I am ashamed to do that and I was ashamed to do it. This day I am going to tell you about it. I had to tell it. It was tearing me limb to limb, the thought of this life I was living. If I told somebody, I felt it would help me to improve, at least a little.

I had heard about this man. He had shamed a mob into releasing a girl friend of mine. They were about to stone her to death, and all He did was to tell them that those who were not guilty of what she had done were to throw the first rock. They all left her alone. Quickly hanging their heads I thought that if He had helped her, He could help me too. I wanted to tell Him what I was and ask Him what to do.

I found out He had been invited to dinner at the house of old Simon. I know Simon, I know him too well. One of those whitened sepulchers that looks clean, but stinks of the grave inside. Hypocritical money bag. I could tell you more about him but I won't. That's all over and may he be forgiven his acts, even what he did for me.

I went to Simon's house when I knew this Man was there. I had bought an alabaster box of perfume to give Him but when I saw Him, I couldn't say a word. I just cried there standing at His feet. I loved Him so, I couldn't help it. I poured the perfume on His feet and

*(Continued on page four)*

## DONATION NOT DURATION

When one of our so called "old timers" who has not been at a meeting for a long time was asked, why he stopped attending meetings and abandoned the people who helped him, his answer was that he has talked too much and is becoming **boresome** to the members who have heard him many times over the years. Besides, he said, "I have contributed my share to the group and it's about time some of the younger members take over some of the **responsibilities**."

When a person starts thinking like that, he should stop long enough to recall that AA time is measured only in 24 hour periods, and that our fellowship has not made any plans to retire any member who has **been** in AA for a certain number of years. The old-timers and the **young-timers** working together as the guardians and the builders of our fellowship.

Certainly the years will slow a person down and perhaps force him to give up some of his activities, and we should be ready to let them go when the time comes. Yet, there are many things that the old-timer can contribute to his group and to the fellowship. His presence at a meeting and a word of encouragement to the new person who is attending his first AA meeting can be an example that this fellowship works if he will follow the AA principles. Our value to our group is not measured by our duration, but by our donation. The years may wrinkle a person's skin, but the loss of gratitude will wrinkle a person's heart. If there were no old-timers there would be no young-timers.

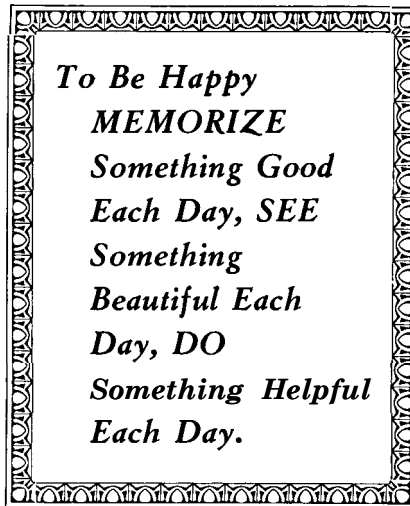
There are also times when the **old-timer** boasts about the "good old days," when large crowds attended the AA meetings and the members were more dedicated to their group than they are today. **Perhaps** he would change his mind if he would pause and consider how AA is branching out with **other** groups conveniently located, with more **opportunities** for the alcoholic to meet and help each other. Surely, this **branching** out would not be going on without the men and women whose gratitude is real and is backed up by honest devotion to their group. They are the men and women who are contributing to the well-being of others and receiving **satisfaction** from their **achievements**.

A self-centered life is an indication of self-pity, and the cure for such a condition is not found in giving up all activities, but in actually, doing unselfish thing;. Hobo notions have a way of sneaking up on our train of thought, and if we don't stop and kick them off, they will stall the train.

Lofty ethical attitudes of sympathy, love and gratitude are not learned, nor can **ever** be learned in the mind or heart by looking for faults in what others are doing; they can fully be learned, only by giving them expression in doing.

No person is as uninteresting as the person without interest, and the pitiful person is the one who chooses to be a spectator rather than a participant. The tragic

*(Continued on page four)*





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Harry D. Founder and Editor 1892-1968



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June, 1975

No. 9

## HOW TO SUCCEED IN AA — WITHOUT TRYING AA COMES OF AGE — AT LAST!

### Twelve Dynamic Steps — by Joe Blowhard

1. Arrive late at meetings. But make some noise so they'll know you're there.
2. If the weather is bad, watch Archie Bunker. (Now there's a guy who knows the score. We sure could use him in this group — no one pulls the cotton over his mouth!)
3. If you do attend, find fault with the old work-horses. These big deals and Mr. AA's have had it. Get lost!
4. At business meetings, if some clown wants to send donations to GSO, or the State, remind everybody that each group is automobus — or whatever it is — and money don't grow on trees. Besides, what did they ever do for you — either one! Right?
5. Spread the message. Find out who's on a slip and give everybody the benefit of your AA training; let 'em know the crazy so-and-so hasn't had enuff yet, but he knows where we are now, and when he loses his wife, or his job, or his life — he'll be back. This "keeps it simple" and gets rid of that old Twelve Steps baloney.
6. Never become part of the group; your constructive criticism might reflect back on you. See?
7. Get sore when not placed on committees. But if you do get on one, don't attend the meetings.
8. When your opinion is asked, pass! This enables you later to point out where they were wrong. This is real foresight, my boy. Get it?
9. Develop the clenched-fist manner of dropping your dime in the box. It shows real independence and character.
10. Do nothing. When others work and get things done, you can thus prove the group is run by a "click." (Highly recommended; this has never failed to spread, and even drive some of those so-called workhorses out.)
11. Relieve feeling of hostility — GRIPE! It makes people think! Get others to bitch also, especially newer members. They may get upset about the trouble, but hell! — they gotta grow up, just like the rest of us!
12. Having inspired a sort of spiritual awakening in your group as a result of these steps, you're on your way, baby-hell-bent for leather. Whoopee! Superman is back in the saddle. Superman rides again!

—Thanks to Boomerang, Bangor, Maine

### YA KNOW SOMETHING?

If every person who receives this June 1975 Central Bulletin would send in a new subscription on the form provided on Page 4 of this issue, we would be well on our way to overcoming the subscription deficit we are experiencing. We feel sure you have AA friends you would like to receive our monthly journal.

Another untapped source of new subscribers is the many, many group secretaries that we know are NOT receiving this tool for doing their job well. Why not inquire if your group secretary is a subscriber? And if not move the wheels to make him (her) one.

## MINUTES OF CENTRAL COMMITTEE MEETING MAY 6, 1975

Helen D., Moderator, opened the meeting with the Serenity Prayer. Vice Moderatos, Gene M., read the Purposes of Central Committee and the Twelve Traditions of AA. The minutes of the April 1st meeting were read. A motion was made, seconded and approved that those minutes be accepted as read. Treadr's report showed a total in the General Fund of \$155.24 and in the Institution Group Fund of \$233.56 making a grand total of \$388.80 on April 30, 1975. Treasurer's Report accepted. Records show that 131 speakers were supplied by the District Office for non AA meetings and Groups through April 30, 1975. 51 group representatives answered the roll call.

### COMMITTEE REPORTS:

**Action Committee:** Dick F., Chairman reported that the Third Agency had been giving us some small problems again — one case in point — one party had called for AA help and, in a hurry to get attention immediately, had not been patient enough to wait for AA contact and had contacted the other Agency who answered her call and charged a fee. Party was contacted, our policy was explained to her and she did attend her first meeting with AA help.

**Areawide Committee:** Herman W., Chairman announced that the next Areawide Meeting will be held the second Friday in June — June 13, 1975. The speaker will be Oscar Beagle A. from Columbus, Ohio. The meeting will be held at 8 :00 p.m. at Jordan Hall, St. Vincent Charity Hospital.

**Central Bulletin:** George M. No report.

### HOSPITAL REPORTS:

**Rosary Hall:** No report — no representative.

**Bay View Hospital:** Edie H. called attention to persons sponsoring patients into Serenity Hall — that they make sure they have Blue Cross card, Medicare or Medicaid or, if a welfare patient, check the expiration date on the Welfare card as these are issued periodically and it is necessary to know that card is current: Everything else is running smoothly.

**Brecksville Hospital:** Bill H., Chairman. Nothing to report in regards to administration but did announce their Anniversary to be held Saturday, May 17th — everybody welcome.

**Lorain Community:** No report. No representative.

**INSTITUTION COMMITTEE:** Helen D., Chairman. Nothing to report.

### NEW BUSINESS:

Dick P., District Office Secretary in re Public Information, announced that on Sunday, May 18th at 10:00 a.m., Radio Station WLYT-FM, will have a program announcing the work of AA in the Community. Questions will be answered by an AA member.

### N.E. OHIO GENERAL SERVICE:

John B. announced that the next Assembly Meeting will be held Sunday, May 18th at 2:00 p.m. at Brecksville. Our delegate will report on the General Service Conference. It will be both interesting and informative. Extended an invitation to all to their Open House to be held Sunday, June 15th at the American Legion Hall, SE corner of U.S. Route 21 and Ohio Route 82, Brecksville, Ohio at 2:00 p.m.

We are out of registration forms for the Denver Conference and though there is a deadline of May 15th for registration. Registration can be made later and picked up at the conference as there will not be time to get them confirmed through the mail. We will try to get another small supply of registration forms at the office.

Helen D., Moderator, in reference to 1975 Pledges to the District Office, stated that even though we have exceeded our goal — this was in pledges only — which does not mean that all monies have been paid. You do have one year to pay your pledge if you have not done so and to clear up any misunderstanding that some new members might have — you can pay your pledge at

(Continued on page four)

**PRAYER OF THE MONTH**

Almighty God, help us to love as you have demonstrated its meaning; help us to care in the manner you have taught; help us to listen that we may hear with understanding and compassion; and help us to share all of these and other good things that we may fulfill your will for us. Amen.

**OUR HERITAGE**

This month we honor the founding fathers of this great nation and, indeed on that score, we have so much to be thankful for. Their work and efforts were against extreme prejudices and against great odds.

We, in AA, owe much to our founding fathers, who had the great insight into our problem to provide the basis for our ever-growing fellowship.

In reading Bill's story in Chapter 1 of the "Big Book" about how God came to him suddenly and then his being able to say to others that it may not happen to them that way was, to me, a sign of his greatness. In this way he was indicating that greater things were going to happen in the formulation of our present AA program.

Being the alcoholic that I was, I probably would have said this is the way I got the spiritual part of the program and this is the way it should be done.

Then on to Dr. Bob and his story where we read about Bill and Dr. Bob finding one another. Together they reasoned that gaining contented sobriety is a highly spiritual relationship with a Higher Power and not a religious program.

I also believe our nation's fathers' drafting our various documents, including the preamble to the Constitution, had a lot of spiritual motivation. God was mentioned often and these people came from all religious faiths at that time.

Dr. Bob made the statement toward the end of his story — "if you think you are an atheist, an agnostic, a skeptic or have any other forms of intellectual pride which keeps you from accepting what's in the book, I feel sorry for you!" He further says — "your Heavenly Father will never let you down."

Isn't it great that these chosen people were given the task to do what they did? And, too, isn't it great that they did it in such a manner, that given a little time, I, too, along with thousands of others, was able to grasp the program and relate so readily with their experiences.

By the Grace of God, the circle grows larger with each passing day!

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

**CREATIVE COURTESY**

The greatest social asset that a man or woman can have is charm, and charm cannot exist without good manners. Courtesy is far and away the most effective quality to lift you above the crowd. It makes you treat every man with such consideration that he remembers you pleasantly.

**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.

**DATES TO REMEMBER**

**JUNE**

3—Central Committee Meeting, 8:30 p.m., Room 3 6 2, Hanna Building.

13—Areawide Meeting, 8:00 p.m., Jordan Hall, Charity Hospital, East 22nd and Central Avenue; Speaker: Oscar Beagle A., Columbus, Ohio.

15—Northeast Ohio General Service Committee Open House, 2:00 p.m., American Legion Hall, S.E. Corner Route's 21 and 82, Brecksville, Ohio. Everyone welcome.

20-21-22—Founders' Weekend, Akron, Ohio.

**JULY**

4-5-6—Alcoholics Anonymous 40th Anniversary Convention, Denver, Colorado.

**AUGUST**

15-16-17—Ohio State AA Conference, Cincinnati, Ohio.

**PERFECT 36**

When Warren C., Sr., speaks at the West Side Morning Group on July 3rd he will be observing his 36th Anniversary of uninterrupted sobriety. It is worthy of special note in these pages to recognize this amazing, grateful and enthusiastic member who continues his regular attendance at his home group.

**SUMMER SCHEDULE**

As in past years the Cleveland AA District Office will be closed on Saturdays during June, July and August, beginning Saturday, June 7 through Saturday, August 30.

All telephone calls on Saturdays during the summer are handled by the answering service and round the clock pick up is made by a member of the office staff.

**NECESSITY**

Necessity is often our best friend. We do things because we have to do them, and in the doing of them even from necessity, we often secure that which we would not have had but for the seemingly unfavorable conditions that surround us. —John Gordon

**CLEVELAND AREA GUEST SPEAKERS**

**JUNE 1975**

**BRECKSVILLE WEDNESDAY (Wednesday) 4** — Gil G., Post Office; 11 — Dave A., Madison Sat.; 18 — Jim M., Lorain Mon.; 25 — Roy B., Angle.

**FAIRVIEW PARK (Tuesday) 3** — Kevin B., Lakewood Armory; 10 — Virginia L., Ford 1250; 17 — Vivian S., Fairview Park; 24 — Joe H., Lakewood Armory.

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

**GRATEFUL (Sunday) 1** — Connie B. (1st lead), Tri-County; 8 — Tony K., Liberty; 15 — Bobbie M. (22nd Anniv.), Matt Talbot; 22 — Warren G. (9th Anniv.), Grateful; 29 — Sam G., Asthrop.

**STRONGSVILLE (Tuesday) 3** — Bernie B., Brooklyn; 10 — Phyllis W., Post Office; 17 — Hank G., TU 1005; 24 — G. W., Elyria Men.

**WEST SIDE MORNING (Thursday) 5** — Tom P., League Park; 12 — Bruce T., Garden Valley; 19 — Ed S., Lakewood Armory; 26 — Jack E., DeWittville, N.Y.; July 3 — Warren C., Sr.

**Y.O.U.R. (Sunday) 1** — Carl H., Solon Sat.; 8 — Larry L., YOUR; 15 — Bob R., Bedford Wed.; 22 — Terry B., Memphis; 29 — Father Jack R., Youngstown, Ohio.

Copy for July listing must be in our hands by June 15, 1975 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.

**"A" IS THE MOST IMPORTANT LETTER  
IN THE ALPHABET FOR THE ALCOHOLIC!**

We have an Ailment, or an Affection that Adversely Affects US — physically, mentally, spiritually and morally. This Ailment is the illness called Alcoholism. We are Addicted to Alcohol.

Now what can we do about this? We are very fortunate because we can Arrest this Addiction. We can't cure it, we can only Arrest it.

How do we do this? It's simple! We try to the best of our Ability to live the 12 suggested steps of the Alcoholics Anonymous program.

In Step No. 1, We Admit that we are powerless over Alcohol and that our lives are unmanageable. We must Accept this fact, which also means that we can never again touch Alcohol in any form, of course, Accepting this one day at a time.

We Acknowledge in Step No. 2 that a power greater than ourselves can restore us to sanity and in Step No. 3, we Assume that we must make the decision to turn our will and our lives over to the care of God, as we understood Him.

Step No. 4 through No. 10 are steps of Appraise1 (self) and Altering our lives. We Admit to God, to ourselves and to another human being the exact nature of our wrongs. We Ask God to remove our shortcomings. We make Amends and we continue to Appraise ourselves and promptly Admit it when wrong (Step No. 10).

In Step No. 11, we Ask, or seek through prayer and meditation to improve our conscious contact with God, etc. . . . and some where along the line we have a Spiritual Awakening (Step No. 12). We Assist others in finding this beautiful way of life that we have found and we try in All our Affairs to practice the principles of AA that are given to us in the 12 Suggested Steps.

so . . . if we keep Active in AA, we can and will continue to lead happy, worthwhile, productive lives. If we don't want this good life, we have an Alternative. We can return to drinking, which will eventually lead to insanity or death . . . and maybe we won't have another chance to return to AA.

We have the power of choice!

-Guy T., Excelsior, Mn., in Silver Dollar  
Fargo, N.D.

**THOUGHTS FROM OUR SLOGANS**

If we take "FIRST THINGS FIRST," we will find that "EASY DOES IT" will help us to "LIVE AND LET LIVE." And in turn we will learn to "LET GO AND LET GOD" take over, giving us time to "THINK." And if we take this time we will then do more in the line of "LISTENING AND LEARNING," and all in all we can help to "KEEP LIFE SIMPLE" and take "ONE DAY AT A TIME."

Kathie H. in Silver Dollar, Fargo, N.D.

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**THE YEAR 'ROUND GIFT**

**HIS TURNING POINT**

'If you've nothing better to do, would you come home and have a cuppa with me?' asked a member one night. He was one of the quiet type who don't speak at meetings, but always come to them; and he had been with us for about six months. When we got settled down he remarked 'I expect I'm a bad member, but I simply can't speak in public; but I do like going to the meetings and listening to the others talking about themselves. It's a queer thing, but in all I've heard, I haven't heard anyone say he joined for the same reason as I did. I joined AA because a friend apologized for something he said to me.' I made suitable noises of surprise and encouragement and he continued . . .

'It was just about a week before I came along; I was drinking hard and flat broke. I thought my last hope of raising the wind was a man called Fred. He'd always stuck by me and he was well off . . . he wouldn't miss what he gave me. So I went along to his office and asked his secretary if I could see him. She rang through and I could tell there was some reluctance in his answer. However he told her I could come in for just two minutes. I went in and started the well-known hard-luck story, but he cut me short. He said he was sick and tired of being annoyed by me. I had never been any good and I never would be. He was giving orders that I was not to be let in again either at his office or his home. He said this was the last time he hoped he would have to see me. He gave me two pounds and a word of advice. His advice was to get as drunk as I could on the two pounds, pluck up my courage and go throw myself into the Liffey. And then he said . . . Get Out. I was groping for the door when he called me back. He said 'I'm sorry, I shouldn't have said that to anyone, not even to a dog. But its still goodbye.'

