

HAPPY NEW YEAR

CENTRAL BULLETIN

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IT'S LIKE GOING HOME

My home group is three months older than I am sober. At first I **just** tolerated it along with the whole saddening idea of "not drinking with AA." I now love it, but it loved me first. It **accepted** me as though I was already 'what I might become. Some of my family and friends still would be kind to me in spite of my weakness with alcohol. The people I met in the **base-**ment were kind to me because of my **weakness** with alcohol. I had plenty of weakness and so they loved me a lot. They gave me several gifts in my quest for a comfortable sobriety.

One was the gift of love: They gave me as much time as I decided I needed to begin to grow up — and they never **con-**ditioned their acceptance of me upon my growing up. They showed me how they loved me in many ways. One, by giving me the right to be wrong. Another, by giving me a freindly phone call when I'd missed a **meet-**ing.

Another was a gift of unity: They really "had it together" when it came to dealing with my thoughts of a drink and my **feelings** of **resentment**, pity and fear. All of their examples and all of their advice consistently showed me an easier, softer way through something called "sobriety."

A third was the gift of service: They served my needs right from the first step into the twelfth. They **help-**ed me to help myself. They helped me to try to help others. They even made me secretary for their third year.

The words "home group" sounded pretty dumb to me at first. That was one of my "old ideas" that I hung onto for a while, and until I "let go absolutely" the result was nearly nil. My second year sober greeted me with divorce court, and so I was without a "home" in the usual meaning of the word. But I found that I was in a sense more "at home" at my AA group than I'd ever been at my former residence. I found that I could be me, right or wrong, and be constantly accepted and served and given the opportunity to serve others.

I don't attend my home group 52 times a year. But my home group is there 52 times a year. I've had four residences **since** sobriety began for me. My home group still meets in the same basement since it began. I've changed some in my period of sobriety. Some of the names and faces of my home group members are **dif-**ferent, but it's still the same home group to me. And if I want to get what they **already** have, I'll just go as often as I can. You see, it's easier for me now, for it's much like being at home.

Marty Y.

LOSE SUMTHIN' FELLA?

Quite often we hear some member of AA say, "If I had accepted this program ten years **ago**, I would have my home paid off or I would be able to retire now." Others are looking back at the good times they had in their early days and hoping for them to come back. They have not learned to control the backward look, so they are torturing themselvee with, "What might have been," instead of cutting off the past and doing the best with what they have today.

No doubt we all have a tendency to look at our past mistakes with some regrets and wish that we could correct them. But we cannot correct them, so why not just cut off decisively the thought of our past mistakes and use **them** to improve our **today**s.

Our AA philosophy teaches us to live one day at a time because if we carry yesterday's and today's load, it can overload our train of thought which will stall us on the road of our station in life. We only spoil our today's when we try to carry all of our past errors with a futile wish to undo the mistakes **we** made when we had no control over our lives. We can make our **today**s better if we accept ourselves as we are and try to improve on our character defects, "NOW."

The fact that we didn't stop **drink-**ing five, ten or even twenty years ago is no reason why we should **suf-**fer the torture of a self-fabricated hell. Life is too short to waste **our** time, lamenting about our past **judg-**ments. We should instead, use our

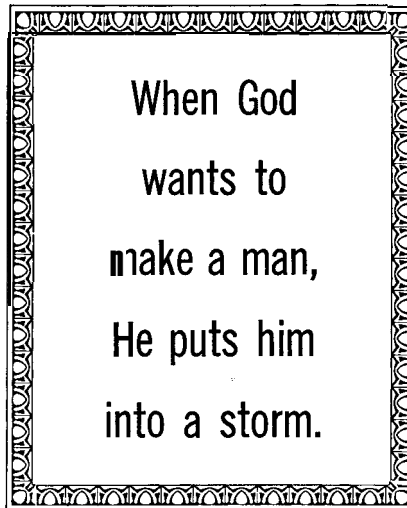
past mistakes as lessons not to make the same **mis-**take today because mourning for the lost paradise will not help us to make it a better today.

The past is gone and we cannot bring it back but we can weigh today's evidence, balance **today**'s issues and reach a decision, today. Dismiss the past from our minds. Great enterprises were built on the anvil of trial and error.

Our value to God and to our community does not lie in a person being faultless. Mistakes are sometimes inevitable, but the real virtue lies in recognizing that **mistakes** can be put to good use and in striving to put them to good use, we will emerge as better individuals.