Yes, I drank that two pounds alright, though I didn't have the guts to drown myself. But I kept thinking of that remark of his . . . 'not even to a dog.' I think that was the first time I had ever looked at myself from the outside. A couple of days later, I read about AA in the Evening Mail, and I thought I'd come along to see what the other sub-humans looked like. I've been with you ever since . . . Funny thing is that Fred has asked me home to lunch next Sunday.

He gazed into the fire and the past and absent-mindedly asked me 'What's yours?' 'The same again,' I said, passing up my cup.

-From the Road Back,  
Dublin, Ireland, 6-53, 2-75

**THE FIFTH STEP**

(Continued from page one)

kissed them. My tears fell on His feet and I dried them with all I had, my hair.

Simon didn't like it. He told Him who and what I was. Now it doesn't matter what I was for I am clean. Do you know what He told me? He said, "Your sins are forgiven, for you loved me much." That is all He said to me.

You don't know my name? Excuse me, I thought you did, I am MARY MAGDALENE.

The Brighter Side

**DONATION NOT DURATION**

(Continued from page one)

person is the professional griper who points out the faults in others instead of the good points. The happy person is the one who squanders himself for others. He knows that life is too short to be little.

Edward B. in Intergroup News, Akron, Ohio

**MINUTES OF CENTRAL COMMITTEE MEETING —**

(Continued from page two)

any time during the year, you are not billed as such for these pledges, but reminders are sent out in June, September and December to members who have not paid in the event that it has slipped their mind.

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

Imogene P., Secretary





## FACING PROBLEMS

If you want to be happy you have to be honest about your problems. For example, you may be thinking that nobody wants you, when, actually, you are scared of going out among people and taking part in social activity. You certainly have a problem, but you have to see it in its true light **before** you can tackle it **effectively**.

When a problem is unpleasant we can try to persuade ourselves that it does not exist, that it is all a matter of imagination. Or, we think if we pretend to ourselves that it is **not** there, it will go away of its own accord.

For example, it is possible to become fond of someone who cannot always be relied on and who may hurt and disappoint us again and again. Yet our tendency is to close our eyes to the disappointments and look instead for reasons which will explain or **excuse** his (her) behavior.

Most of us would try to avoid breaking up a relationship like marriage, the unity of the family, a **close-knit** friendship. Our affection, as well as factors of a more practical nature, frequently out-weigh the painful ups and downs of unsatisfactory **relationships**.

On the other hand, it is necessary to be honest with ourselves so that we accept **the** truth about people and see them **as** they really are. When we recognize their faults and weaknesses we develop the habit of not expecting the impossible from them. So we avoid being hurt so **often** and so **deeply**.

Sometimes, we run away from a problem by filling life full of **ever-flowing** with ceaseless activity. We tell ourselves and other people that this is our "nature" and that we are happy only when we "keep busy."

This may be **true** but, as a precaution, check on what happens during the occasional moment when you find **yourself on your own**. **Do** you hate **being** quiet **because** then you start to think and to worry? Do you find it difficult, if not impossible, to **get** to sleep without taking something "to help **me** relax"? If you are like this you have a problem and you are running away **from** it.

We cannot push our problems into the **back** of the mind and hope that we will "forget" them. Like a stalking cat, problems catch up with us. Overindulgence in pleasure and keeping continually occupied, may postpone the issue but it does nothing to help and **may** make it worse. It is best to face up to **anything** which worries you. Gear your thinking to the practical side. Ask yourself: What can I do to make this better? How can I **ease** this situation?

It can help to write a **letter** to yourself. Get it out of the mind and down on paper or, you can discuss it with somebody trustworthy, preferably somebody on the outside who is not biased one way or the other.

Some of our hardest problems are other people. But however deeply we fear and feel for them, and however much we worry, we cannot live other **people's** lives. Face up to this. Accept the truth that in the end they must be left to make their own decisions and their own mistakes.

-Digest

## TOMBSTONE DATES

The word "sobriety" has become to represent to me a comfortable pleasant style of living. This was not always so. It has meant simply "undrunk," and because of this, was usually associated with a lack-luster existence of unenjoyable **experiences**.

It had to; for, when my dependence upon the mental effect that alcohol provided me with was not substituted by something better to **take** its place, I was a hollow **undrunk** person. My raw-nerved, sensitive immaturity was exposed to the living of life, and reacted to it in the only way I knew how, resentfully, frustratingly, pitifully, fearsome and angry. At these times, the past promise that enough drink would relieve or shorten these very distressing symptoms would arise.

While, I did not succumb to the **beckonings** of those vain promises of relief, the pride of feeling that I had conquered alcohol that day was diminished by a **feeling** of despondency. I saw no relief in sight from the battles that **life's** troubles seemed to represent. Is this all **there** is going to be for me? Is this what I have to feel "a day at a time" for the remainder of my non-drinking time? The day my non-drinking started became more and more associated with the last date chiseled on the tombstone.

It was not immediate that the negative "undrunk" concept became exchanged for the positive "sobriety" concept. It took some years and 11 steps **later** to find that sobriety is as progressive as alcoholism. A divorce, separations from a child, changed occupation, financial decline, parent's tragic **illness**, and other such factors of life were to follow.

The problems I had badly coped with **while** undrunk were small compared to the problems I found myself now coping with well, for life didn't lack its luster. Taking the first good food of the day filled me in several ways. A shower, followed by the rough toweling, seemed to cleanse me in and out as I'd recall part of the message heard at the last meeting. At night when I'd hit the knees (at least in my mind) there came a feeling **of** assurance that I was not alone.

The daily walks I took helped me to discover more **about** me and how I fit into the scheme of things. Less time was spent putting down the world. The visit with my sponsor that one time when he listened and I did all the talking, showed me how he loved me. Why was I beginning to swear less? My anger was subsiding. Why was my tongue becoming less active? This defense was less needed, as I recognized acceptance by others. Why was I able now to sleep at night instead of re-playing the indignity which I imagined to have suffered?

Righting some wrongs had given me this **peace** with the past. Why was I listening to others' burdens? I was beginning to give love in some ways rather than take it in any way. I not only want to become better than I am, I am learning how to do it.

The question of whether or not I shall take a drink is no longer relevant. The thought of sobriety now **means**

(Continued on page four)



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Harry D., Founder and Editor 1892-1968



Vol. 33

July, 1975

No. 10

### GOD'S BEAUTIFUL WORLD

Travelers tell the tale of an aged monk whom they met painfully toiling up a steep mountain slope. When they asked why he, at such an advanced age, was enduring the fatigue of that rugged ascent, he replied as follows:

"My friends, I spent my life in the cloister, thinking it almost sinful to look upon the wondrous beauties of the earth and air and sea. In a sore illness, I came to the very gates of death. There an angel at the gate said to me, "brother, you have come from God's most beautiful world. Tell me of these things you loved there and I will show you the things you will love here."

"In shame I reflected that while I had lived so many years in this world, I had seen so little of its loveliness that I could not answer the angel. Recovering from my illness, I resolved to devote my remaining days to travel, that I may see with these mortal eyes the beautiful sights God had placed here for us."

It is indeed sad to live in this beautiful world and not see the loveliness around us. One does not have to travel far and wide to find beauty. We need only to climb the "mountain tops," in our daily lives and pause to reflect on what we see. Too many of us, live like the old monk, in a secluded cloister of our own making, unaware of God's beautiful world around us.

— Sunshine & Shadows

### ANY QUESTIONS

I think one of my early inadequacies may well have been that I never developed the habit of asking questions, either of myself or others. Perhaps a negative attitude towards life gave me an inbuilt fear of answers . . . that they might make me uncomfortable, mean risk or demand change and effort. So, Fear and Laziness were the problem ; and pride. I chose the easier, softer way of a fantasy world where one reached out for right answers and skipped the questions. And fear and insecurity blocked my questioning whether the answers were so right after all. So fear and insecurity snowballed and I had to wait for the near-total disaster of Alcoholism to admit that none of my answers had been right ones.

As my alcoholism progressed I did worse than ask questions; I developed and perfected the knack of asking the wrong ones . . . How can I get away from? How can I avoid pain? instead of How can I stand my ground and cope with? How can I best react to this Pain and even turn it to good account?

Only the direct need, a life and death situation, gave me at long last the capacity to begin to recognize the only right questions for me, and the fact that if I want to survive and live as a person there is no choice of answers. The basic questions are Have I accepted my illness? That it will not go away? Have I accepted the urgent need for the 12 Steps in my life? Am I willing to work at all of them, Today? Am I at last prepared to say YES to life as it is, not as I used to think I would have chosen it?

— J.R., Bristol, in Road Back

### MINUTES OF CENTRAL COMMITTEE MEETING JUNE 3, 1975

Meeting was opened by Moderator, Helen D. with the Serenity Prayer. There were 49 members present at this meeting. The Purposes of Central Committee and the Twelve Traditions of AA were read by Vice Moderator. Gene M. Minutes of the May 6, 1975 meeting were read by the Secretary. A motion was made, seconded and carried that these minutes be approved as read. Treasurer's Report was given showing a Grand total of \$307.30 made up of \$73.74, balance in the General Fund and \$233.56, balance in the Institution Group Fund. Due to the fact that the General Fund was low, the Treasurer requested permission to ask the Groups for a \$5.00 donation to build up the fund. Dick F. brought attention to the amount we have in the Institution Group Fund and noted that these funds were not being used — and since the Fund is not necessary at this time — made a motion that the Institution Group Fund be disbanded and monies therein transferred to General Fund thus making it unnecessary to request additional funds at this time. Motion made, seconded and carried. 153 speakers were supplied by the District Office for non AA meetings and Groups through May 31, 1975.

#### COMMITTEE REPORTS

**Action Committee:** Dick F., Chairman. All quiet — nothing to report.

**Area-wide Committee:** Herman W., Chairman. Meeting is scheduled for June 13, 1975 at Jordan Hall, St. Vincent Charity Hospital at 8:00 p.m. Speaker will be Oscar A. of Columbus, Ohio. Asked members to remember the time change from 8:30 to 8:00 p.m. to take advantage of the parking facilities at the hospital.

**Central Bulletin:** George M., Editor, presented us with a challenge to promote the Central Bulletin subscriptions within our Groups and also through our Groups to make the new people coming into the program aware that we do have such a publication. This can be accomplished if each group would take a subscription so that a copy of the Bulletin could be put out with the rest of the literatures on the table. This paper is the oldest of its kind in AA and contains many handles to help us when we are alone and maybe just feel the need to reach out and be able to put our hands on some little thought that might help us over a bad time . . . the sad part is that — unless we can get 300 new subscriptions within the next 60 days, the September issue could be the last. Also, if more groups would cooperate, it could be possible to include once again the list of meetings and the leads for the various groups. This would fall under the responsibility of the Group Secretary to see that the Chairmen get their leads in on time to be listed in the Bulletin.

#### HOSPITAL REPORTS:

**Rosary Hall:** Tom M., representative. Nothing to report.

**Bay View Hospital:** Edie H., representative. Everything quiet.

**Brecksville Hospital:** Bill H., Chairman. All quiet.

**Lorain Community Hospital:** No report.

**INSTITUTION COMMITTEE:** Helen D., Chairman. Nothing to report at this time although she has been asked to come out to talk to two women . . . may have more to report next time.

**NEW BUSINESS:** Dick P. expressed praise and gratitude to Harbor Light for taking in some sick people and caring for them in their new-de-tox center . . . who might otherwise not have a chance to get any help.

**N. E. OHIO GENERAL SERVICE:** Reminded members of Open House on Sunday, June 15th at the American Legion Hall, SE corner of U.S. Route 21 and Ohio Route 82, Brecksville at 2:00 p.m. Pot luck dinner at 2:00, bring covered dish — coffee, meats, bread furnished, bring own table service. The meeting itself will be at 3:00 p.m. Speaker will be Lou D. of Glen Ellyn, Illinois.

**FURTHER NEW BUSINESS:** Dick P. told committee about a visit from a social worker from Berlin. Germany who is here to study how AA cooperates with other agencies in dealing with the problem of alcoholism.

(Continued on page four)

### PRAYER OF THE MONTH

Almighty God; it is a wonderful thing to have been taught and to know that you desire us to talk to you, to ask you for our needs, and to come to you with our problems and burdens. Grant us, we pray, the wisdom that we may be effective in all good things. Amen.

### A FIVE MINUTE LEAD

Few of us, who have touched middle age, realize we are actually experiencing the promising future which looked so rosy in our childhood. In the march of time most of us do not recognize today's reality which once enchanted our youthful fancy. Most of us have not found life as beautiful as we painted it: the mirage of youth has faded in the sands of time. And, this disappointment stems from the fact that we have never learned to take the most good out of each day as we went along. Perhaps many of us look far forward — or too much backward. Thus we do not recognize today's gifts; we do not avail ourselves of them as they are given to us.

Alcoholism is an illness. physical, mental, spiritual and its inroads can never be arrested without fight. Indolence has always been the bane of our drinking lives. Our capabilities are never developed for want of action. We do not grow because we lack the desire and the persistence to rise above ourselves.

The mark of a man is to accept challenge. Easy things never satisfy his noble nature. He is happiest when wrestling tasks which exact his best. Alcoholism is a hard taskmaster. It is under this pressure that we grow and can help others. If we favor ourselves and duck duty, recovery will hardly be bountiful. We will not master endurance, nor accent the challenge of life. No alcoholic can hope to better his lot if he insists on having his own way. Sobriety cannot be had without self-restraint (Read Steps 1 and 12 again), without submission to Divine direction to our lives.

So many of us failed to mould the character we should have fashioned in our early years. We skipped many primary lessons of life. We grew cynical, bitter, callous while alcohol slyly distorted our personality. But out of liquor's ugly mess can come a blessing. Right here, right now is the moment of defiance since we have no choice to except care; to gather our resources and battle our way to reason.

Some folks say fools rush in where angels fear to tread. Since we are angels with dirty faces it would be chicken to throw in the towel on the second round. We have been guided this far by the Hound of Heaven, and He will not cease there. We need have no fear of failure since our tasks will never go beyond the strength necessary to meet them. As kids, going to school many of us ducked every hard task possible. We learned things which came easy since it took no great effort. This failing haunts us to this day. When things require no special exertion we do them in a creditable enough way, but when the chips are down and the pot is loaded, we drop out. Thus doing easy things, skipping the difficult, continue to plague us and nothing noble or brave is ever attempted.

Alcoholism was never put in our way to floor us. It is a personal challenge defying us to develop our resources and to do battle. Those who subscribe to alcoholism never grow beyond childhood, even as bottle polishers. Though sobriety is for our personal betterment, everyone shares the blessing. We cannot hope to put into it easy effort and our good wishes. Sobriety is thought, time, patience; most of all a fighting heart.

Alcoholics as a class do not know what limits mean, where their boundaries lie. These men and women have constantly surprised themselves by discovering that limits are not limits but ways, that ALCOHOLISM is not a dark and threatening barrier to happiness — but that it is life — life beautiful.

— Elvee A., Cincinnati, O. Alvinos

### DATES TO REMEMBER

#### JULY

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

4-5-6—Alcoholics Anonymous 40th Anniversary Convention, Denver, Colorado.

#### AUGUST

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

15-16-17—Ohio State AA Conference, Cincinnati, Ohio.

### SCORECARD

There is still much to be done, but the efforts to bolster Central Bulletin subscription lists give promise of realizing 300 new subscriptions within the 90 days from June 1 to August 31 for reasons outlined by the editor at meeting of the Central Committee on June 3.

However, this cannot be a one shot-in-the-arm approach, it must of necessity be an on-going program on the part of every member and every subscriber. We cannot survive from a series of isolated drives. On-going programs need the devotion of great numbers of people making day in and day out efforts.

We urge you to make it a habit to ask your fellow AAs if they are Central Bulletin subscribers and if not, sign them up. If they are subscribers remind them that it is as good a time as any to renew. Three dollars a year is a small investment for continuous sobriety!

### SUMMER SCHEDULE

In keeping with procedure of the past the Cleveland AA District Office is closed on Saturdays during July and August. Saturday openings will be resumed on September 6.

All telephone calls on Saturdays during the summer months are handled by the answering service and around the clock pick up is made by a member of the office staff.

### CLEVELAND AREA GUEST SPEAKERS

#### JULY 1975

**BRECKSVILLE WEDNESDAY (Wednesday) 2** — Bill A., Brunswick; 9 — Don E., Strongsville; 16 — John G., Bay View; 23 — Ed P., Bay View; 30 — Hobie H., Newburgh.

**GRATEFUL (Sunday) 6** — Alex D., Matt Talbot; 13 — Joe K., Eaton; 20 — Frank J., Charity; 27 — Joe K. (3rd Anniv.), Shoregate Men.

**LAUREL (Thursday) 3** — Greg P., Ramona; 10 — Henry S., Baxter; 17 — J&K W., Independence; 24 — John B., Ramona; 31 — Frank T., St. John's Tuesday.

**PARMATOWN MEN (Friday) 4** — Neil C., Maple Heights; 11 — Tons W., Elyria; 18 — Gene M., Brunswick; 25 — Bill T., TGIS.

**SISTER IGNATIA (Friday) 4** — Sonny I., Tri County; 11 — Peggy B., Euclid Wed.; 18 — Ann G., Solon Women; 25 — Jack F., Sister Ignatia.

**STRONGSVILLE (Tuesday) 1** — Stan M., Seven Hills Discussion; 8 — Doc E., Seven Hills Discussion; 15 — Bob J., Trinity; 22 — Andy B., Parma Sat.; 29 — Ed D., Parma Sat.