Life's course is not a succession of time-tight **com-**partments. The past does flow into the present, bearing with it the wealth of memories. If we want to enlarge the enjoyment of today, we must capitalize on the **ex-**perience of yesterday. We must learn how to be **select-**ive in taking over the assets of the past and leaving

(Continued on page four)





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Harry D., Pounder and Editor 1892-1 968



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January, 1976

No. 4

DATES TO REMEMBER

JANUARY

- 1-HAPPY NEW YEAR and may 1976 be filled with an abundance of all good things.
- 4-Grateful Group's first meeting in new location: Women's Hospital, East 101st and Chester, 2:00 p.m.
- 6—Central Committee, 8 : 00 p.m., Western Reserve Room of Parish House, 2nd floor, Old Stone Church.

FEBRUARY

- 1-Support your District Office. 1976 funding campaign begins.
- 3-Central Committee, 8 : 00 p.m., Western Reserve Room of Parish House, 2nd floor, Old Stone Church.

THE RATTLE

I was born and raised in southern Wisconsin where there were hills and rock ledges. This time of year the rattle snakes would come out from hibernation and one had to be on guard against them at all times. One bite from them could mean death, but they always gave a warning by rattling before they would strike.

The county decided they were a great danger so they voted to give a bounty for each rattle that was brought in. This didn't seem to help cut down the snake population and they were at a loss to know what was wrong as they were paying out plenty of bounty money.

One day a farmer had a horse bitten by a snake and knowing this, wasn't natural because of a horse's keen sense of hearing for the rattler's warning sounds, decided to investigate. He killed a snake and found the explanation the rattles had been removed from the snake. It was learned that some people had found that with a V-shaped stick they could pin a snake's head down and strip him of the rattles. Then they would let the snake go. The rattles would grow back and they would repeat the process — and later get another bounty.

I have been asked many times, why, after over 20 years, I go to two AA meetings a week. I go because I hear the rattle and warning of the snake called Alcoholism. When we come into Alcoholics Anonymous, we are warned about the dangers which we will meet on our road to sobriety. Such as the rattle and tinkling of glasses at a cocktail party and the rattle, and babel of voices, who say "just have one." In these situations, we are like the horse with the keen sense of hearing — we know of the lurking danger and build a shield against them.

What about the snake without rattles. I go to AA first, because of the association with the finest people in the world. Secondly, so that I may never forget, the 12th Step. Thirdly, to always remind me that there may be a snake out there without rattles.

I almost forgot — my old home county finally passed a law which said, "from now on it's heads and not rattles" and it worked. SO WILL AA!

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

* * *

BE A BULLETIN BOOSTER

MINUTES OF CENTRAL COMMITTEE MEETING DECEMBER 2, 1975

Helen D., Moderator, opened the meeting with the Serenity Prayer. There were 40 groups represented at this meeting. Purposes of Central Committee and the Twelve Traditions of AA were read by Vice-Moderator, Gene M. Secretary read the minutes from the meeting of November 4, 1975. One exception made in the minutes — that is that Merrick Hall can accommodate 14 patients rather than 17 and minutes were approved as amended. Treasurer's report showed a balance as of November 30, 1975 of \$524.41. \$445.00 of this amount is from groups who contributed in response for our request for additional funds. Treasurer's report accepted as read. 220 speakers were supplied by the District Office for non-AA meetings for the months January through November 1975. Attention called to savings on mailing with new permit we have from the Postal Department.

COMMITTEE REPORTS:

Action Committee: Dick F., Chairman. In regards to the complaint we had from a member at our last meeting about being forcibly removed from one of the Groups, the Group was contacted and stated that the man was not forcibly evicted but that he was asked not to come back. The Group was invited to attend this meeting and explain but the invitation was declined.

Areawinde Committee: Herman W., Chairman. Not at meeting, presently in hospital undergoing tests but the meeting will be held Friday, December 12, 1975 at the Ohio Room of the Cleveland Plaza at 8 :00 p.m. Speaker will be Ed S. from the Lakewood Armory Group. All are urged to attend and the Chairman feels that he will be out of the hospital in time to join us.

Central Bulletin: George M., Editor — not present but our Moderator, Helen D. renewed his plea to promote subscriptions to the Central Bulletin.

HOSPITAL REPORTS:

Rosary Hall: Minnie C., representative, stated that there had been a great increase in patients this past month and everything is going along well. Holidays are lonely times for the patients in the hospital — visitors would be welcome — if, even for a little while during this period to share love and fellowship.