**WEST SIDE MORNING (Thursday) 3** — Warren C., Sr. (36th Anniv.), Edgelake; 10 — Tony W. (31st Anniv.), Elyria; 17 — Caz L. (33 years), Southeast Mon.; 24 — Tom K. (20 years), Barberton; 31 — Nelson (Doc) D., (30 years.), Brook Park; August 7 — Father Gordon H., Mt. Carmel Sun.

**WEST SIDE WOMEN (Monday) 7** — Mary H., Shaker; 14 — Fred T., Southwest Sun.; 21 — Bill L., Valley View; 28 — Beatrice Z., Edaelake.

**Y.O.U.R. (Sunday) 6** — Ed McK., Northeast; 13 — Tom S., Newburgh; 20 — Larry M., Walton Hills; 27 — Sam T., Akron. O.

Copy for August listing must be in our hands by July 15, 1975 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.

KIND WORDS

Dear AA Friends:

Thank you so much for sending us the May edition of the Central Bulletin. We always enjoy receiving this publication and would like to take this opportunity to compliment you on its quality. We receive many such publications and certainly the Central Bulletin is one of the very best.

Everyone here joins me in sending warm wishes to all of you for the best AA has to offer, day by day.

Sincerely, Phyllis M., General Service Staff

Editor's note: Such strokes make our efforts worthwhile.

HAPPINESS

Places and circumstances never guarantee happiness. You have to decide within yourself whether you want to be happy. And once you've decided, happiness comes much easier. Happiness is elusive. Never think you can corner it where it can't get away from you. Happiness slips up on you. Happiness overwhelms you. Happiness is a by-product of losing yourself in something you believe to be worthwhile. Happiness comes to those who act happy, not to those who are desperately seeking it.

HUMILITY AND RESPONSIBILITY

In our group, a Chairman for the evening chooses a topic relating to Recovery, and he acts as Discussion Leader and Guide. This particular evening, he had put up 'Why were we few the apparently lucky ones?' and I was irritated at this choice. It seems a silly question like asking 'Why was I born?' — a question to which there is probably no real answer.

During the hour, my memory slipped back over the few years and in so short a time those who had appeared to fail in AA. There were the sad suicides, those who caved in, collapsed from too much drink . . . so much terrible agony and despair. Then I thought I could see a difference in attitude, comparing the failures with the winners.

The successful had two things in common . . . (a) a willingness to experiment with learning to change and (b) some degree of Gratitude for the success and relief they had found. A willingness to learn is the beginning of Humility: and Gratitude is best expressed in actions to help others. Later it occurred to me that these two attitudes were the very same as those we are encouraged to develop in our Programme of Growth. Bill, in fact, wrote that Humility and Responsibility are the hallmarks of progress in AA.

Humility will help me to remove the obstacle's to God's Grace, which are my Ego defects. And the most practical expression of Gratitude is for me to try to be Responsible.

— S.M. in Road Back, Dublin

BE A BULLETIN BOOSTER

AA CENTRAL BULLETIN ORDER BLANK. Please write distinctly . . . or print. . . to avoid errors. Includes fields for Name, Address, City, Zone No., and payment information.

AN ALCOHOLIC WRITES HOME FROM JAIL.. .

Dear Paw,

How corn u aint neber tole me about these here AA fellers wen I corn to this here jale. I kinda figgered I wood have to quit drinkin but I neber new they wuz a klub fer it. Them fellers that dont drink gets up in this here big hall and thay hole a meetin. I no itsa meetin thay holin cawze they is all kine sinnes arown there whut sez E-Z doz it and all such thins. I aint one for prayin an the likes an I anit hardle got no lernin, but them fellers that praze bout C-renity and Wisdom and kerage an all such thins as that. Now I no sum of them fellers is hevvy drinkers, cawze they got up there at this here meetin and they tell all such as that. They is about 175 of them paw. I dunno yet wat it is thay is up to, but some Gye tole me that this here is a big gang. They is 300,000 more of em owtside the jales.

Now, the onliest rezun I am tellin y'all this an about all these gyes is so u can cell the still cawz as fere as I can see, these fellers means buziness paw and thay aint gonna be byin no more likker. So pleeze paw, go bak to razen hogs or u will go busted broke. This gang is to big fer us to fite, paw.

As u new, I wuz alwaze won fer drinkin as the like of that but I wanna quit so I dont get in jale no mor. So I has jerned up with them paw. Pleeze dont be mad at me cawze I aint dezerted u fer the AA. I jus figger thay aint no sents to it no mor. I jus wanna stay owt of these jales. Its purty hard to make shine in here cawze shuger is skarse. I am awfull bizzee in here tryin to fin owt about C-renity an wiz-dom paw, so I aint got no more time to rite now. I will let u no wen I fin owt wat thay got up there sleeve. Dont fer-get to cell the still paw.

Yer Luvvin Sun, Al K Halic

— Our Guiding Light from AA Hope

TODAY HAS PASSED

Whatever is held of good or evil is now woven into the inevitable pattern of life. I cannot recall one unkind word, nor retrace one foolish step. The tapestry is woven, I might look at the pattern and regret the threads of selfishness, the ravelings of hate, but I cannot remove them, for they are now a lasting part of what holds together the weaving of today. I may search for a thread of human kindness — may look for a touch of love and beauty to give color to my drab design, but if I did not weave them into my gleanings of today, I cannot now add them.

TODAY HAS PASSED. But — if tomorrow comes — it will offer me a clean and empty loom and fresh strands of hope and faith. Perhaps then I can weave a lovelier pattern with less of the gray of care and the purple of pain, but with more of the gold of truth and the blue of trust, and the shimmering white of faith and purity. Perchance I throw open my mental blinds so that there may be reflected upon my loom more of the sunshine of cheer and hope of optimism. Perchance I can focus upon the beautiful instead of the ugly. I will not mortgage to the past. TODAY IS NO MORE.

-Author Unknown

TOMBSTONE DATES

(Continued from page one)

my life style, and it has much more to do with me than not having some drinks. The pay-back is that it results in a feeling of self-worth. That is why the day of my last, drink is now more directly associated with the first date on the tombstone than the last date.

All I have to do in order to keep this going is to live each day the AA way.

— Martin Y.

MINUTES OF CENTRAL COMMITTEE MEETING —

(Continued from page two)

She had been informed that this was the best area to visit to get the information she needs.

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

— Imogene P., Secretary



## GAMES PEOPLE PLAY IN AA

## ONE MAN'S START

### DROP THE HANDKERCHIEF

In this game, an AA member accepts a responsibility, such as a chairmanship; then he circles around the group until he can drop it behind some unsuspecting person he hopes will pick it up. Thereupon, he runs away very fast and stays out of sight until the game is over.

### HIDE AND SEEK

This game can be played by either a doubting new member or a complacent old one. On meeting nights, he hides in his home, with the lights dimmed and the phone unanswered, or in a movie or some other good place. The object of the game is for his sponsor or an old AA friend to find him in time for the meeting. However, if he can stay hidden on enough occasions, he wins the right to take a drink.

### PINNING THE TAIL ON THE DONKEY

This pastime is best demonstrated by those who are just recovering from a slip, as they make blind stabs at pinning down the cause of their relapse. They are usually far wide of the mark and end up with their excuse dangling from an ear or a hoof.

### BLIND MAN'S BUFF

This is a good game for the unwilling, antagonistic newcomer. On meeting nights he blinds his eyes to the Twelve Steps and deafens his ears to what is being discussed. He then gropes around in an apparent search for sobriety. Naturally, he can't win the game, but he does get the booby prize; the opportunity to go back to his favorite saloon and ridicule AA.

### TAG

This tricky game is played when a sick alcoholic phones a member for help, or a local intergroup or central office relays the plea. The main rule is that the person called does not make the visit himself (because of a sore finger or something), but phones another member and tags him with the job. That one, in turn tags another, and this continues until someone is unable to pass the buck. That makes him IT and he has to make the Twelfth Step call.

### A TISKET — A TASKET

Here is a simple game, suitable for any AA occasion when those present are invited to drop a cash donation into a handy container. The players simply keep a tight grip on his wallet as he murmurs to himself 'A tisket, a tasket I don't see a money basket,' or 'I'm saving for my casket' or any other witty couplet. The dividends thus accumulated may eventually buy him a case of booze.

-Secretary's Newsletter  
Paul G., San Francisco, Good News

I came down to my first meeting years ago. I have never had a real desire to have a drink ever since. That is my own personal miracle of Recovery. But that sort of miracle had happened to a good many thousands before me who had joined AA. All they had had to put in for Recovery was all I was asked to put in . . . a sincere desire to stop drinking and a real determination to use AA's help. And to take that help as it existed, not to try to reshape or remodel AA to my own liking; but to do and accept what others before me had done and accepted. I had a blind Faith that AA could help me. So I settled down to find out HOW it could help me. I was told that Alcoholism was a Disease, physical, mental and spiritual. I found that reasonable. It explained quite a lot I had never understood. I accepted that alcoholism was a disease, and MY disease.

I was told of the 24 hour plan of stopping drinking. I liked it, I accepted it and I used it. I was told of the group therapy, the meetings and the acceptance by and friendship of the group. I accepted them and I used them. And in an incredibly short time, I found I had been able to stop drinking. But that wasn't recovery.

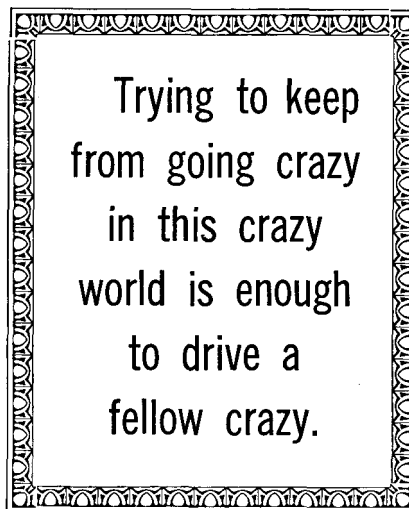
It took me some time to work out how I could achieve Recovery, and the solution came to me from the 12th Step . . . the popular part which asks us to carry THIS MESSAGE to others. What was this Message? It wasn't that alcoholism was a disease, that was an explanation. It couldn't be the Message, as disease isn't mentioned in the 12 Steps. Nor was it the 24 Hour Plan, nor Group Therapy, nor Group Meetings. These are enormous helps, but they can't be the Message, as they too are not mentioned in the 12 Steps.

The Message of the Steps, for me, is that though I could stop drinking with the explanation and the enormous helps. If I wanted permanent sobriety and that is what Recovery is . . . I would have to find a way of changing my living, my thinking and my attitudes towards God as I understand Him (or the Higher Power of one's own choice), and towards my neighbor and myself. These Steps are the pointers towards doing that, and I have found that for me the reward from practicing them comes, not from the amount of success achieved, but from the amount of effort put into the practice.

Some who join us are unwilling at first to accept our spiritual Steps to Recovery, through a mistaken idea that these Steps are Religious ones. They tell us they don't want to become religious maniacs or saints. The risk of either of these fall-outs is, after all, infinitesimal. Concern for one's spiritual welfare for ten or fifteen minutes a day is not usually enough to qualify for either Sainthood nor Religious Mania.

In my years of sobriety, not one passer-by has so far stopped me in the street and asked me to dim the lights round my head.

(Continued on page four)





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Harry D., Founder and Editor 1892-1968



Vol. 33

August, 1975

No. 11

## APPETITE FOR ASHES

One early symptom of my alcoholism was a taste for excesses that became an appetite. Attempts to satisfy this appetite left me unfilled. This hunger for acquisitions became an attempt to compensate for the worthlessness I felt inside. The cheaper I felt, the more I spent. The less I felt worthy, the more grandiose I became.

So the pool got heated and a gas lite was added.

The new car got parked behind another new one.

The closet got so cramped another bar was installed.

The vacations got more distant and more expensive.

Dining out took longer as the bill got larger.

Entertainment at home included piano and half-gallons.

But dollars can not quench what I thirsted for — some peace of mind and serenity. My highest power did for me what I didn't have the ability to do myself. He made it possible, for me to re-arrange, priorities. He did it in a most usual way. All the items that were ego-patches were removed from me in a short period of time. What a blow I imagined this was going to be. But for once I was unburdened — like a traveler without luggage. I was free to experience the ups and downs of life while working steps. I didn't have the little new item to converse about. I began to talk about feelings at the gut level. I found that relying upon Him and His values began to satisfy that thirst.

Since that time, the highest power has loaned me some of the "good things of life." I no longer consider these items as extensions of myself. I try to only use them, (and love people) instead. I hope to remember this lesson each day at a time until they return to ashes and I to dust. My life tastes best seasoned with some ashes.

-Martin Y.

## BULLETIN SUBSCRIPTIONS

While we are not out of the woods by any means, it has been encouraging to note the activity of members and groups in securing new subscriptions in response to our recent appeal for help — help that must continue if we are to continue and most importantly — to grow.

By no means can this be a one time effort and then allowed to die, for it is surprising how subscription lists diminish due to lack of sustained effort on the part of all, including subscriber renewals being sent in promptly.

Protected sobriety at three dollars a year is a good buy.

People are like buttons. Their value is not apparent until they become attached to something useful, some constructive work or endeavor; but then they often prove themselves to be important and valuable to the world. Day by day, the plain, unpretentious, modest ones are more useful than the ones that glitter and shine; but each one has its place — a place that not another can fill so acceptably.

-Ernest C. Wilson

## MINUTES OF CENTRAL COMMITTEE MEETING JULY 1, 1975

Helen D., Moderator opened the meeting with the Serenity Prayer in which she was joined by the 32 members present. After roll call, four members came in making the total attendance at 36. Gene M., Vice Moderator, read the Purposes of Central Committee and the Twelve Traditions of AA. Minutes of the June 3rd meeting were read by the Secretary, these minutes were approved and accepted as read. Treasurer's Report showed a balance in the Treasury on June 30, 1975 of \$297.30.

### COMMITTEE REPORTS

**Action Committee:** Dick F., Chairman — nothing to report.

**Areawide Committee:** Herman W., Chairman reported that the June 13th meeting was very successful, attendance was good and speaker was excellent but would like people to take more interest in attending these meetings. Plans are under way for the next **Areawide Meeting** to be held in September. Date has been tentatively set for September 12th.

**Central Bulletin:** George M., Editor, reported that so far many groups have accepted the challenge presented at the last meeting — to get more new and renewal subscriptions for the Bulletin so that it can be kept going. Although there are no figures available on the Bulletin yet, he reminds us that this must be a continuing effort on our part to get more people interested in the Bulletin.

### HOSPITAL REPORTS

**Rosary Hall:** Minnie C. Not much to report, things are pretty quiet.

**Bay View Hospital:** Edie H., representative. Everything pretty quiet there also.

**Brecksville:** Bill H., representative. Not much to report except that they do have a full house at this time.

**Lorain Community Hospital:** Jack S. No report.

**Institution Committee:** Helen D., Chairman. Nothing new to report.

**NEW BUSINESS:** Dick F., announcing the death of Jack McGuff, a very dedicated member who put in a lot of time working with the penal institution groups — this was a voluntary effort on his part and with his passing — there will be a definite void. Volunteers are needed if anyone has the time to spend, they can contact the office.

Dick P. announced that the office had received a letter from the girl who was here from Berlin, Germany expressing her thanks, profound and sincere appreciation for the kindness she received here. She thinks Cleveland AA is tops!

**N.E. Ohio General Service:** John B. reported on the June 15th meeting — very good speaker and worthwhile meeting. Called attention to the international Conference being held in Cincinnati, Ohio this year August 15, 16 and 17th. Next Assembly meeting will be held in September — more information to follow.

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

Imogene P., Secretary

## CLEVELAND AA DISTRICT OFFICE

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

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

### PRAYER OF THE MONTH

Almighty God, knowing that every good gift comes from you, may we thankfully receive all that we need yet can never deserve. Amen.

### NO THUNDER OR LIGHTENING, ONLY ENLIGHTENING

How many members of AA had a spiritual awakening where there was a flash of light accompanied by thunder and lightning? I have never heard of any. There is no doubt that some men and women left their first AA meeting with a feeling of exultation and a conviction that they found a way out. For the first time they have found an answer to their alcoholic problem, and they no longer will have to go to the bottle for courage. This was a feeling of confidence which they never experienced before, and they knew that they would keep their sobriety just as long as they do what they should do. They were certain that they will stay sober as long as they remember that they are powerless over alcohol. As long as they don't forget the importance of meetings and not take that first drink. As long as they remember that if they don't take a drink today, they won't need one tomorrow.

However, we cannot spend all our lives on mountain tops. We must come down into the valley at times and hoe potatoes. A true lasting spiritual experience is a matter of day to day living with a measure of patience to meet the small annoyances of life without looking for courage in a bottle.

In measuring up to life's demands our character can grow in widening sympathies for others and a deeper faith in God. Certainly, we all need faith in God and in ourselves to take the dark hours in their stride. We need confidence in ourselves, both in our ability to surmount difficult situations and in the knowledge that we have the moral fiber which can resist, not only the passing allurements of the bottle, but also, the assaults of daily temptations. But all of this requires action and the willingness to turn our will and our lives over to God without any reservation. A true faith in God is when we can say with confidence, (Take my will and make it Thine, it shall no longer be mine).

-Edward B., Akron, Ohio

### THOUGHT PROVOKERS

It's amazing how much more life can mean to you when you eliminate a lot of excess baggage.

Nothing contributes more to cheerfulness than the habit of looking at the good side of things. The good side of God's side of them.

Success is built on small margins. The fastest runner in the world isn't more than 5 percent faster than scores of ordinary runners. The difference between a great race horse and a good race horse is only a few seconds. No man can be successful for more than a minute the minute in which he completes a successful job.

It's only when you're spouting that you get harpooned!

### IN MEMORIAM

To the family and friends of those listed we extend our heartfelt and sincere sympathy with the earnest prayer that their bereavement may be tempered by reflective thoughts upon happiness shared:

**JACK E. McGUFF**, passed away at age 54 on June 28. He was a six-year member of the Southwest Sunday Group, and a devoted worker in the penal groups in this part of Ohio. He will be sorely missed by all.

### DATES TO REMEMBER

1-9th Anniversary of the Sister Ignatia Group, 8: 30 p.m. St. Paul's Catholic Church, East 200th St. and Chardon Road, Euclid, Ohio; Speaker: Dick G., Louisville, Kentucky.

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

15-16-17—Ohio State AA Conference, Cincinnati, Ohio.

27—27th Anniversary of Strongsville Group, 8: 30 p.m., St. Joseph's Church Hall, 12700 Pearl Road, Strongsville, Ohio; Speaker: Sam P., Pittsburgh, Pennsylvania.

29-34th Anniversary of the Gordon Square Group, 8:30 p.m., West Boulevard Christian Church, West 101st St. and Madison; Speaker: George M., Mentor, Ohio.

### SEPTEMBER

#### 1-LABOR DAY

1-Central Committee Meeting, 8: 30 p.m. Room 3 62, Hanna Building.

17—15th Anniversary of Cleveland AlAnon Inter-group, 8:30 p.m., Trinity United Church, 3525 West 25th Street, Cleveland.

### DISTRICT OFFICE SCHEDULE

Saturday closing of the Cleveland AA District Office will continue through the month of August in accordance with the customary summer schedule. Saturday openings will be resumed on September 6.

All telephone calls on Saturdays during this period are handled by the answering service and round the clock pick up made by a member of the office staff.

### CLEVELAND AREA GUEST SPEAKERS AUGUST 1975

**BRECKSVILLE WEDNESDAY (Wednesday) 6** — Arden R. Brecksville Wed.; 13 — Jack W., Newburgh; 20 — Wally M., Brooklyn; 27 — George L., Walton Hills.

**GORDON SQUARE: (Friday) 1** — Paul K., Gordon Square; 8 — Bill M., Gordon Square; 15 — Barbara C., Deaconess Women; 22 — Calvin C., American Indian; 29 — 34th Anniversary of Group, Speaker: George M., Mentor, Ohio.

**GRATEFUL (Sunday) 3** — Bill N., Allendale; 10 — Millie G. (3rd Anniv.), Grateful; 17 — Helen B., Allendale; 24 — Howard M. (7th Anniv.), Grateful; 31 — Mel S., Collinwood.

**PARMATOWN MEN (Friday) 1** — Bill S., Parmatown; 8 — Chuck B., Barberton; 15 — Ken A., Brecksville Wed.; 22 — Paul L., Lorain Tues.; 29 — Joe K., Parmatown.

**SISTER IGNATIA (Friday) 1** — 9th Anniversary of Group, Speaker: Dick G., Louisville, Kentucky; 8 — Caz L., Southwest Sun.; 15 — Dennis Z., Florida; 22 — Maureen B., West Shore; 29 — Mike M., Sister Ignatia.

**STRONGSVILLE (Tuesday) 5** — Surprise Lead; 12 — Clay P., Maple Heights; 19 — 27th Anniversary of Group, Speaker: Sam P., Pittsburgh, Pa.; 26 — Jim S., Maple Heights.

**WEST SIDE MORNING (Thursday) 7** — Father Gordon H., Mt. Carmel Sun.; 14 — Frank M., West Side Morning; 21 — Sophie L., Pearl Mon.; 28 — Larry L., YOUR; Sept 3 — Eddie McN., Mansfield.

**WEST SIDE WOMEN (Monday) 4** — Mary Jane M., West Side Women; 11 — Cora McD., Hague; 18 — Jeanne M., Angle; 25 — Joe B., Clark.

**Y.O.U.R. (Sunday) 3** — Bob K., Northeast; 10 — Joan H., Borton; 17 — Sonny I., Tri-County; 24 — Phil P., Tri-County Sun.; 31 — Aaron F., Kirtland.

\* \* \*

Copy for September listing must be in our hands by August 15, 1975 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.

SMILES

A drunk wandered into a federal building and asked, "Is this the headquarters for the war against poverty?" "Yes, it is," replied the receptionist. "Good," he said. "I've come to surrender."

Doctor: "Frankly, this is a most serious operation. Four out of five patients never survive, but I'll do my very best. Is there anything I can do for you before I begin?"

Patient: "Yes, help me on with my pants."

Hung-over husband to wife at breakfast table: "I get a stabbing pain in my right eye every time I take a drink of coffee."

Wife: "It might help," she suggested, "if you would remember to take the spoon out of the coffee cup."

"How could you swindle people who trusted you?" asked the Judge.

Replied the con man, "Your Honor, it's almost impossible to swindle people who don't trust you."

Doctor giving advice to a guy with a drinking problem: "Whenever you feel like having a drink, have an apple instead."

Patient: "Doc, who can eat that many apples?"

Boxing manager to his protegee: "I've got a great idea for the next round," he said. "Hit him back."

Tourist in the saloon talking to bartender: "Not much of a town you have."

Bartender: "Nope, but it sure is healthy. When I first came here I hadn't the strength to walk. I had to be carried everywhere and I didn't have a hair on my head."

Tourist: "Marvelous. How long have you lived here?"

Bartender: "Born here!"

Customer: "How long have you been working here?"

Waiter: "I've been here only o week."

Customer: "Then you couldn't be the one who took my order!"

Overheard in a bar — "I once wanted to become an atheist but I gave up the idea because they have no holidays."

A drunk was hunched over the bar, toothpick in hand, spearing futilely at the olive in his drink. A dozen times, the olive eluded him. Finally another patron, who had been watching intently from the next stool, became exasperated and grabbed the toothpick. Here, this is how you do it," he said, as he easily skewered the olive.

"Big deal," muttered the drunk. "I already had him so tired out, he couldn't get away."

BE A BULLETIN BOOSTER

AA CENTRAL BULLETIN ORDER BLANK. Please write distinctly. . . or print . . . to avoid errors. Date, Name, Address, City, Zone No., One Year at \$3.00, Amount enclosed \$, Mail to Central Bulletin, Box 6712, Cleveland, Ohio 44101. THE YEAR 'ROUND GIFT

THE POWER OF CHOICE

For many years I did not have the power of choice, it had been taken away from me because I suffered from an illness.

This was hard for all who were around me to understand. My family didn't understand, my bosses didn't understand, and I certainly didn't understand or even want to understand.

Marty Mann said in one of her presentations here, "The alcoholic has lost the power of choice — when, where, or how much to drink!"

This, of course, comes very gradually, so gradually that we do not notice it. This is, I believe, what separatee the problem drinker from the social, or moderate drinker. Every move I made seemed to be geared to when I would be taking that next drink, and then I wished so often I could be comfortable when I drank, but I couldn't seem to find that either.

One of the first things I realized, when admitting I had a problem, was that it was my choice to make as to whether I would choose to drink or not to drink. What a wonderful feeling of accomplishment I felt it was, returning from a meeting, to realize it was my choice, and no one else's, whether I stopped at a bar on the way home or not! This may seem a small privilege for someone who has not suffered an addiction, but for me this was so very important.

The more right choices I made from then on, the better my life became. I needed the help of those around me and I needed so often the Serenity Prayer which brought me in close contact with my Higher Power, who I felt I had neglected for so long.

After we sober up and have known the great feeling of being able to make our own choice again, let's hope that we don't take this too much for granted, at least I can't. I hope our choices include staying active and never being too busy to lend a hand to those who still suffer. Let's remember how it was when we didn't have the power of choice.

God, give us the wisdom to continue to make choices that are right!

-Ken G., in Silver Dollar , Fargo, N.D.

HOW AND WHERE DO WE BEGIN TO BE HELPFUL?

I am often reminded at meetings by people who don't know where or how to begin, of something in our Big Book. It says: "Ask God each day what you can do for the alcoholic who still suffers." It is at the end of the chapter "A Vision for You."

Over the years I've ended up in many strange places and in many stranger situations, but, looking back, it is clear that when the conditions of the Big Book were met, great things happened. Answers and abilities that I never knew existed were given to me. I am not supposed to know how to do something like speak at a meeting or go on a Twelfth Step call. I only need to be willing to try, follow the directions given to me by AA, and to place a trust in a Higher Power.

Those of us who are running around bemoaning the things we cannot do and copping out on trying new things might do well to re-read the Book. It is not our business to be good at something, or to be successful, but only to try.

The fullest enjoyment of AA membership is available to all who are but willing to join in all the things that encompass our Fellowship. eCertainly all of us will not turn up orators or finding lots of people ready to accept AA's message from us, but all of us can have that great feeling of belonging and participating in AA.

-Jack G., in Good News, San Francisco

ONE MAN'S START

(Continued from page one)

But practise of these Steps has given me back my sobriety, happiness, peace of mind and a better conception of my duties to God, my neighbor and myself. Any programme that can make that change in me or any other alcoholic MUST be pretty good.

-The Road Back, June 1975





## ACCEPTING YOURSELF

When we alcoholics come in out of the cold and begin to thaw out in the warmth of the human relationships we encounter in AA, we find that the very ordinary word "acceptance" assumes a most significant place in our lives.

If we are going to get anywhere at all in our search for a contentment that is more powerful than the frightening compulsion to drink, we have to accept that fact that we are alcoholics. We have to accept that with AA's help we can.

And, if our Serenity Prayer is answered, we learn to accept a lot of other things, not necessarily related to alcohol, that were neither acceptable nor changeable in our drinking years.

Perhaps one of the most rewarding aspects of sobriety is the realization, often slow in coming to us, that we are accepted and not rejected by other people as we so often thought. When we were under the domination of the bottle, many of us felt that we were outcasts from a sort of kinship enjoyed by everyone else.

So it is an exhilarating discovery, when we get sober, to find that we are accepted in the fellowship of man and that we can have the respect of other men and women.

There is another aspect of acceptance that is vital if we are to live in any sort of peace and calm — the acceptance of ourselves. Each of us has to accept him — or her as a unique human being, with faults and qualities, weaknesses and strengths. We have to accept ourselves as we are realistically, with whatever potential we might or might not have, and not as some fantasy figure in a wonderland of alcoholic creation.

In this sort of acceptance, we are no different to non-alcoholics, who have had to accept themselves as individuals if they are to have a balanced emotional life.

But self-acceptance does not come easily to all alcoholics, many of whom rejected themselves as worthless when they were being dragged ever downwards by the booze. The load of guilt and self-reproach and fear may not be entirely shed when they begin to work the AA Program.

Psychologists say that if human beings are to accept themselves fully, they have to like themselves a little. Only when they can do this are they free to love others and accept their love.

To help us to like ourselves, we can try to live to as high an ethical standard as we are capable. How high is that? It's for each one of us to judge for himself. But as we sow, so shall we reap the rewards or disappointments of knowing how much or how little we are trying.

Recovering alcoholics are lucky because AA provides them with the opportunity to engage in useful service to the Fellowship and to sick alcoholics. And, with all humility, this service allows them to see that they have some worth. So does the spiritual progress that they must make if they sincerely follow the Program.

In all that we do, whether on the spiritual or the ma-

(Continued on page four)

## WEIGH YOUR WORDS

Words can be cruel or kind; words can make friends or enemies; they can bring smiles or tears, joy or sorrow. Words can bring hate or love; they can inspire or discourage; they can hold a family together or destroy it. Words can be arranged into beautiful poems or into vulgar verses; words can be used as a prayer or as a curse. Words can arouse people to destroy homes, cities and even nations, and they can unite people to protect the lives of the defenseless.

How many times have we heard words like this? I heard that Jack got drunk last week; — I saw Harry coming out of Nicks saloon last night and he seemed to be a little under the weather: — She only came into AA.

to get in good graces with her husband and family which she was on the verge of losing. He won't stay sober, because he can't get honest with himself.

Words like this are said every day by so-called good AA members and perhaps you have used such expressions at some time in your life. All of us undoubtedly made an effort to fasten some malicious gossip on some person we resented or disliked. But instead of making snap judgements about others, we would do better if we would stop and ask ourselves, "just what right do we have to bring in a verdict on the character of another person." Many people stumble over the pile of trash in front of their own door when they set out to clean up another person's yard.

History is full of tragic stories about wars, rebellions, riots, sabotage and murders which were caused by careless words and deeds. The assassin of the Austrian archduke, Francis Ferdinand in Sarajevo didn't know that single act was setting the

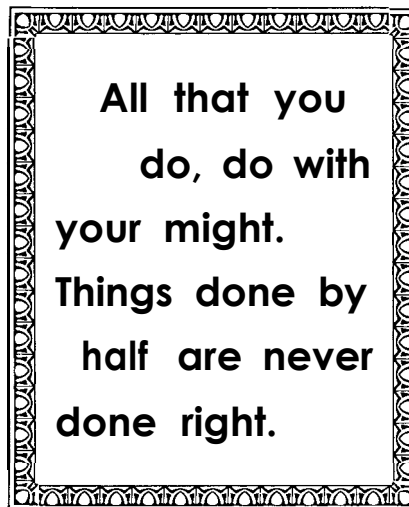
stage for a tragic world war, where thousands of people would be killed. The habitual tattler says, "I only repeated what I heard, I didn't want to break up their home." People are constantly repeating malicious gossip about others' and the wave of character assassinations rolls on, destroying friendship, homes and even nations.

No doubt there are times in all of our lives when we said something and wished we could recall it. The hot words that were said in haste are like bullets shot out of a loaded gun and they cannot be recalled after the trigger is pulled. The father with tears in his eyes says, "But I didn't know the gun was loaded when I pulled the trigger and killed my only child."

There are also times when we should have said some kind and encouraging words to the new person attending his first AA meeting, but we were too busy talking to our friends. There are times we should be more conscious of the good a word of appreciation can do. A word of thanks. A simple, sincere compliment. Such kind words can change the whole day for any of us.

There will be times in our lives when we will have the urge to drop some insinuations just to damage another person's character. We say cruel and destructive things because we find it so much easier to be clever than to be kind. But in the long run, proud and angry words are

(Continued on page four)





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Harry D.. Founder and Editor 1892-1968

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## THE ROAD NARROWS

Although it was at first somewhat surprising to me that I found myself in AA, it is now even more surprising to me that I didn't take some drinks during the first year. Here are some examples of the early choices which I made concerning my sobriety.

I attended about a quarter of the meetings my sponsor recommended.

Instead of making any visits to hospitals, I went out to the parks.

Rather than attending the four meetings which I had agreed to chair, I stayed away and socialized.

I skimmed the AA literature and then stacked it in a shoe box, and began to read library books instead.

I memorized Kipling's "If" before I was conversant with the Twelve Steps.

I didn't phone my sponsor and was brief and businesslike with him when he called me.

I went to some drinking places and instead of declining a drink, fixed a shot of coke into ginger ale and faked my way through the crowd.

I opened the big book only once on the three week trip.

I mainly enjoyed the highlights of a speaker's debauchery and then compared myself away from him. I was script-bound in making comments and played them for the affect upon the crowd.

I credited myself for not taking drinks and failed to give a real prayer of thanks for it.

In time the road had seemed to narrow. In spite of my decisions I could at least succeed in abstaining from taking drinks that first year. I don't believe I could soberly repeat the list in my sixth year. If I did repeat it, I would at best "slip into abstinence" which just isn't the quality of life-style that sobriety has proven that it, can deliver.

So, it's alright with me that the road narrows. For, as long as I am trying to go straight ahead, a closer curb may bring me back to center sooner, rather than slip me entirely off the pavement later.

-Martin Y.

## NATURE'S CREED

"I believe in the brook as it wanders  
From hillside into glade;  
I believe in the breeze' as it whispers  
When evening's shadows fade.  
I believe in the roar of the river  
As it dashes from high cascade;  
I believe in the cry of the tempest  
Mid the thunder's cannonade.  
I believe in the light of shining stars,  
I believe in the sun and the moon;  
I believe in the flash of lightning.  
I believe in the night-bird's croon.  
I believe in the faith of the flowers,  
I believe in the rock and sod,  
For in all of these appeareth clear  
The handiwork of God."

Author unknown

## MINUTES OF CENTRAL COMMITTEE MEETING AUGUST 5, 1975

This meeting was opened by Helen D., Moderator leading the 57 members present in the Serenity Prayer. Purpose of Central Committee and the Twelve Traditions of AA were read by Vice Moderator, Gene M. Minutes of the July 1st meeting were read by the Secretary. Minutes approved and accepted as read. Treasurer's Report was given showing a balance in the Treasury of 280.36. Treasurer asked permission to check with another bank for the Central Committee account, where there would be no service charge. Permission granted, inquiry will be made and reported at next meeting. 165 speakers have been supplied by the District Office to non AA groups through July 31, 1975.

### COMMITTEE REPORTS

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

**Areawide Committee:** Herman W., Chairman reported that date had been set for next meeting — September 12th and speaker selected but we have been informed that Jordan Hall would not be available to us until further notice for our Areawide Meeting. We had contacted the Cleveland Plaza and made tentative arrangements with them for this date. . . waiting for approval from this Committee. Committee voted in favor of this arrangement so the next Areawide Meeting will be held in the Ohio Room of The Cleveland Plaza, Friday September 12, 1975 at 8:00 p.m. Speaker will be George G., from the Forest City Group.

**Central Bulletin:** George M., Editor stated that members had accepted the challenge for 300 new subscriptions of the Central Bulletin — issued at the June Meeting — the response has brought us up to one-half this amount, counting new and re-newals, the gain has been about, 50 subscriptions which gives us hope that the Bulletin will be able to go into its 33rd year of publication in October — but this should be a never ending effort, on our part to make our groups aware of the Bulletin and only their support in reminding the members will keep our Bulletin going.