Lou W., Mens Section: Asked members when they call the hospital to make reservation for a patient — be sure to listen closely to the instructions given and follow through and avoid running into a situation where the patient might be sent back home. Rosary Hall has certain rules and we AA members sponsoring a patient are required to comply with these rules which are hospital policy — if followed, we have very good cooperation and the results much more gratifying.

Bay View: Edie H., representative, reminded visitors not to bring outside problems or personal problems into the hospital to the patients and asked visitors not to carry messages out for patients. This is a job for the sponsor, a counselor or Harry J. If you do visit the hospital and have a personal problem that you want to discuss — Harry J. or one of the counsellors will be happy to talk with you.

John F., Men's Section: Everything OK.

Brecksville: No report.

Lorain Commuuty: No report.

Merrick Hall: Peggy L., representative, made correction as to number of women they can accommodate. Stated that they do have family counseling three days a week for the family of the alcoholic patient and that they have also initiated a crafts program.

(Continued on page four)

PRAYER OF THE MONTH

Prayer For The Hurried

Lord, slow me down. Ease the pounding of my heart by quieting my mind. Steady my hurried pace. Give me, in the confusion of my day, the calmness of the everlasting hills. Break the tension of my nerves and muscles.

Help me to know the magical, restoring power of sleep. Teach me to take . . . minute vacations . . . by slowing down to look at a flower . . . a cloud, to chat with a friend, to pat a dog, to read a few lines from a good book. Remind me that the race is not always to the swift; that there is more to life than increasing in speed.

Let me look upward into the branches of the towering oak and know that it grew great and strong because it grew slowly and well.

Lord, slow me down . . . inspiring me to send my roots deep into the soil of life's enduring values that I may grow toward the stars of my great destiny.

— Author Unknown (from Here's How, Chicago)

"TO PRACTICE THESE PRINCIPLES"

In looking back upon the twelve suggested steps, these actions do not come easily for a person so accustomed to doing just the opposite I used to say I did a pretty good job of trying to follow these ideas, at least to others, but deep down I knew I wasn't. When we first come into the program, it sounds impossible. However, when we stay in a little longer, we start to see others who are trying and doing, and we begin to see some hope. Then it starts to happen. Now we probably have never before had such a sense of well-being, and this is great. Now we know how it feels, but great care must be taken at this stage so as not to become a "pink cloud" casualty. If we get through the "pink cloud" stage, other people will begin to notice and say, "What a change! How do you do it?"

At this point, to some, danger is present. It may go to our heads and we may start to think that everyone should experience this great feeling and we may start to evangelized. This can be a very great disappointment, so great, in fact, that we may say, "what's the use?"

The last, and I believe the most difficult stage in practicing these steps in our program of sobriety, is the "I've got it made" stage, or the "Mr. AA" stage. Now complacency may set in, and I believe we forget about Step 10, where we are to continue to take personal inventory, and when wrong promptly admit it.

It seems that these principles we have attempted to adopt can rather rapidly fall by the wayside, other people, just don't seem to measure up to what we think they should be. Our families surely can get off the beam in a hurry! Great care must be taken at, this point. I believe we have to get back to the basics in our fellowship and work harder than ever before on these principles that have been so skillfully outlined for us by those who have gone before, experiencing these same troubles.

I must establish a maintenance program in order to keep my thinking somewhat straight, but even then I can really get off the path. In order to continue contented sobriety "I must practice these principles in all my affairs."

—Ken G., Fargo, N. Dak.

NOTICE

MOVING? If you move and fail to advise us of your change of address, we cannot be held responsible for non-delivery of the Central Bulletin and you are the loser.

EXPIRED: Should you discover that you are no longer receiving your Central Bulletin, one reason may be that your subscription has expired. Check your expiration date. It is shown on the envelope under your name and it expires with the corresponding issue month.

DIAGNOSTICIAN'S FEE

A small service stations owner watched the town's highest-priced doctor drive in with a flat tire.

"Diagnose it as a collapsed aerostatic perimeter," hissed the owner to his attendant, "and charge him accordingly."

CLEVELAND AREA GUEST SPEAKERS

JANUARY 1976

BRECKSVILLE WEDNESDAY (Wednesday) 7 — Ed. M., Brookpark Mon.; 14 — Rita T., Fairmount Tues.; 21 — Huey H., Garden Valley; 28 — Charles P., Steelworkers.