### HOSPITAL REPORTS

**Rosary Hall:** Minnie C. Things have been going real well, everything quiet.

**Bay View:** Edie H., representative. Everything quiet. They are going to start remodeling the men's ward. They do accept Medicare patients but if you want to sponsor someone who has Medicaid or welfare, you should contact Harry J. first to see if the patient has the proper coverage.

**Brecksville:** Bill H., representative. All quiet.

**Lorain County Community:** No report.

**Harbor Light:** Durad M., representative. Announced open house Monday, August 18, 1975 at 7:00 p.m. Invitation was extended that all those who can should come and look over the facilities. They do hold an open house once a month for this purpose and would like to have AA visitors talk to the patients . . . also any old clothing that you might have would be deeply appreciated but make sure they are delivered to the 6th floor de-tox center rather than just the Complex because these are intended to be for the alcoholic patients who are in need.

**Institution Committee:** Helen D., Chairman. Nothing to report for now.

(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

"Lord, help me to understand that you ain't going to let nothing come my way that you and I can't handle together." Amen.

### NEED OR WANT?

There is nothing greater in life than man and nothing greater in man than mind. All that I can ever hope to be depends upon my mind and how I use it.

Haven't we all had the experience of telling our minds that we have a **problem**? And then watch the mind go to work! We also have the advantage of being able to call upon God's help and the wisdom of AA.

I have learned not to be discouraged; it may take a little time, but I am rarely **surprised** to have the mind come up with something startling. All of us in AA have felt this way. We look back and wonder and then come to the conclusion that a particular development must have been what the mind really wanted.

The body needs good wholesome food to digest. So with the mind. Nourishing mental food comes from sobriety, experience and heartening talks with other AA members. And, of course, an open mind is needed.

I believe there is a difference between what we need and what we want. When I have Twelfth-Stepped someone and he says, "Well, I need to do something . . . ." I always ask, "Do you want to do something?"

Listen sometimes to a crowd of people talking. You hear the words "I Want." I want a new car; I want a new suit; I want a new home. Look in your daily papers: do you see Need Ads or Want Ads? In the same daily paper we read more about want. He wanted to keep a business appointment . . . was driving ninety miles per hour and was killed. He wanted to make a living without honest work and is now in the penitentiary. He wanted another man's wife and is dead. Sacrificing liberty and even life itself . . . not to **take** care of a need but to satisfy some dominating want.

So I ask myself, "Do I need to drink or do I want to drink? Do I need sobriety or do I want sobriety?" Neither AA nor God Himself can help unless help is wanted.

I am the happiest doing the **things** I want to do, as I want to do them . . . These wants I call the worthy wants. I can put away the unworthy wants but put no restrictions on the worthy wants. I want sobriety; I want happiness; I want peace of mind; I want to live the Golden Rule; I want to live the twenty-four-plan. Each 24 hours we receive a freshly laundered day. I don't want to wear the soiled yesterdays. In AA we learn about the worthy wants.

-Robert W., New Hope Group

### FRIENDLINESS

It is typical of Oriental teaching to define a common-place attribute in both mystical and practical terms. Buddha defined friendliness as "affection unsullied by hope or thought of any reward on earth or in heaven." To express this kind of friendliness on any given day is to make many people feel better, and though you genuinely **expect** no reward, a greater feeling of happiness is bound to come your way.

### IN MEMORIAM

To the family and friends of those listed we extend our heartfelt and sincere sympathy with the earnest prayer that their bereavement may be tempered by reflective thoughts upon happiness shared:

**ALBERT R. ANDERSON**, a long-time member of the Ashland, Ohio, group and well-known in this area, passed away in early August after a short illness.

**EDWIN J. MENDLIK**, whose continuous sobriety dated from May 5, 1945, passed away on August 2 after a five year bout with cancer. His home group was the old Lee Road Group.

### DATES TO REMEMBER

#### SEPTEMBER

- 1—Labor Day
- 2—Central Committee Meeting, 8:30 p.m., Room 362, Hanna Building.
- 12—Areawide Meeting, 8:00 p.m., Ohio Room, Cleveland Plaza Hotel; Speaker George G., Forest City Group.
- 17—15th Anniversary of Cleveland **AlAnon** Intergroup, 8:30 p.m., Trinity United Church, 3525 West 25th Street, Cleveland.
- 17—Father M., of Chalk Talk fame, will speak on alcoholism, 7:30 p.m. Main Auditorium, St. John's Cathedral, East 9th and Superior, Cleveland, under sponsorship of Dr. Greg Collins, Director of Alcoholism Clinic, Metropolitan General Hospital.

### A SHORT, SHORT STORY

Years ago, a man knelt with his pastor and prayed as he committed himself to God to tithe. His first week's pay was \$10, and the tithe was \$1. As he grew older, he became more prosperous; his tithes became \$7.50 a week, then \$10. He moved to another city and his tithe was \$100 a week, then \$200; then \$500.

He sent his pastor friend a wire: "Come to see me." The pastor arrived at the man's beautiful home. They had a good time talking over old times. Finally the man came to the point, "You remember that promise I made years ago to tithe? How can I get it released? When I made the promise I only had to give a dollar but now it's \$500. I can't afford to give away money like that."

The old pastor looked at his friend, and said, "I'm afraid we cannot get a release from the promise, but there is something we can do. We can kneel and ask God to shrink your income so you can afford to give a dollar again."

### CLEVELAND AREA GUEST SPEAKERS

#### SEPTEMBER 1975

- ALLEDALE (Thursday)** 4 — George T., Cleveland Teamsters; 11 — Gene C., Charity; 18 — Tom S., Lakewood Men; 25 — Ray G., Charity.
- BRECKSVILLE WEDNESDAY (Wednesday)** 3 — Dick B., Seven Hills Discussion; 10 — Ray G., Charity; 17 — Surprise Lead; 24 — George W. (1st lead), Brecksville Wed.
- BROOKPARK (Monday)** 1 — Jim McG., Newburgh; 8 — AlAnon Anniversary, 15 — Maureen B., West Shore; 22 — Don S., Edgelake; 29 — Paul K., Avon Lake.
- LAUREL (Thursday)** 4 — Beth G., Independence; 11 — Pete S., Ashtabula Sat.; 18 — Dick D., Brookpark; 25 — Joe H., Parmatown Men.
- GORDON SQUARE (Friday)** 5 — Bob C., Brookpark; 12 — Bill F., Brookpark; 19 — Beth G., Independence; 26 — Millie Z., Gordon Square.
- GRATEFUL (Sunday)** 7 — Bill K., Midtown; 14 — George W., Superior; 21 — Ed McN., Severance Discussion; 28 — Tony D'A., Conscious Contact.
- PARMATOWN MEN (Friday)** 5 — Al S., Brooklyn; 12 — Harry J., Bay View; 19 — John C., Pearl; 26 — Tom T., Lorain Ave. Tue.
- ROCKY RIVER (Thursday)** 4 — Joe S., Lakewood Armory; 11 — Joe H., Memphis; 18 — Carol H., Edgelake Women; 25 — Dorothy C., Edgelake.
- ST. ALBANS (Saturday)** 6 — Claude B., League Park; 13 — John S., Early Early; 20 — Pat D., Columbus, Ohio; 27 — Eugene A., Garden Valley.
- STRONGSVILLE (Tuesday)** 2 — Jerry W., Steelworkers; 9 — Bobby B., Equity; 16 — Mary Frances H., King School, Akron; 23 — Dick B., Midpark; 30 — Beth G., Independence.
- WEST SIDE MORNING (Thursday)** 4 — Ed McN., Mansfield, Ohio; 11 — Joe F., Doan Men; 18 — Joe B., Clark; 25 — Frank K., Barberton, Ohio; October 2 — Tom B., Ngvelty, Ohio.

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A SUGGESTED SHOPPING LIST

People frequently go shopping for ordinary, prosaic items such as groceries, clothing and gifts. But there is a new type of shopping excursion for much-needed items that do not ordinarily appear on regular shopping lists. For instance :

A LARGE BOX OF COOPERATION. This is one thing you can't do without. It seems to be a basic ingredient in every successful venture.

TWO DOZEN (mixed variety) IDEAS PLUS INSPIRATION. You can't find these on every shopping tour, so it's best to pick them up whenever you can. You'll find that ideas can be stored for awhile, but inspiration is best when it's served fresh.

ONE GALLON OF ENTHUSIASM. This is to be sprinkled liberally on all the activities of daily life. It is astonishing what a few drops can do.

A LARGE BOX OF COMPROMISE. At first this may appear to be a bitter pill to swallow, but actually it often is a magic catalyst which results in good human relationships.

WRAPPING MATERIAL OF TACT AND TOLERANCE. A wrapping can be as important as the package inside, and you may be surprised to find that just a little of this one will go a long way.

SEVERAL PACKAGES OF PATIENCE. It's always best to keep a good supply on hand; this is such a useful item, and it's so easy to run out of it at the most inconvenient times.

A MATCHED PAIR OF APPRECIATION AND INTEREST. No matter how these two are used, they are invariably "seasoned to the taste," of everyone.

A SPOOL OF UNDERSTANDING. For mending hurt feelings and patching up torn situations, this spool is absolutely indispensable (in fact, you'd better get two spools.

TWO ORDERS OF CONFIDENCE AND POISE. Although you don't want to use too much of these at any one time, you'll find that each of them will provide a certain balance and stability. (You may have to order these ahead of time and wait for delivery — they seem to be much wanted items.)

LARGE ECONOMY SIZE OF COMMON SENSE. This item can be used in so many ways, and often comes in handy when other ingredients are not available. Be sure to get the large size, for this is something you simply cannot afford to be without.

A JEWEL OF HUMOR. Treat yourself to this "gem" which can be used at almost anytime and will always add sparkle to any circumstance. It's nice to know that even though this is "dear" it is not expensive. Like pearls, it should be worn often to maintain its special glow.

Perhaps you can't check off every item on this list on your shopping tour, but do keep trying, even if it takes awhile — for this is a list, that lasts.

-Thanks Ben & Annie T., Akron, Ohio

BE A BULLETIN BOOSTER

AA CENTRAL BULLETIN ORDER BLANK. Please write distinctly . . . or print . . . to avoid errors. Includes fields for Name, Address, City, Zone No., and amount enclosed.

KICK THE LADDERS

Legend has it that an army general, together with his troops, stormed a walled fortress in England. Using ladders, they scaled the walls and dropped own on the other side. The general, who was the last one over, then kicked away all the ladders, thus ensuring no possible avenues of retreat. The men would conquer the fortress or die in the attempt.

Human growth is the process of gradually kicking away all the ladders by which we might retreat from personal responsibility for our decisions, feelings, and behavior.

ACCEPTING YOURSELF

(Continued from page one)

terial plane, we have to set reasonable standards for ourselves — not so ridiculously high that we guarantee failure and open the way for self-pity; not so low that we sell ourselves short or leave ourselves no challenge.

In assessing ourselves, we would realize that our limitations as not necessarily permanent fixtures. As we mature, some of them will change with the process, some may vanish altogether. So we may need to alter the target we set ourselves, to keep aiming a little higher.

In carrying out a moral inventory on ourselves, we should realize that not all the entries are on the debit side. Each of us has some good, some bad and some in-between traits. We can try to build on the good ones.

In making that inventory we should not downgrade ourselves too much or belittle ourselves to an unreasonable degree. As alcoholics we have to beware of the danger of false pride and arrogance but we should also be wary of false modesty and unwarranted feelings of inferiority. Self-honesty is vital to self acceptance.

The alcoholic who has successfully worked the AA Program to escape from the horrors of compulsive drinking and who has found value in life without the bottle has done a pretty good job. Of course, he will acknowledge gratefully that AA gave him the tools and showed him how to use them. But he must have done some of the work himself.

So why shouldn't he hold his head up now?

There is a big difference between self-respect and self-righteousness. God grant us the wisdom to know the difference.

-The News, Victoria (Australia)

WEIGH YOUR WORDS

(Continued from page one)

the things that get us into trouble. It doesn't take much of a man to start a fight, but it takes a good man to stop a fight. Any mediocre can repeat the nasty gossip, but it takes an honest person to say the healing words.

-Edward B., in Akron, Ohio Intergroup News

MINUTES

(Continued from page two)

New Business: It was suggested that we try to get a microphone for this meeting because it is very difficult to hear in the back of the room.

N.E. Ohio General Service: John B., gave a very glowing report of the International Conference that was held in Denver, Colorado. There were 19,300 paid registrants plus the invited — 29 countries were represented, some meetings were held in foreign languages, all in all it was quite impressive and worthwhile. A biography of Bill W. was introduced at this time which will be in all the book stores. Also reminded membership of the Ohio State Conference in Cincinnati, O. August 15, 16 and 17th.

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

Imogene P., Secretary

An eager young man just out of college recently sought the advice of a successful businessman. "Tell me please," he asked, "how I should go getting a start in the great game of business." Came the prompt reply, "Sell your wrist watch and buy an alarm clock."



## THE GOLDEN DAYS

There are two days of the week upon which I never worry. Two carefree days, kept sacredly free from fear and apprehension.

One of these days is yesterday. Yesterday with all its cares and frets, with all its pains and aches, its mistakes and blunders, has passed forever beyond the reach of my recall. I cannot undo an act that I wrought; I cannot unsay a word that I said yesterday. All that it holds of my life, of wrongs and of sorrows, is in the hands of the "ALMIGHTY LOVE" that can bring honey out of the rock, and sweet waters out of the bitterest desert — the love that can make wrong things right, that can turn weeping into laughter, that can give beauty for ashes, the garment of praise for the spirit of heaviness, joy of the morning for the woe of night.

Save for the beautiful memories, sweet and tender, that linger like the perfume, of roses in the heart of the day that is gone, I have nothing to do with yesterday. It was mine; it is God's.

And the other day I do not worry about is tomorrow. Tomorrow with all its possible adversities, its burdens, its perils, its large promise and poor performance, its failures and mistakes, is as far beyond the reach of my mastery as its dead sister, yesterday. It is a day of God's. Its sun will rise in roseate splendor, or behind the mask of weeping clouds. But it still will rise. Until then, the same love and patience that held yesterday will hold tomorrow shining with tender promise into the heart of today. I have no passion in that unborn day of grace. All else is in the safekeeping of the "Infinite Love" that holds for me the treasure of yesterday. The love that is higher than the stars, wider than the skies, deeper than the seas. Tomorrow — it is God's day. It will be mine.

There is left for myself, then, but one day of the week — TODAY. Any man can fight the battles of today. Any woman can carry the burdens of just one day. Any man can resist the temptations of today. Oh friends, it is only when to the burdens and cares of today, carefully measured out to us by the "Infinite Wisdom" and "Might" that gives with them the promise "As thy day so shall thy strength be," we willfully add the burdens of these two awful eternities — yesterday and tomorrow — such burdens as only the "Mighty God" can sustain, that we break down. It isn't the experience of today that drive men mad. It is the remorse for something that happened yesterday, the dread of what tomorrow may disclose.

### THESE ARE GOD'S DAYS

Leave them with Him! Therefore I think and I do and

(Continued on page four)

## WISDOM TO MOVE THE PENDULUM

Swings of the pendulum mark my maturing process. I usually made extreme efforts to appear to be the kind of person that I imagined those who surrounded me would most want me to be. In this way, I imagined that I could deserve their acceptance, respect and approval. I see now that this is both an improper way of using others and also a use of my efforts which is contrary to the principles of the four absolutes. Here is how it was:

I performed the "churchanity" bit hoping that it would bring praise from the congregation.

I acted like the kind of son that I imagined my father wanted me to be hoping to make him pleased with me.

I faked the kind of employee that I thought that my boss wanted me to be in order to enhance my worth to him.

I played at being the kind of father that I felt my son wanted me to be to try to ingratiate him to me.

I pretended to be the kind of socializer that I decided my acquaintances wanted of me so I could make myself popular with them.

And out of all of this, I became several little bits of what I believed that these real or imagined pressure groups wanted me to be. I wasn't me.

I was what I wasn't, which is unnatural and phony. Phony roles are hard to fulfill. Taking some drinks for a time. But both these pursuits began caving in for me. It was when the drinking had to stop that I finally realized what I really was alcoholic. I wasn't proud of it, but it was not much harder to accept than the phony role I had played so hard for so long. It was a start. It had a shocking honest about it that was new to me.

The pendulum began to move away from "dead center" after a few steps. The fellowship allowed me to be what I was. A sick alcoholic trying to get better. All that they expected of me was to try to get better, not to be healthy, wealthy and wise. Just to try to be honest, unselfish, loving and pure as I could be for me that day.

So I put less effort into trying so hard to be pleasing to others when it was at the expense of myself. Is this improperly selfish? I think not. It seems to be a way one can begin to grow to respect and eventually love oneself. Only when I become comfortable with me could I come to respect and thereby love others. I began to detect the demands they were making upon me. I came

(Continued on page four)





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Harry D. Pounder and Editor 1892-1968



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October, 1975

No. 1

### NOW AND THEN

It has been said many times by many people that the dismal and wasted past cannot be changed and that it is best to forget it, it is over. Very true indeed, but it is also well not to forget it completely but on occasion, to use it as a reminder of what could happen again, should we get complacent or too sure of ourselves, should we take our sobriety for granted.

I believe however, when we do reflect on the past, we should turn our thinking to the present and appreciate how fortunate we have been in our tenure of sobriety. This swing around to positive thinking should make us feel more grateful than before as we now have the wisdom to know the complete difference. At that moment within ourselves, we cannot help but feel grateful and thankful to God and those that made this thought and this moment possible.

The following lines were my thoughts one morning as I sat alone and watched a God given sunrise and at that moment, I felt a great indebtedness.

### THEN AND NOW

I see once more the meadows that I romped in as a child.  
I peer into deep canyons that mountain tops divide.  
I glimpse the wildlife scurrying, obeying natures law.  
I'm in midst of God's creation and I'm its only flaw.

I see once more the steeple which I passed by every day.  
I hear once more the faithful, in assembly as they pray.  
I scented once more the flowers that in spring till autumn bloom.

I'm free now from that darkness which engulfed my self-made tomb.

I see once more the flatlands, the mesas and the plains.  
I hear the surging rivers maddened by torrential rains.  
I see the morning sunrise, the tint and shade of evening skies,

And I'll sleep in natures bosom when I slowly close my eyes.

I hear once more the laughter of the children as they play.

I smile at friends and neighbors as they bid me time of day.

The world in all its splendor, for one moment it stood still,

And it was then I captured what God left me in his will.

I feel though all the sorrow that a heavy heart can hold,  
For the shame, the hate and anguish which I thrust upon my fold.

Should God permit tomorrow, His will I will defend.  
Every man shall be my brother from now until the end.

— Frank J.D. Editor, Akron (O.) Intergroup News



The wrong way always seems more reasonable.

### MINUTES OF CENTRAL COMMITTEE MEETING SEPTEMBER, 1975

Helen D., Moderator, opened the meeting with the Serenity Prayer. There were a total of 48 members present, representing 46 Groups. Gene M., Vice Moderator read the Purposes of Central Committee and the Twelve Traditions of AA. Minutes of the August 5th meeting were read by the Secretary. Motion made, seconded and carried that these minutes be approved as read. Treasurer's Report was given showing that after expenses, there was a balance in the Treasury of \$187.94 — this report also accepted as read. Report given by the Treasurer on inquiries made at different banks re service charge. Also, at this time, noting that the balance was low in the Treasury, representatives were requested to approve the request for additional funds from each Group to bring up our balance approval of Committee received. Billing will accompany the next Central Committee notices. 167 speakers have been supplied by the District Office to non AA groups through August 31, 1975.

#### COMMITTEE REPORTS

**Action Committee:** Dick F., Chairman. Discussion held on the name of a new Group.

**Areawide Committee:** Herman W., Chairman. Confirmed next meeting at Cleveland Plaza on Friday, September 12th at 8:00 p.m. Speaker will be George G., Forest City Group.

**Central Bulletin:** George M., Editor (reporting belatedly). Continued efforts of the groups and of members is gratifying. The challenge is being met, but as has been said before there can be no relaxation of effort. It would appear any number of the many, many groups in the area have not responded, and we would hope for them joining together with us soon.

#### HOSPITAL REPORTS

**Rosary Hall:** Lou W., representative. Called attention to duties of sponsor visiting patient in hospital.

**Bay View:** No representative present, no report.

**Brecksville:** Bill H., representative. All quiet.

**Lorain Community Hospital:** No report.

**Harbor Light:** No report.

**INSTITUTION COMMITTEE:** Helen D., Chairman. Nothing to report.

**NEW BUSINESS:** Dick F., with a suggestion that Committee should take under consideration: Perhaps we can get another meeting place for this Central Committee meeting as we are outgrowing our present quarters . . . more on this at next meeting.

**N.E. Ohio General Service:** Greg P. will be representative of General Service in the absence of John T. B. Announced: Committee meeting Sunday, September 21st at 2:00 p.m. on the second floor of the VA Hospital; on the third Sunday in October there will be a meeting of all of the General Service Representatives. Next year the Ohio State Conference will be held in Cleveland, Ohio. Further reports to follow.

Also announced a meeting of all G.S.R.'s from District 16 on Thursday, September 18th at 8:30 p.m. at Garfield Trinity Baptist Church, 9403 Garfield Blvd., Garfield Heights, purpose of which is to improve communications link between individual groups and General Service Panel so we can have a better representation in N.E. Ohio and New York.

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

— Imogene P., Secretary

### PRAYER OF THE MONTH

DEAR GOD, I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself and the fact that I think that I am following your Will does not mean that I am actually doing so. But I believe this. I believe that the desire to please you does in fact please you. I hope I have that desire in everything I do. I hope I never do anything apart from that desire. And I know that if I do this you will lead me by the right road though I may know nothing about it at the time. Therefore, I will trust you always for though I may seem to be lost and in the shadow of death, I will not be afraid because I know you will never leave me to face my troubles alone. Amen.

### IT PAYS TO THINK

A merchant of India, who wished to retire from business, had two sons, but he was unable to decide which of them was the more clever, and so should have his property. He finally chose a test for his sons. He gave to each a coin, and said, "I wish you to buy with this coin something that will fill this house."

Now the house was a large one, with several rooms, and the coin was so small that it was not possible to buy great quantities of material to fill the house.

The older son did not waste any time. He hurried to the market place and began pricing all kinds of bulky materials. He soon found that the cheapest and bulkiest thing he could get was straw. So he invested his coin in straw, and carried great bundles of it to the house. But to his chagrin, he found that he had scarcely enough to cover half the floors.

The younger son stopped to think about the test before going to the market place. He considered the small value of the coin his father had given him, and considered the spaciousness of the rooms he had to fill. He realized that only a most unusual purchase would meet the requirement of the test. The older brother was already carrying in the straw when the younger son set off for the market.

When the younger son returned, he was carrying only a very small package. The older son laughed at him. "What do you expect to do with that tiny thing, when I cannot even fill this house half-full with loads of straw?" jeered the older son. But the younger son said nothing. He opened his little package and took out some candles. He placed one in each room, and when he had lighted them all, the house was filled with light.

### DATES TO REMEMBER

#### OCTOBER

- 7-Central Committee Meeting, 8:30 p.m., Room 362
- 11-3rd Anniversary, Bay Fireside Group, 8:30 p.m., Bethesda-on-the-Bay Lutheran Church, 28607 Wolf Road, Bay Village, Ohio; Speaker: Warren C., Edgelake.
- 15-Opening Meeting West Park Men's Group, 8:00 p.m., St. Mark's Catholic Church, 15900 Montrose Avenue, Cleveland, Ohio; Speaker: Charles K., Lakewood Men.
- 19-Quarterly Third Legacy Meeting, Northeast Ohio General Service Committee, 2:00 p.m., American Legion Hall, Brecksville, Ohio.
- 31-Halloween -don't get spooked!

#### NOVEMBER

- 4-Central Committee Meeting, 8:30 p.m., Room 362 Hanna Building.
- 8-9-Grateful Group is sponsoring the film "Bill's Story" to be shown at Women's Hospital, 1940 East 101st Street at 2:00 p.m. each day. Ample Free guarded Parking.

### OCTOBER

Vacation Days have been filed away. Before open fires will soon mingle the memories of summer and the songs of the forest and stream. The splendor of the year is here! Harvest is over. The fields have given of their wealth. An October moon hovers above the still night. Friends — and October — make life so much worth the living!

### GOING NOWHERE

A pretzel has small sense of direction. It cares not where it begins, and even less where it ends. It twines in and out, under and over, going nowhere. Some men are like that: crossing and recrossing their steps, ending up just where they started out.

### CLEVELAND AREA GUEST SPEAKERS OCTOBER, 1975

**BAY FIRESIDE (Saturday) 4** — Mose Y., Alliance, Ohio; 11 — 3rd Anniversary of Group, Speaker: Warren C., Edgelake; 18 — Frank McC., West Shore; 25 — Bill C., Lakewood Men.

**BRECKSVILLE WEDNESDAY (Wednesday) 1** — Bob H., Brooklyn; 8 — Tex H., Memphis; 15 — John Mc., Newburgh; 22 — Bob M., Brecksville Wed.; 29 — Woody Mc., Parma Sat.

**BROOK PARK (Monday) 8** — Don F., Newbury Sun.; 13 — Jerry C., Shaker; 20 — Chuck N., Orchard Grove; 27 — Eileen Y., Rocky River Thurs.

**GRATEFUL (Sunday) 5** — Bill B., Newbury; 12 — Danny D., Mentor Sun.; 19 — Martha & Al D., (4th Anniv.), Allandale; 26 — Bill L. (6th Anniv.), Newbury.

**PARMATOWN MEN (Friday) 3** — John McC., Angle; 10 — Don W., Puritas; 17 — Bill L., Seven Hills; 24 — Jerry K., St. Johns; 31 — Dick H., Parmatown.

**ROCKY RIVER (Thursday) 2** — Ed R., West Shore; 9 — Paul D., Avon Lake; 16 — Dave W., North Olmsted; 23 — Bob M., Fairview Park; 30 — Al M., Lakewood Armory.

**ST. ALBANS (Saturday) 4** — James C., Day At A Time; 11 — Leo A., Borton; 18 — Willa N., Temple; 25 — James S., Chagrin.

**SISTER IGNATIA (Friday) 3** — John B., West Side Young People; 10 — Ken R., Rocky River Thurs.; 17 — Ralph H., Garden Valley; 24 — Bill E., Coventry; 31 — John P., Superior.

**STROGSVILLE (Tuesday) 7** — Dan P., Kent, Ohio; 14 — Jose M., Parma Sat.; 21 — Charlotte B., Brunswick; 28 — Norm K., Parma Sat.

**WEST PARK MEN (Wednesday)** This is a new group and will hold its first meeting on October 15, 8:00 p.m., St. Mark's Church, 15800 Montrose Avenue, Cleveland; Speaker: Charles K., Lakewood Men; 22 — Les S., Lakewood Men; 29 — Frank M. and Dick D., West Park Men.

**WEST SIDE WOMEN (Monday) 6** — Calvin C., American Indian; 13 — Pat G., Clark; 2 — (?); 27 — Bill C., Clark.

**Y.O.U.R. (Sunday) 5** — Joe C., Tri-County Thurs.; 12 — Will be announced; 19 — Jon S., Early-Early; 26 — Lou W., Temple.

Copy for November listing must be in our hands by October 15, 1975 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.

VIEWPOINT

In almost any of these health food stores you will see a booklet which is entitled, "You are what you eat." This may be true, but in our new way of life we are interested in more than physical or chemical makeup. We are more likely to say, "As a man thinketh, so is he." And in relation to it we hear much about our need to reverse our field, drop our old negative ways of thought and cultivate the instinct for positive thinking and outlook.

For without being inconsistent we might also say, "A man is what he sees." Surely we cannot be or even aspire to be that which we do not conceive or visualize. And so there must be a coordination between thought and vision, which brings us to viewpoint.

To think high thoughts we must raise our sights. When our views and our thoughts have an upward lift, then will we be making real progress on our journey through this sober life toward the other high graces we must earn. As we progress through our own efforts in these high purposes, and combine these other graces with the precious gift of sobriety, then will our cup run over.

Perhaps the best example of viewpoint concerns the rosebush in full bloom. With equal truth we can say, "Look at the sharp ugly thorns on that rosebush!" or, "Look at the beautiful rose on that thornbush." We find out the simple truth that we usually see that for which we look.

A friend of ours was a dedicated rose fancier in his lifetimes. He used to say that half the joy came in tending the ugly little thorn bushes, with great care to insure the finest possible roses. When after this tender care the roses appeared, he reveled in their size, perfection and beauty, as being God's gift with an assist from his patient care. He used to say that the thorn on the bush always seemed to him like the rose's way of saying, "handle, me gently, for I too am of God."

Is not our way of life similar to the care of a rosebush? When we give of ourselves in full measure, are we not cultivating the bush of life with tender care? When we accept the inevitable thorns of our sober life with courage and serenity, are we not preparing the opportunity for maximum enjoyment of the full bloom of life? Remember the joy is in the journey, too, not just at the great destination And our viewpoint will do much to keep us on the happy path

THE GOLDEN DAYS

(Continued from page one)

I journey but one day at a time. This is the easy day. That is the man's day. Nay, rather, that, is our day — God's and mine. And while faithfully and dutifully I run my course, and work my appointed task on that day of ours, God the Almighty and All-Loving takes care of yesterday and tomorrow.

— The Brighter Side.

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THE YEAR 'ROUND GIFT

WISDOM TO MOVE THE PENDULUM

(Continued from page one)

to detest myself for imagining that the demands existed, or that they should be catered to. Here is what happened:

I stopped attending the church services and functions — and nobody asked me why.

I became less of a floor mat for the inconvenient demands of my father — and we didn't speak for half a year.

I stopped covering up my inactions from my employer — and received some cuts in pay.

My son's mother's, displeasure with me went largely uncontroverted — and they moved 2000 miles away.

I quit being the clown at some host's homes — and wasn't invited back.

In spite of these developments, I was liking myself more. If others liked me for what I was trying to become, that was fine. If they didn't it couldn't be helped. Not by me. Not at that time. My demand for freedom was caustic, and I often dismissed my rejectors as fools. "Let me live my way" I insisted. I hadn't yet felt the need to add "and I'll let you live your way."

A few more steps began to return the pendulum from the farthest point it had reached on the arc from dead center. Becoming tolerable to others became an acceptable growth objective for me. I wondered if this would mean a return to the old ways. It didn't. Instead, it meant a growth to a new way. I had so far learned that asserting the courage of my conviction could no longer include accepting things that I could change. Now I was learning that it could not justify brutal frankness toward them either. Something in between was needed. I saw that it wasn't a matter of "I'm right and they are wrong." It was instead a matter of us being different. One thing that all people have in common is being unique. I began to realize that it was my obligation to first grant them their right to live their way before I could assert my right to live my way. Here is what it is like now:

I'm seeking a better understanding of God through Christian fellowship — and I keep going back for my own sake.

Dad and I respect and love each other and we try to consider each other's convenience. When we forget, we are gentle in our reminders.

My employer has recognized my needs with raises — though all of them may not have been particularly merited.

My son doesn't care what we do or where we go when he visits — just as long as we are together.

There are fewer acquaintances who I don't wish to know better — and I think that the feeling is mutual.

If I am granted the wisdom to stay with the twelve step program, the maturity pendulum will continue to adjust to its best position as my needs in life require. Hopefully it will never return to either dead center or its farthest point on the arc, because that would probably mean that I'm drinking rather than sober.

— Martin Y.

LET'S FACE IT

All of us face circumstances in life that make it difficult for us. But when we face up to those circumstances we gain power. It is a tragedy when we allow those circumstances to get inside of us and break our spirits.





## KNOW YOUR LIMITATIONS

The ancient advice that we should sell all that we have, take no heed of tomorrow and thus become as free as the birds seems to us to be extreme. Any prudent man knows that we all must work and that it is well to provide for tomorrow's bread as well as today's. No decent man sponges off another. No decent man fails to provide for his own needs by honest labor.

Yet the ancient advice, which was given to us in figurative terms, remains the highest wisdom. Pride of material possession and concern for materials gain are traps for all men, and they are particularly dangerous traps for us. Most of us fell because of that pride and that concern; some of us because we couldn't handle what he had, many others of us because we couldn't get what we thought we should have.

One of our fictions is that all alcoholics are exceptionally able people, that they are, in fact, better than most non-alcoholics. This fiction may be helpful in restoring self-respect, but it is harmful if it becomes one of the foundations in our efforts to build a new life. Sooner or later we have to learn our own limitations. Perhaps we have to learn that we never were as good as we thought we were. Some of us never were as able as others once thought us to be. We oversold ourselves and reached positions that we were not able to handle. Every one of us demonstrated that we could not be trusted with responsibility. The greater the responsibility we had, the higher the position we occupied, the greater was our failure.

We cannot escape our records. AA does not nullify our records. Our value to society is based upon our ability to perform, and society is bound to consider both what we could do at our best and what we have done. The longer our record of misconduct the more patiently we have to labor to offset it.

One thing that we might do in making our inventories is to see whether we were not yearning for position and income beyond our reach, to see whether frustration of our aims was not a major cause of our misconduct. Self-respect depends on our ability to reach our goals. When the goal we have set is out of reach, the thing to do is to set a less ambitious goal. A job that we got drunk on may be just as much out of reach as one we never could get.

Another thing we should do in taking our inventories is to recognize that we may have passed the peak of opportunity and that we may have to be satisfied with less. Here, particularly, we must take ourselves in hand to keep ourselves from becoming again the drunken victims of frustration.

*(Continued on page four)*

## TRUE UNSELFISHNESS

Thomas Aquinas said in his sermon on Saint Martin some seven centuries ago that in conversion God does three things: first, He corrects a man; second, He instructs him; third, He takes him unto Himself.

Thus we may see that correction, which limits itself to not doing things that are wrong, is but the first step. Correction is a big job for most of us, and this writer realizes that he still has much to do in that field. But it is just a step, and if we limit our efforts to the task of not doing evil we may finally arrive at the point of stagnation.

Good is not merely the absence of evil. Rather, evil is the absence of Good, or an imperfection of Good. Thus, while we need correction to cast out evil, we also need instruction to learn to grow in what is good.

Learning about Good is a lifetime job; yet, it is not really a hard job, if we work at it regularly.

It is well to recognize that all things are good in their right use. Knowing that helps us not to set impossible, puritanical goals for ourselves or for others. Human impulses are good in their right use; in their wrong use they become greed and lust.

We need to learn about constructive acts of Good, such as unselfishness.

Unselfishness is not merely not being greedy, not merely not thinking of ourselves first. On the constructive side, unselfishness means giving something of ourselves for others, helping others.

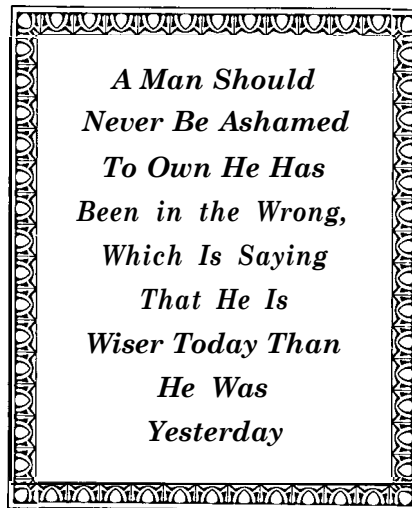
If we have any money to spare, we can learn about unselfishness by giving away money. Naturally we have to look after our families and pay our debts. But now that we no longer are throwing away money on whiskey, many of us are inclined to hoard.