BROOKPARK (Monday) 5 — Ray B.; 12 — Charlotte B.; 19 — Bob H., 26 — Bill A. All speakers are from the Brunswick Group.

FAITHFUL (Friday) 2 — Mose Y., Alliance, Ohio; 9 — Tony G., Lorain Mon.; 16 — Charlie P., Char-don, Ohio; 23 — Ruth H., Bay West Discussion; 30 — Milt L., Newburgh.

GORDON SQUARE (Friday) 2 — Edie H., Gordon Square; 9 — Harry J., Bay View; 16 — Terry L., Westlake Women; 23 — Tom S., Crossroads; 30 — John R., West Park.

GRATEFUL (Sunday) 4 — June D., Willoughby Mon.; 11 — Clarice H., Ridgecliff; 18 — Walter N. (2nd Anniv.), Grateful; 25 — Paula B., Mt. Carmel. Group now meets at Women's Hospital, East 101st St. and Chester, 2:00 p.m., open to men and women.

HERITAGE FELLOWSHIP (Wednesday) 7 — Bill A., Monday Discussion; 14 — Terry S., Heritage Fellowship; 21 — Bill O'N., Southwest Sun.; 28 — Don W., Midpark. This is a new group meeting at 8:00 p.m., Wednesdays, at Berea Library.

NASA (Wednesday) 7 — Wayne C., Fairview Tues.; 14 — Beth G., Independence Thurs.; 21 — Vivian S., Fairview Tues.; 28 — Roy Z., Berea Thurs.

PARMA (Saturday) 3 — Joe S., Puritas Sun.; 10 — Joe H., Edgelake; 17 — Tony K., Smith Wilson; 24 — Bernie J., Pearl Road; 31 — Bob K., North-east.

PARMARTOWN MEN (Friday) 2 — Bob W., Brookpark; 9 — Cal W., Laurel; 16 — Bill G., Southwest Sun.; 23 — Dick B., Midpark; 30 — Dick D., Brookpark.

ST. ALBANS (Saturday) 3 — Ed N., Newburgh; 10 — Magnolia I., Esquire; 17 — Oscar O., Garden Valley; 24 — Bea B., Garden Valley; 31 — Tom C., Newburgh.

SISTER IGNATIA (Friday) 2 — Eric P., Wickliffe; 9 — Lisa-Al R., Euclid Wed.-Wickliffe; 16 — Jim E., wife Carol & daughter, Wickliffe; 23 — Al B., Wickliffe; 30 — Helen D., Garden Valley.

WEST SIDE MORNING (Thursday) 1 — Father J., Rosary Hall; 8 — Mary M., West Side Women; 15 — Al G., Eaton; 22 — Frank I., Southwest Sun.; 29 — Jerry M., Forest City; Feb. 5 — Bob T., Garrettsville, Ohio.

WEST SIDE WOMEN (Monday) 5 — Larry G., (?); 12 — Laura D., 19 — Donna S.; 26 — Mary Ann R. The last three are all from West Side Women giving their first leads.

Y.O.U.R. (Sunday) 4 — Jay W., Sister Ignatius; 11 — Panel; 18 — Will be announced; 25 — John B., West Side Young People.

Copy for February listing must be in our hands by January 15, 1976 accompanied by check for \$3.00. list not received by this date will not be printed. Mail to Central Bulletin Foundation, Box 6712, Cleveland, Ohio 44101.

MINUTES . . .

(Continued from page two)

Marymount Hospital: No representative.
Harbor Light: In the process of making some improvements which are going to be very helpful. Have news that they are going to get, increased funding.
Institution Committee: Helen D. No report. Though there is no group meeting at the present time, she is still in touch and if anything changes there, reports to this committee will resume.

N.E. Ohio General Service: John T. B., representative reported on first pre-planning meeting on Conference which will take place in Cleveland in July, this meeting held in Columbus with the rest of the state and we were given the revolving fund so we are now in business and will get flyers out in April, **hopefully** with a **followup** in May or June, giving information regarding registration, etc. On the 16th we had another meeting and the following week, the 23rd had our annual Gratitude Meeting in Warren, Ohio with a grand speaker. John also called attention to a new book "Living Sober" which is now available at our Central Office.

Old Business: Helen D., Moderator reminded members that our Fund Drive for the year 1976 will soon be coming up and those who have forgotten or who have not fulfilled their pledge for the year 1975 still have time to do so before the next drive begins. Reminders (final) are in the mail now.