We should support the downtown AA office, because in that way we are giving help to many others who have an alcoholic problem, people that most of us wouldn't know about. Then, if we wish, we can give something to the New York office, which helps people all over the country, many of whom would have no other way of getting into contact with AA. As citizens of this community, we should give something to the Community Fund. If we belong to churches, we should give to the church and to its foreign missions.

(If we say we don't like any of these things, or the way they are run, we might examine our consciences to see whether there really is any objection to them or whether we're just objecting because we're selfish and don't want to part with our money.)

Giving money isn't all there is to being unselfish, but it is a good way to start in changing an attitude. Un-

*(Continued on page four)*



CENTRAL BULLETIN



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Harry D., Founder and Editor 1892-1968



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No. 2

## UP AND OUT DRINKER

This alcoholic did not lose all of his material wealth nor had his health failed seriously when he surrendered to alcohol and accepted some of the help that AA offered. I had indeed reached my bottom emotionally and spiritually. However, if by coincidence I had reached my bottom in all four categories (wealth, health, emotional and spiritual) at approximately the same time, I may have been easier to assist, and I may have accepted more of the help offered. Since I was still "healthy and wealthy," these apparent assets proved to be some sort of disability. So the first year I stayed in AA "the hard way" — on the first two steps.

I embarked upon a program to compensate for the lack of emotional maturity and spiritual grace by, for example, expending money on others instead of making amends, and by pressing activities to the limit my health would stand instead of praying. I was not growing in the areas where my real needs existed.

It was in my second year that I allowed God to do some more of his very loving work on me: He showed me how lacking I was in the areas I had not appreciated before. It was then that the "great rearrangement of priorities" began to take place. He showed me where my immaturity was leading my sick soul. So my second year in AA brought me into the third and fourth steps — maybe a year later than it might possibly have been had I been ill and broke when I came to AA.

I certainly don't lament any of these developments, for I have come to believe that God's timing in my life is never "off." What ever it is that I have going either for or against me, is fine. It is only important that I inventory and discover what I have going for or against me, for in that way I can begin to deal with it, rather than vainly trying to cope around it.

My health may fail. My wealth may be lost. The decision made in the third step gives me the promise that I won't have to become an up-and-out or a down-and-out drinker again. — Martin Y.

## ELEPHANT STEW' RECIPE

This is the latest in a long line of old family recipes from Mickey. Please read carefully and follow instructions for a face-lifting, mouth-watering result.

### INGREDIENTS :

- 2 — medium-size elephants
- 2 — rabbits

Cut elephants into small pieces. This should take about two months. Add enough water for brown gravy.

Cook over kerosene fire approximately four weeks at 465°F.

Serves approximately 3,300 people. If more are expected, add the two rabbits, but only if necessary. Most people do not like hare in their stew.

Join us next time for another taste-tempting delight!

## MINUTES OF CENTRAL COMMITTEE MEETING OCTOBER, 1975

Helen D., Moderator, opened the meeting with the Serenity Prayer. There were a total of 37 members representing 34 groups. Gene M., Vice Moderator, read the Purposes of Central Committee and the Twelve Traditions of AA. Minutes of the September 2, 1975 meeting were read by the Secretary. Motion made, seconded and carried that minutes be approved as read. Treasurer's Report showed that after expenses and with receipts from the Areawide Meeting, balance in the Treasury was \$205.56 on September 30, 1975. In reply to request for additional funds for Central Committee — 11 groups have responded with \$5.00 contributions from each Group. 179 speakers were supplied by the District Office for non AA meetings and Groups for the months January through September, 19 7 5.

### COMMITTEE REPORTS

**Action Committee:** Dick F., Chairman. Two things to report. Clyde McC. was going to check into an article in the Lorain Journal listing all the various alcoholic agencies in that area along with AA number. He was unable to find out who submitted the article, and it has been assumed that the Lorain Journal itself put the article in.

The second, regarding the name of the Group at Hope House. Full Program Group dealing with alcoholism, drug abuse and nerve disorders. Sister tells us that they use the Twelve Steps and Four Absolutes in their meetings. It is an open meeting — anybody with any of these disorders are able to attend inasmuch as they live there. We had a discussion — an AA meeting is primarily for the purpose of the suffering alcoholic and anybody else that attends their meetings cannot receive the help. It is up to this committee to decide whether we are going to recognize this group as an AA Group to be included on our Secretaries list. Lengthy discussion held by this Committee on this subject and a motion was made not to include the Full Group Program within Hope House as an AA Group to be included on our Secretaries list. Motion made, seconded and carried.

**Areawide Committee:** Herman W., Chairman. Making preparations for meeting in December. The meeting will be December 12th — they have two speakers in mind and will have a definite answer on the speaker by October 15th. Place of Areawide Meeting will be at the Cleveland Plaza at 8 :00 p.m. and we would like to see a lot more of our members in attendance. It will be the last Areawide Meeting of 1975.

**Central Bulletin:** George M., Editor. Wanted to thank membership for accepting the June challenge. The net gain has been about 200. Everyone in the area should think enough of AA to protect their own sobriety and there are a lot of good handles in the Bulletin. He asked that representatives present go home to their Groups and promote the Bulletin — and — any other groups they may attend.

### HOSPITAL REPORTS

**Rosary Hall:** Ray M., representative. Men's section — bad sponsoring is the biggest complaint. Before you put a patient in the hospital, know your duties. Do not just drop them off and let them go. It is suggested that you meet with your patient in the meeting room. Women are not to be hanging around the men's ward — especially on Sunday — the men come up for shots and their wives wait on the floor by the elevators and unless they are in AA they have no business on the floor at all. We have to respect

(Continued on page four)

### PRAYER OF THE MONTH

Help us, dear God, to have trouble free minds that we may be filled completely with the spirit of thanksgiving and gratitude for the release from bondage and freedom of choice which you have granted us, and guide us to share the same with all. Amen.

### SHARING

Strange is our situation here upon earth. Each of us comes for a short visit, not knowing why, yet seeming to divine a purpose. There is one thing we do know; man is here for the sake of other men — above all, for those upon well-being our own happiness depends . and for the countless unknown souls with whose fate we are connected by a bond of sympathy.

Many times a day do I realize how much my own outer and inner life is built upon the labors of my fellowmen, both living and dead, and how earnestly I must exert myself in order to give in return as much as I have received. My peace of mind is often troubled by the depressing sense that I have borrowed too heavily from the work of other men.

— Albert Einstein

### NEWS AND NOTES

**SOUTHWEST SUNDAY GROUP** moved on Sunday, October 19 and will hereafter meet in The DeWitt Auditorium of the Southwest General Hospital, 18697 East Bagley Road, Middleburg Heights, Ohio at 8:30 p.m. Hospital entrance is one-quarter mile east of the Bagley-Eastland Road intersection; on the south side of Bagley Road. Visitors should use main hospital entrance and meeting room is to left, just inside the entrance.

**CENTRAL COMMITTEE** beginning with its meeting at 8:00 p.m. (new time) on November 4 will meet in The Western Reserve Room on the second floor of the parish house of Old Stone Church. Entrance in on Ontario Street side of the building. Parking is available in back of the church or across the street in Society for Savings lot.

**WEST SIDE MORNING GROUP** will meet on Christmas Day, December 25 at 11:00 a.m., in rooms 09 The Forest City Group.

### DATES TO REMEMBER

#### NOVEMBER

4—Central Committee, 8:00 p.m. The Western Reserve Room of parish house 2nd floor, Old Stone Church enter from Ontario Street.

8-9—Grateful Group is sponsoring the film "Bill's Story" to be shown at Women's Hospital, 1940 East 101st Street at 2:00 p.m. each day. Ample free guarded parking.

21—Al-Anon Gratitude Night, 8:30 p.m., Trinity Cathedral Hall, East 22nd Street and Euclid Avenue, Cleveland (enter Prospect Avenue).

27-THANKSGIVING DAY meeting West Side Morning Group, 11:00 a.m., West Side Hungarian Lutheran Church, 3245 West 98th Street, Cleveland; Speaker: Al B., Wickliffe. Flowers for the ladies.

#### DECEMBER

2—Central Committee, 8:00 p.m., The Western Reserve Room of parish house 2nd floor, Old Stone Church.

7—12th Anniversary of Southwest Sunday Group, 8:30 p.m., Berea High School Cafeteria, Bagley and Eastland Roads, Berea, Ohio; Speaker: Jack B., Merriam, Kansas.

### AN ALTERNATIVE

If you cannot refrain from drinking, start a pub in your own home. Be the only customer and you will not have to buy a license. Give your wife twelve dollars to buy a gallon of whiskey. There are 128 snorts in a gallon.

Buy all your drinks from your wife at 40 cents a snort and in four days, when the gallon is gone, your wife will have \$39.40 to put in the bank and \$17.00 to start up in business again. If you live ten years and continue to buy all your booze from your wife, and then die with snakes in our boots, your wife will have \$37,750 on deposit — enough to bury you respectably, bring up your children, buy a house and ground, marry a decent man and forget she ever knew you!

— The Roundabout (Scotland)

### CLEVELAND AREA GUEST SPEAKERS NOVEMBER, 1975

**ALLENDALE (Thursday) 6** — Kay S., Akron, O.; 13 — Vic D., West Park; 20 — Nellie B., Wickliffe; 27 — Thanksgiving George G., Forest City.

**BRECKSVILLE WEDNESDAY (Wednesday) 5** — Robert E., South Akron; 12 — Neils T., Akron, O.; 19 — Stanley P., Seven Hills Men; 26 — Chuck F., Pearl Road.

**DOAN MEN (Wednesday) 5** — Hank H., Nite & Day; 12 — Walter K., Stella Maris; 19 — Joe M., St. Clair Thurs.; 26 — Tom O'M., Coventry.

**GORDON SQUARE (Friday) 7** — Dave McE., Teamsters; 14 — Ray W., Steelworkers; 21 — Chuck W., Helpful; 28 — Ron H., Teamsters.

**LAUREL (Thursday) 6** — Ralph C., Parma Heights; 13 — John S., Bud Wrick; 20 — Don S., Memphis; 27 — Winnie H., Independence.

**PARMA HEIGHTS (Wednesday) 5** — Bill W., Parma Heights; 12 — Ruth T., Parma Heights; 19 — Jerry McF., Midpark; 25 — Don W., Midpark.

**PARMA SATURDAY (Saturday) 1** — Gene M., Brookpark; 8 — Bill F., Brookpark; 15 — John F., Parmatown Men; 22 — Bud B., NASA; 29 — Bob M., Seven Hills Men.

**PARMATOWN MEN (Friday) 7** — Al B., Wickliffe; 14 — Bob S., Brookpark; 21 — Don C., Borton; 28 — Dick F., Southwest Sun.

**ST. ALBANS (Saturday) 1** — Norm H., Nela Park; 8 — Red F., Orca House; 15 — Lois C., Garden Valley; 22 — Jim O'C., (?); 29 — Bob O., Day at a Time.

**SOUTHWEST SUNDAY (Sunday) 2** — Jim G., Berea Sat.; 9 — Vic F. (1st lead), Berea Thurs.; 16 — Terry S., (?); 23 — Marlene S., (?); 30 — Mauro M. (1st lead), Southwest Sun.

**STRONGSVILLE (Tuesday) 4** — Pat S., (?); 11 — John C., Hague; 18 — Dolores J., Midpark; 25 — Jack D., Lakewood Armory.

**WEST SIDE MORNING (Thursday) 6** — Corny V., Columbus, O.; 13 — Ed C., Newburgh; 20 — Lou W., Temple; 27 — Al B., Wickliffe; December 4 — Herman A., Garden Valley.

**WEST SIDE WOMEN (Monday) 3** — Jean B., Berea Fri.; 10 — Joe S., 24 Hour; 17 — Pat & Tom D., Bay West Discussion; 24 — Myden D., Bay West Discussion.

**Y.O.U.R. (Sunday) 2** — Eric P., Euclid Fri.; 9 — Jim T., Friendship; 16 — Ken S., Redwood; 23 — Roy B., YOUR; 30 — Mark S., Redwood.

Copy for December listing must be in our hands by November 15, 1975 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.

TIE THAT BINDS US

When he began sponsoring me there was 21 years difference in our ages --- a generation apart. That wasn't the only reason we differed:

- one was of one faith --- one was of another
one was Irish --- one non-Irish
one had brothers one had sisters
one lived north --- one lived south
one drove a large car --- one drove a small one
one was tall --- one was short

Outward appearances were dissimilar. And there existed a world of difference internally also. One had been sober 12 years --- one 12 hours.

And that was the tie that bound us. We both forgot these differences because I wanted what he had, and he wanted to give it to me.

As long as I am his sponsee I doubt that I will equal his years of sobriety. But I now recall that we often go to church together, both talk with the Irish, like each other's family, we live closer, and even work on each other's cars --- one from above, one from below.

Something hapened recently. I became sponsor to a '70 year young fellow from Poland who lives alone in one room without a car. Outward appearances are very dissimilar, and there exists a world of difference internally; one has been sober 5 years, one hadn't been sober 5 minutes. And the tie that binds us is . . . AA.

KNOW YOUR LIMITATIONS

(Continued from page one)

What alcoholic has any real claim to material success? Our only claims are those that arise out of our performance today and tomorrow.

It is well to have goals in life, even at the age that most of us have reached. But our immediate goal can be only to do the best we can with today's work, to show that we can honestly meet our responsibilities. We should seek satisfaction in doing the best we can today, with no thought for the morrow's rewards.

Our chief goal should be in the spiritual realm, not in the matreial. It should be to learn how to live in the realm of the good, to learn the eternal lessons, to learn to think not in terms of selfish gain but to terms of what we can do for the betterment of others.

Let us dispose of material yearning, and in so doing we may become free. Let it be enough for us to have faith that we shall receive such rewards as our sincere labors of today merit.

BE A BULLETIN BOOSTER

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Mail to Central Bulletin, Box 6712, Cleveland, Ohio 44101
THE YEAR 'ROUND GIFT

MINUTES . . .

(Continued from page two)

the anonymity of our patients.
Minnie C., representative --- women's section --- things are slow.

Bay View: John F., men's section. No complaints.
Dick P. stated that Edie H. had called that she could not be in attendance tonight. She had to lead a meeting but her report is that everything goes well.

Brecksville: Bill H., representative. All quiet.

Lorain County: No report.

Harbor Light: We are getting some very good cooperation from groups for guest speakers --- and they are having a small percentage of success in their program.

INSTITUTION COMMITTEE: Helen D., No report.

Helen D. announced that as a result of our new business last month, Dick suggested a new meeting place for the Central Committee as We are outgrowing our present quarters. Dick contacted the Old Stone Church and they are receptive to our meeting there. We can meet the first Tuesday of every month at 8: 00 p.m. We have to be out of their place by 9: 30 in order to comply with the requirements of the church. They have a very nice bright room which will accommodate at least 75 people. It is on the second floor, "The Western Reserve Room," and can be reached from the Society for Savings lot. The church has made this meeting place available to us free of charge but in line with our Traditions we must give them some payment --- whatever we decide. Motion was made, seconded and carried that we move our meeting to the Old Stone Church beginning next month, after proper notification to the Hanna Building for their courtesies over the years, with payment decided upon, the same as we are presently paying . . \$10.00 per meeting night.

N.E. Ohio General Service: Greg P. reported that on Sunday, October 19th at the Aemircan Legion Hall, Brecksville (Rtes. 18 & 21) there will be a meeting of all General Service Representatives. At the September meeting re-districting was considered. There will be a planning meeting for the State Conference on Sunday, October 12th at 2:00 p.m. at the Sheraton Hotel. The State Conference will be headquartered at the Sheraton on July 21, 22 and 23rd, 1976. They are trying to get the next International Conference here in 1980 also --- more on this to follow.

Sew Business : Herman W. announced that his group had to move "Language of the Heart" --- temporarily meeting at the Orca House but they are trying to find a new meeting place in the neighborhood of the meeting place, 1320 Kinsman. If anyone knows of any place in that vicinity that is available, please let Herman know.

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

TRUE UNSELFISHNESS

(Continued from page one)

selfishness also means personal acts that help others, and such acts should not be limited to Twelfth Step work in AA. It means also that in any situation we should do more than is asked of us.

There is more to Good than unselfishness. But learning about unselfishness is a big step ahead and a good way to keep from stagnating.

I'm living this way because I'm sober --- No! I'm sober because I'm living this way.



## OF MESSAGES AND MESSENGERS

I have heard very little criticism since AA began for me. Most that I have learned of has been constructive and was said privately. There has been some unconstructive criticism and it was said publicly. While I was drinking the only criticism I actually listened to came from me.

I found fault with many people, lots of places and many things, and it was usually destructive in nature. I haven't outgrown it but it is one of my defects that I have willingly offered to my Higher Power, and I self-righteously take it back from God much too often.

What I have been hearing at meetings recently is some gossip-type unconstructive criticism. It seems to this recovering member that a speaker's message will reflect his own unique

sentence structure  
choice of words  
voice tone and gestures, and  
duration of presentation.

If the listener enjoys these unique facets of the message, that is a fine bonus for him. If the listener doesn't find it pleasing, a more tolerant approach to take would be to say nothing. This approach could be the path taken whether the words of the messenger are

one or four syllables  
arranged correctly or freely  
softly spoken or visually aided, or  
ten minutes or an hour in length

After all, we are not conducting night classes in public speaking or English grammar. We are in an AA classroom to learn the formula for living soberly. We **come** to learn understanding and peace of mind, not to find criticism and tension.

It might be remembered by listeners that their attendance at any meetings is optional. They come because they wish to. If one learns that a certain speaker, who he does not enjoy, is leading, there are other options open. However, the speaker is the only one coming to a particular meeting because he was specifically invited to come and because he is honoring his committed promise to do so.

Our creed states that we have a program of principles and not personalities. So an easier, softer and more acceptable way might be to not judge the message by the messenger.

— Marty Y.