New Business: Election of east sider for Vice-Moderator of this Committee as the Vice-Moderator at present steps in as Moderator. Dick F. nominated Herman W., Language of the Heart Group, our present **Areawide** Chairman for the position of Vice-Moderator. Minnie C. voted that nominations be closed. Herman was elected unanimously.

Nominations open for Treasurer: Joedy M. unanimously reelected.

Secretary is appointed by the Moderator . . . Imogene P. will remain as Secretary.

Helen D., Moderator, extended her **thanks** for having been chosen Moderator for the year and for the cooperation she has had. In turn, members congratulated Helen for a job well done.

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

Imogene P., Secretary

JOY

One of the greatest pleasures in life is to do a good turn in secret and have it discovered by accident.

GOSSIP

Gossip is one of the cardinal sins. It is not a single act, like murder, that stops one's life and falls back to punish the offender. It is the breath of the Devil, soiling every ear it touches. It is the most deadly of poisons. It blights many lives. It smites the innocent with the guilty.

An old Italian legend tells the following:

In the old days, a peasant confessed to a **priest** that he had slandered an innocent man. The priest said to him, "For your penance do this now. Take a bag of chicken feathers. Go to every yard in the **town** and drop one bit of down into each garden. Do not miss one yard. When you have finished, return to me."

The sinner believed the punishment was light. With his bag of down he made the circuit of the village and carefully dropped one soft **feather** into each garden. Then he reported to the priest saying: "I have done my penance."

"No, my son," replied the old abbe. "You will not have done your penance until you've taken the bag, go again on your rounds, collect every feather you have dropped, and bring it here to me."

The gossip protested that it would be impossible! He could not find the bits of down in a lifetime; many of them had blown far away.

"So it is with gossip," replied the priest. "It is easily dropped. But never again, no matter how hard you try, can you gather back the words you have so thoughtlessly scattered."

"Create in me a **clean heart**, O Lord!"

SMILES

In a football game a huge guard on one team became incensed when the referee penalized his **school** fifteen yards because of unnecessary **roughness**. When the players followed the official with the ball as he stepped off the penalty, the angry guard snorted: "Mister, as a football official, I think you stink!"

The **referee**, who was in the act of putting the ball down, immediately straightened up and paced off another fifteen-yard penalty against the speaker's team. Then, turning to face the protesting player, he said sweetly: "Tell me, how do I smell from here?"

■ ■ ■ ■

A golfer was playing with a clergyman partner who was sinking one long putt after another. He himself was missing the cup a lot and asked, "Reverend, do you think it would help my score if I said a short prayer at every green?" The pastor replied "I don't think it would help a bit." "Why not?" asked the first golfer. The minister replied, "Because you're a lousy putter."

■ ■ ■ ■

Wife to complaining husband: "What do you mean, when am I going to fix supper?" "I put two eggs in your beer, didn't I?"

LOSE SUMTHIN' FELLA?

(Continued from page one)

out the liabilities. By sharing the assets of the past with others, we can accumulate a large spiritual **bank** account.

Controlling the backward look is not purely a matter of man's own will power. We all need God's help to blot-out all of our past failures and disappointments and the wisdom to advance from remorse to repentance. With the help of God, we can endure all things and achieve many.

The defeat of yesterday is not, the defeat of eternity. Every worthwhile life has its trials and tribulations. It will not help us just to keep poking a finger of correction in the wound of an erring soul. The cure for such condition is to bandage the wound and let God heal it.

Edw. B., Akron, Ohio-Intergroup News

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THE YEAR 'ROUND GIFT



OUR DELEGATE WRITES

Perhaps many of you are unfamiliar with what transpires at the General Service Conference held each April in New York.

In attendance at the April Conference are 91 area delegates from the United States and Canada; 21 trustees from our General Service Board; 6 directors of AA World Service and the Grapevine; 15 GSO and Grapevine staffs, as well as observers from PIC, CPC and literature committee of the board. These people make up the collective group conscience of North American AA. As a delegate attending this Conference it is my responsibility to carry the group conscience of Northeast Ohio to the conference and report back after the conference.

This April there are, several items on the agenda that need the voice of every group. The Conference theme is: "Sponsorship — Our Privilege and Responsibility."

Some questions to be resolved:

1. Do we want a paperback "Big Book"?
2. Do we want to change our Board of Trustees from 14 AA and 7 non-AA to all AA Trustees?
3. There will be a presentation on literature, and there will be discussion of the question of GSO distributing the biography: "Bill W."
4. There will be a presentation and workshop on Public Information.
5. There will be a presentation and workshop on Sponsorship.
6. There will be a workshop on AA in hospitals.
7. There will be an election of two new Regional Trustees.
8. There will be an "ask it basket" for any of your questions.
9. There will be three excellent discussion subjects:
 1. 12 Concepts — Can they help us solve our area problems? Do they help us in our communications between AA groups and trusted servants?
 2. Back to Basics — Are we in the content of our AA meetings getting away from AA basics? Are we talking about our own recovery from alcoholism, the Big Book, 12 Steps and 12 Traditions? Are we telling ourselves and newcomers exactly what AA is? Are we keeping AA alive and well?
 3. The role of the General Service Conference Delegate and how to get the general service message across.

We will share and discuss these important subjects at our Third Legacy meeting in Brecksville on March

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GOLDEN OPPORTUNITY

Traditionally the month of February marks the campaign for funding the needs to keep the doors of the Cleveland AA District Office open and its staff functioning in the efficient, effective manner that it has these many years.

The 1976 campaign was kicked off on January 26 and the workers are even now visiting groups and contacting members to assure that his valuable service entity to Cleveland AA may continue its high standards — serving members and more importantly the problem drinker and still suffering alcoholics of untold numbers.

It was a providential day when the founders of Alcoholics Anonymous were given the guidance and wisdom to write Tradition 7 — Every AA group ought to be fully self-supporting declining outside contributions.

Similarly, it seems to be more than mere coincidence that it was in Cleveland in 1950 at AA's first convention that The Twelve Traditions were adopted and since have been such a vital lifeline to the fellowship.

AA is a going and growing concern for which each of us individually and collectively have an ever widening horizon of responsibility, for there are still thousands standing at our threshold searching for the help and understanding and love that has been made available these many years.

In the current 1976 campaign District Office needs are projected to be \$58,500 and reflects today's spiraling costs. Last year the need was over-

subscribed by approximately 4%, but as of this writing nearly 10% of the amount remains unpaid.

It is, therefore, incumbent that we face up to necessities — that unremitted pledges be paid, that each of us, individuals and groups alike, increase our giving by about 16%, or if you gave \$30.00 in last year's appeal — make it \$35.00 in 1976.

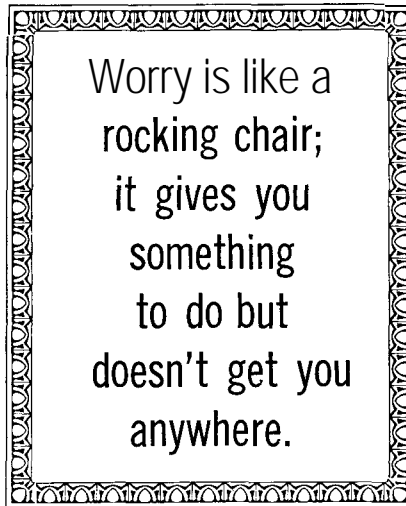
There is also an untapped resource of members who don't give or won't give. Why, we don't know, but past patterns revealed that a minority of the members carried the load for the vast majority.

So many of us are aging in years and in sobriety and have been the beneficiaries of the great things of AA and even life itself, so it behooves us to give liberally as long as we can to keep the torch aflame, thus showing the way for the generations to follow.

It is our genuine prayer that every Cleveland group member will sit down with the campaign worker visiting his or her group, listen to the needs and learn of the accomplishment and then REACT generously.

We need only remember that our help likely came from

(Continued on page four)





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Harry D.. Founder and Editor 1892-1968



Vol. 34

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No. 5

MILL ENDS AND REMNANTS

No matter how thick the armor plate we have built around our feelings and emotions to steel ourselves and repel the stinging hurts of personality conflicts, of rebukes, real or imagined, and perhaps other barbs which may come in our day to day living, there are times when the shell gives a little and we feel an annoying thump of penetration no matter how small.

This notwithstanding our frequent petition for "serenity to accept the things we cannot change." Therein, however, lies the secret, if you will, for practicing principles in all of our affairs to the utter disregard of personalities, especially our own and its many debilitating facets.

In recent weeks and months we seem to have come upon a considerable outcropping of negativity, and much to our chagrin some of it rubbed off, to the degree that there has been need for redicision to think with positive assertion.