## HIS GIFTS ON MY TREE

As my tenth sober Christmas approaches, chills of gratitude are running up and down my spine. An AA oldtimer often remarks, "God gave us memory that we might have roses in December." I have many roses in full bloom and will share with you just a few of the many different varieties.

In early December of 1965 I had a month of sobriety. I received a small handful of Christmas cards from a few friends in AA. I had not received a card at Christmas (or any other time) for years because on skid row such a practice is unheard of on those streets of forgotten men. I bought a box of cards and reciprocated for each of the cards I had received. Then the miracle occurred.

I noticed my hands weren't shaking. I was reading the verses with no longer bloodshot eyes and comprehending the meaning of each. I could even sign the cards legibly and I knew who I was sending them to and what those AAs meant to me. I deeply sensed that I could never *have done* this alone. Since that time my Christmas card list has expanded and I shall never forget this spiritual experience.

Also, that Christmas I received from a good AA friend a real balsam tree, small, but beautiful. I had not had a real Christmas tree since I could remember. I thought to myself, "If this is what AA has given me sober, imagine what AA could give me beyond sobriety. The results are beyond my hopes and dreams.

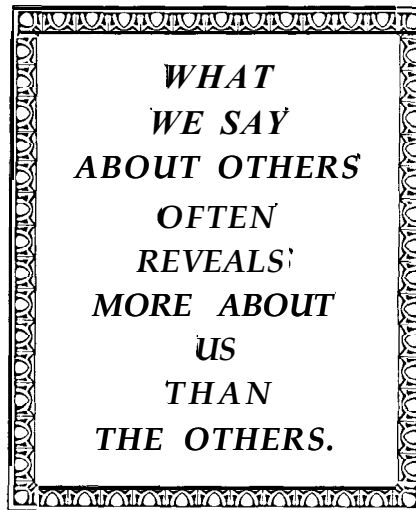
Each Christmas is a time of great reflection. I look at my tree and envision His gifts on every branch. I can't touch them with my hands, but they touch my heart. There are ornaments of joy, of hope, of faith. Many are the same decorations each year but with a glisten of renewal.

The tinsel is spread with laughter for a happy mood. A few needles on the rug remind me that I also cried for years; that the past has been my gold mine.

At the top of my tree rest an angel. It is an angel of love. The angel of AA that has taught me a new life through thoughtful people day by day. When darkness falls over the city, I turn on the tree lights and a bright light shines all over the room. It *has* lighted my pathway ever since, one day at a time.

Yes, these are His gifts upon my Christmas tree.

Chuck B



# MERRY CHRISTMAS



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Harry D., Founder and Editor 1892-1968



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December, 1975

No. 3

## MILL ENDS AND REMNANTS

The sheet on the calendar for the month of November has now fallen away like all of the leaves of autumn, the magnificence of the colored foilage now but a memory in the mind's eye.

In AA, however, the month of November has a lingering significance, as traditionally it has been the month in which we have expressively emphasized our gratitude for the gift of release and the gift of choice; albeit that our gratitude is felt and expressed in an on-going fashion day by day, week by week, month by month throughout each year.

Having so prepared ourselves and as November fades into the archives of the past, we enter into another period significant to most every member of the fellowship of Alcoholics Anonymous.

The month of December and its upcoming Christmas season is one of busyness — often to the degree of losing the true and in-depth significance of the time and season.

To AAs especially it is a time (or should be) for reflection — a time of inventory if you will, of Christmases past and Christmases present (before AA and after AA). It is still a time "to be jolly" as the song goes, but with sobriety has come an entirely different conotation on the word.

Looking back, particularly as sober time accumulates from the last drink and that last drunken Holiday Season, our reasons and motivations are seen as more and more irresponsibly juvenile and self-serving. But what an about face has been the result of our admission and acceptance!

As the saying goes, it's better to give than to receive, and that is a truism. Nevertheless, as individuals in AA it was necessary that the process be reversed in order that we might give. Not one of us can refute this, although we do so if, after having received so much, we live unto ourselves and do not share the gift of our day to day living.

In other words, gifting a fellow sufferer is not a seasonal concern, rather having been given the aforementioned release and choice, it is our responsibility to accept the opportunity for sharing the spirit of Christmas at all times and in all seasons.

May each of us do so gratefully and selflessly in his own way, by George!

## COOKED HIS GOOSE

The treasurer of the women's aid club delivered a deposit to the bank and handed it to the slightly deaf teller saying it was "aid" money.

The teller, thinking she said "egg" money, responded pleasantly, "My, my, it looks like the old hens have been doing right well."

## MINUTES OF CENTRAL COMMITTEE MEETING NOVEMBER 4, 1975

Helen D., Moderator, opened the meeting with the Serenity Prayer in which she was joined by the 61 present representing 57 groups. A fine beginning for our first meeting in our new, cheerful meeting place. Purposes of Central Committee and Twelve Traditions of AA were read by Gene M., Vice Moderator. Minutes of the October 7, 1975 meeting were read by the Secretary and approved as read. The Treasurer's report showed a balance in Treasury of \$469.37 as of October 31, 1975. This total arrived at after expenses and including \$350.00 of contributions received on request for additional operating funds. To date — 70 groups have responded to this request but we would like to hear from other groups. This is only a portion of the number of groups we have in this area. Treasurer's Report also accepted as read. 208 speakers were supplied by the District Office for non-AA meetings and groups for the months January through October 1975.

### COMMITTEE REPORTS

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

**Areawide Committee:** Herman W., Chairman. Next Areawide meeting will be held on Friday, December 12, 1975 at the Cleveland Plaza at 8:00 p.m. Speaker will be Ed S. from the Lakewood Armory Group. This will be the last Areawide Meeting of this year and all are urged to attend.

**Central Bulletin:** George M., Editor, made note of the fact that our attendance is growing for our meetings which means that more groups are showing an interest in what we are doing. There is no reason why we cannot have better representation from all groups. On the matter of the Bulletin, the October and November expirations were of such a number that we did not show too much net gain in our attempt to further interest in the Central Bulletin. If more groups would give at least one bulletin a month, this would bring up subscriptions a little more or if groups would offer each of their speakers a subscription for leading their group, this would also increase the circulation of the Central Bulletin. Asked us to keep carrying the message of the need of our own groups and the other groups we visit.

### HOSPITAL REPORTS

**Rosary Hall:** Minnie C., representative, women's section reports that admittance of women is very slow. It has been suggested by many women who have been patients at Rosary Hall that perhaps they might try to get some women to speak to the patients. This has also been echoed by many who visit Rosary Hall and who sponsor women for treatment. Consider this an appeal for women speakers for Rosary Hall. It might also be well for some of the men to know about the woman alcoholic and to hear of her story of recovery. Men's section not represented.

**Bay View:** Edie H., representative, Serenity Women's Section says that a crafts program has been started for the women patients at the hospital and is being very well received by the patients. Other than that, everything is going very well out there.

**Men's Section:** John F., representative. No complaints.

**Brecksville:** No report.

**Lorain Community:** No report.

**Merrick Hall:** Peggy L., representative. This is the new alcoholic section for women located at Women's Hospital, 101st and Chester, which is meeting with much success. They have been open since July and just ad-

(Continued on page four)

### PRAYER OF THE MONTH

Continue, O God we pray, to grant us your grace and mercy and to be part of our daily lives. Help us to be of service to all men and in so doing discard our own self-interest. Amen.

### WHEN GOD GOES ALONG

"Have I not commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed; for the Lord, thy God, is with thee whithersoever thou goest." Joshua 1: 9.

What more could a man want than that? From God's own lips to receive assurance that He will walk along beside us on the way, that is more than we have any right to expect. Heavy responsibilities had been placed upon the shoulders of Joshua, the successor to Moses as the leader of the chosen people, as they stood on the border of the land of promise. As a warrior leader, Joshua knew that there were difficult, hard, testing days ahead for him and his people. But God gave him the gracious promise that He would go along.

God wants to go along with us on our way. He isn't only a God for the day when the rain falls and the sky is dark, nor a God who wants to walk beside us only when the sun is shining and flowers blooming along the way. He wants to be with us wherever we are and whithersoever we might go. And there is something deep down inside all of us which calls for such assurance. We want to know that He is near to bless us with His love and to carry us in His strong arm. It makes all the difference in the world as far as our attitudes, hopes, ideals, conduct, and way of life are concerned to know that; come what may, God always stands beside, before, above, and around us. If He could go to such inexhaustible limits to show His love to us by sending His Son to be our great Savior, then there are no limits to the things which He can and will do for us as we walk along life's way.

### DATES TO REMEMBER

#### DECEMBER

Z-Central Committee, 8:00 p.m., The Western Reserve Room of parish house, 2nd floor, Old Stone Church.

7—12th Anniversary of Southwest Sunday Group, 8:30 p.m., Berea High School Cafeteria, Bagley and Eastland Roads, Berea, Ohio; Speaker: Jack B., Merriam, Kansas.

10—14th Anniversary of North Olmsted Group, 8:30 p.m., Episcopal Church of the Advent, 3760 Dover Center Road, North Olmsted, Ohio; Speaker: Judge Clyde D., Toledo, Ohio.

#### 2 5-CHRISTMAS DAY

West Side Morning Group, 11:00 a.m., this day only at 2125 Broadview Road; Speaker: George G., Forest City.

#### JANUARY

#### 1-HAPPY NEW YEAR

6-Central Committee, 8:00 p.m., Western Reserve Room of parish house, 2nd floor, Old Stone Church.

### IN MEMORIAM

**RAY MAYBERRY**, a long time member of the Newburgh Group, passed away in October following a series of heart attacks. Among others his activities embraced Central Committee and Rosary Hall. His will be a void difficult to fill.

**RUSSELL HOUSEHOLDER**, for many years a member of the Charity Group, passed away suddenly on November 17. His was an active sobriety and he will be sorely missed.

### PLEADS THE FIFTH

A 38 year-old woman lost out on a job when she gave her correct age on an applicant blank. The next time she was confronted with the same question, she wrote in the space: "I refuse to answer on the grounds that it might eliminate me."

### CLEVELAND AREA GUEST SPEAKERS

#### DECEMBER, 1975

**ALLENDALE (Thursday)** 4 — Ken M., Euclid Wed.; 11 — Aaron F., Doan Men; 18 — Joe W., Hague; 25 — Jim N., Doan Men.

**BRECKVILLE WEDNESDAY (Wednesday)** 3 — Neal C., Maple Heights; 10 — Ed S., Lorain Tues.; 17 — Don O'G., Padua Discussion; 24 — Moses Y., Hartville, O.; 31 — No meeting.

**BROOK PARK (Monday)** 1 — John P., Brunswick; 8 — Gene M., Brunswick; 15 — Bud B., (?); 22 — Dick D., Brook Park; 29 — Wayne R., Angle.

**GRATEFUL (Sunday)** 7 — Matti O. (29th Anniv.), Grateful; 14 — Norm H., Nela Park; 21 — Reba W., Matt Talbot; 28 — Harry MCG., Wed. Lee.

**GORDON SQUARE (Friday)** 5 — Dick D., Brook Park; 12 — Caroline B., Memphis; 19 — Terry S., Memphis; 26 — Ed W., Gordon Square.

**NASA (Wednesday)** 3 — Leroy M., Oberlin, O.; 10 — Jeanne M., Angle; 17 — Bill O'N., Southwest Sun.; 24 — No meeting; 31 — No meeting.

**NORTH OLMSTED (Wednesday)** 3 — Connie G., Bay West; 10 — 14th Anniversary of Group; Speaker: Judge Clyde D., Toledo, O.; 17 — Dan F., Bay West; 24 — John G., Serenity; 31 — Special — Happy New Year.

**PARMA HEIGHTS (Wednesday)** 3 — Cas P., Midpark; 10 — John S., Bud Wrick; 17 — Christmas Party; 24 — No meeting; 31 — Open meeting.

**PARMATOWN MEN (Friday)** 5 — Fred P., Seven Hills; 12 — Rick M., Parmatown; 19 — Dick P., Parma Sat.; 26 — Dick C., Pearl.

**ROCKY RIVER (Thursday)** 4 — Bob F., Lakewood Men; 11 — Dan F., Bay West; 18 — Lou W., Sheffield Lake; 25 — Clyde McC., Elyria.

**ST. ALBANS (Saturday)** 6 — Eddie G., Shaker; 13 — Betty T., Borton; 20 — Fran P., Borton; 27 — Sam N., Garden Valley.

**SISTER IGNATIA (Friday)** 5 — Jack McH., Wickliffe; 12 — Al O., Euclid Wed.; 19 — Simone S., Wickliffe; 26 — George McF., Wickliffe.

**SOUTHWEST SUNDAY (Sunday)** 7 — 12th Anniversary of Group, Speaker: Jack B., Merriam, Kans.; 14 — Dale W., Berea Thurs.; 21 — Bob W., Lakewood Men; 28 — Dick H., Bay Fireside.

**WEST SIDE MORNING (Thursday)** 4 — Herman A., Garden Valley; 11 — Jay W., Wickliffe; 18 — Doc F., Lake County; 25 — Christmas Day. This meeting will be in rooms of Forest City Group, Speaker: George G., Forest City. Jan. 1 — Father J., Rosary Hall.

**WEST SIDE WOMEN (Monday)** 1 — Phyllis W., 12th Step; 8 — Dan L., (?); 15 — Mary M., West Side Women; 21 — Milly B., West Side Women; 28 — Mary H., West Side Women.

**Y.O.U.R. (Sunday)** 7 — Bill W., Shoregate Men; 14 — Will be announced; 21 — Marshall P., Collinwood; 28 — Jack F., Sister Ignatia.

Copy for January listing must be in our hands by December 15, 1975 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.

MINUTES . . .

(Continued from page two)

mitted their 85th patient. There is a 14 day minimum stay.

Minnie C. announced that the Grateful Group is sponsoring the showing of the movie "Bill's Story" on Saturday and Sunday afternoons at 2:00 p.m., November 8th and 9th. Women's Hospital has extended them the courtesy of using their facilities to show this movie. There are guarded security facilities for parking which is ample and free. Everyone is welcome to attend. While there, you can receive a tour of the women's alcoholic section which is Merrick Hall. This section is set up to handle 17 patients at one time.

Harbor Light: Representative stated that they have begun to get some cooperation from outside groups for sponsorship which helps their program tremendously. They do have something in the making now, waiting for it to materialize where they might be recognized by Blue Cross and Blue Shield. Further information on this to follow. Note: Harbor Light has been a great help to District Office in taking patients who could not afford help anywhere else or people who were really down and out.

Marymount Hospital : Don Z., representative. Brought map of directions to get into new meeting quarters which will still be held at the hospital in the mental health wing. Being located at the hospital, the Acceptance Group does get referrals from the hospital. Suggested that he might have a representative from there at each meeting of these monthly meetings.

Institution Committee: Helen D., no report.

New Business: Member showed up to complain to the Central Committee that he had been denied permission to attend one group and had been forcibly removed from the premises. Discussion followed. Dick F., Action Committee Chairman, will check into this matter and report back to Committee.

Minnie C. called attention to the Committee that the Laurel Group should be thanked for the use of their P.A. system on our Central Committee meeting nights. It has been a great help — now everybody can be heard.

Moderator, Helen D., told the Committee about the TV and Radio announcements that you will be seeing and hearing on your sets. After much effort, we have been able to have a public service announcement informing the public of our local telephone number and location which has already brought in more calls. Prior to this, all announcements were from agencies other than AA or the AA announcement was an out of area address.

Helen D. read letter that was sent to the Hanna Building which had housed our meetings for a number of years, thanking them for all the courtesies extended.

S.E. Ohio General Service: Greg P., representative. Announced next General Assembly meeting on November 16, 1975 at the American Legion Hall, Brecksville (Rtes. 18 & 21) and also a pre-planning meeting on the Ohio State Conference on November 15th at the Neil House in Columbus, Ohio. They are still checking out the possibility for the International Conference being held here in 1980.

Reminder: Next month at the December 2nd meeting of this committee, elections will be held. Gene M. will step in as Moderator and there will be a new Vice-Moderator elected — this time from the east side. All groups should be represented.

The members of the Committee had a moment of silent prayer for two of our members who passed away during the month of October. Ray Mayberry, Rosary Hall representative and Richard Wilson, one time Secretary of the Harbor Light AA Group.

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

— Imogene P., Secretary

THE TEST OF A MAN

The place to take the test of a man is not the forum or the field; not the market place or the amen corner, but at his own fireside. There he lays aside his mask, and you may judge whether he be imp or angel, king or cur, hero or humbug.

I care not what the world says of him, whether it crown him with bays or pelt him with eggs; I care not what reputation or religion may be; if his babes dread his homecoming, and his better half has to swallow her heart every time she has to ask for a shekel, he is a fraud of the first water, even though he prays night and morn until he is black in the face, or howls hallelujah till the eternal hills shake with the sound.

But, if his children rush to the front gate to meet him, and love's own sunshine illumines the face of his wife when she hears his footsteps, you may take it for granted that he's true gold, for his home is a heaven. I can forgive much in that fellow mortal who would rather make men swear than women weep; who would rather have the hate of the whole he-world than the contempt of his wife — who would rather call anger to the eyes of a king, than fear the face of a child.

— William Cowper Brann

EVIL IMPS

One of the most cheering facts is that the evil imps of hate, envy, fear, anger and the like have no power of their own to enter our minds and poison us. It is only when we welcome them that they come in. Sometimes we are merely careless. At other times we actually invite those imps to take up their abode with us.

There is no room for evil in a mind that is filled with good. The loving mind is without hate. Our mind is like a house. If we fill our house with guests who are rough and brutal and evil, naturally we keep away guests who are desirable.

Always the responsibility is our own. As individuals we have the power to choose what kind of thoughts and emotions we want to entertain. Our words, our speech and our actions depict the guests which are within our minds.

There is no escape from the operation of the law which brings about the externalization — the visible — outward presence — of the inmost thoughts we make our constant companions. We are what we think. What we think always finds outward expression.

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