It, is noteworthy that such decision has resulted in a much healthier mental and emotional concept to the degree that we are enabled to help those who are distressed as evidenced by their negativness.

Slipping into the doldrums of un-positive thinking, often outside of our awareness, is really an easy head-long slide, and getting back up the greased ramp to the stability of the positive platform takes a might of doing. Yet it is a must if we are to enjoy that which we have been given and effectively share it.

To be physically sober, yet only mentally "dry" is not enough, for in this mixture we have the ingredients of what we loosely call a dry drunk.

Sobriety — happy sobriety, that is, has three equal parts or ingredients — the physical, the mental AND the spiritual, and with these we have a life we want to share and a life that others want to know about.

Approached prayerfully, we can't lose, by George!

CLEVELAND AA DISTRICT OFFICE

The Cleveland AA District Office is open to anyone, male or female, who is seeking an answer to all 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.

SUPPORT YOUR DISTRICT OFFICE

BE A BULLETIN BOOSTER

MINUTES OF CENTRAL COMMITTEE MEETING JANUARY 6, 1976

Gene M., Moderator opened the meeting with the Serenity Prayer, in which he was joined by the 56 members present, representing 52 groups. Vice Moderator Herman W., read the Purposes of Central Committee and the Twelve Traditions of AA. Minutes of December 2 meeting were read and approved. Treasurer's report disclosed December 31, 1975 balance of \$561.51 and was accepted and approved. District Office supplied 249 speakers to ten AA groups and meetings during year 1975. Both Moderator Gene M. and Vice Moderator Herman W. thanked the group for the privilege of serving Central Committee for the coming year.

COMMITTEE REPORTS:

Action Committee: Dick F., Chairman, reported on an organization in California that had sent advertising to an area member and possibly others using the World Directory as a mailing list. Letter was written to the user asking him to refrain from use of the Directory.

Areawide Committee: Bob W., No report.

Central Bulletin: George M., Editor, read an article from Good News, San Francisco, reporting on the demise of that publication after many years' of issuance and the reasons for its discontinuance, pointing out that the same thing could happen to Central Bulletin if the entire Cleveland area membership did not continue its support in every manner possible. The plea for new subscriptions and the work and interest the groups have shown pleased the Editor, but again he reminded all to look for their expiration and renewal date on the envelope as it coincides with the month of issue enclosed, thus avoiding a lapsed subscription.

Hospital Committee :

Rosary Hall: Lou W., Representative, reported that morale of patients was high during the holidays. Ann T., Women's Section, had nothing to report.

Bay View: Edie H., representative Women's Section, reported morale there also high during holidays. Also reported that male and female patients are being treated in the same general area, as not enough beds were being utilized to maintain separate areas. Beds are assigned on a first come first served basis whether patient is male or female. Sponsors visiting male patients are expected to take them to the downstairs lounge for discussions. Added that there is a Discussion Group meeting after lunch each day for both men and women patients. John F., Men's Section, recited past complaints with respect to lack of facilities for women patients and the lack of same contributing to the move reported above.

Brecksville: No report.

Lorain Community: No report.

Marymount: No report.

Merrick Hall: Peggy L., reported in absence of Minnie C., that patients had excellent Christmas Eve and Day, with a goodly number of visitors.

Institution Committee: Helen D., no report.

Old Business: Discussion concerning the Public Service Announcement which had been tabled at December meeting for discussion at this meeting if deemed necessary did not ensue and matter closed.

N.E. Ohio General Service: John T. B., reported no developments in December. Reminded members that Cleveland area is host to Ohio State Conference on July 23-24-25, 1976. Stated NEOGSC having Committee Members meeting February 8 and GSR assembly meeting on March 21. At the latter meeting there will

(Continued on page four)

PRAYER OF THE MONTH

An Anniversary Prayer

O gracious Father, as another year of my life is drawing to a close, receive my humble thanks and praise. Amen.

MY CALENDAR IS DIFFERENT

I have recently enjoyed my fifth sober holiday season. Looking back on this one from late November, I recall that my family, my friends and my society were communicating on the pilgrim's thanking God for their meager abundance and dismal survival and sharing a feast holiday with the more native Americans. My acquaintances were also heard reviewing, in a holiday spirit, their personal blessings of food, shelter, health and loved ones. It was nice to be sober and eat and join with their expressions of gratitude.

In late December, my family, the friends and society were expressing the fact that God showed us his love of man by the gift of their Lord. Others talked of showing their love through gifts to others. Some were gleeful recipients of packaged paradise. It was nice to be sober and pray and give and receive.

In early January, my family, the friends and society were overheard making resolutions for growth and improvement and wishing one another smiling good health, abundant wealth and peaceful days during the ensuing year. It was nice to be sober and return a smile to the well-wishers.

The joys of the holidays are over for most of the members of my family, friends and society. It lasted for six weeks again this year. Not so for myself. Not so for the subscribers of the Bulletin. Why? Is it because we have a different calendar? Yes — sort of.

I submit that we who have a 12 Step program can have the joys of the holidays each and every day of the year. How can this be?

For Thanksgiving we have step 1. We are alsoholics, but thankful for today's sobriety through Step 2. We have Step 4 to see what is good in us and Steps 6 and 7 and 10 to dispel the bad we discovered in Step 4 and admitted in Step 5.

For Christmas we have Step 3. This is, in one way, a respectful acknowledgement of the love which we have finally recognized that He first gave to us. We have Step 11, to grow in awareness of His first-given love.

For New Years we have Steps 8 and 9, to encourage that peace on earth through our good will toward men we have harmed. We have Step 12 to help our fellow man who we have not harmed, but who can benefit from our trying to help. We have Step 10 to daily resolve to overcome our daily wrongs. We have Step 3 to realize that if we should enjoy good health and abundant wealth or be distressed with poor health and financial strain — that none of these reasons can justify our taking a drink.

Joys of the holidays were nice. I ate. I prayed. I smiled. But I can do these things every day now because I'm sober. You see, God blessed every day of my life — not just the six weeks of the holidays.

— Marty Y.

■ ■ ■ ■

It takes two things to blow down a tree — a heavy wind outside, and rot and decay within. So is it with man. The winds of adversity may cause him to bend, but if he is strong and vigorous within, he will arise and grow to new heights after the storm passes.

DATES TO REMEMBER

FEBRUARY

- 1-1976 Funding Campaign for Cleveland AA District Office opens. Support your District Office generously.
- 3-Central Committee, 8:00 p.m., Western Reserve Room of Parish House, 2nd floor, Old Stone Church.
- 7—Cleveland AlAnon Intergroup's 16th Annual Dance, 8:00 p.m., Masonic Auditorium, Euclid Avenue and East 36th Street, Cleveland.
- b-committee Member Meeting, Northeast Ohio General Service Committee, 2:00 p.m., Brecksville VA Hospital.
- 17—14th Anniversary, Lorain Avenue Tuesday AlAnon Group, 9:00 p.m., St. John Bosco Church, 6480 Pearl Road, Parma Heights, Ohio; Speakers: Ellen and Dick C., Lakewood Mon. AlAnon and Lakewood Men's Groups.
- 23-32nd Anniversary, Pearl Road Group, 8:30 p.m., St. James Lutheran Church, 4771 Broadview Road at Oak Park, Cleveland, Ohio; Speaker: Ken B., Pearl Road Group.

MARCH

- 2-Central Committee, 8:00 p.m., Western Reserve Room of Parish House, 2nd floor, Old Stone Church.

CLEVELAND AREA GUEST SPEAKERS

FEBRUARY, 1976

- ALLENDALE (Thursday) 5** — George S., Marshall Ford; 12 — Larry B., Doan Men; 19 — George S., Shaker; 26 — Joe W., Allendale.
- BRECKSVILLE (Wednesday) 4** — Chuck G., Canton, Ohio; 11 — Bob T., Garrettsville, Ohio; 18 — Ralph B., Laurel; 25 — Cliff C., Akron, Ohio.
- BROOKPARK (Monday) 2** — Fred H., Parma Heights; 9 — Ralph B., Brooklyn; 16 — Bob M., Independence; 23 — Ruth T., Parma Heights.
- GRATEFUL (Sunday) 1** — Pat S., Angle; 8 — Mike A., St. Clair Thurs.; 15 — Vic M., Mt. Carmel; 22 — Ed McH., Severance Discussion; 9 — Ted T., Borton.
- NASA (Wednesday) 4** — Elenor B., Berea Thurs.; 11 — Surprise; 18 — Ray L., Brooklyn; 25 — Joe S., Lakewood 24-Hour.
- PARMA (Saturday) 7** — Ed C., TC-1005; 14 — Tex H., UAW Morning 1005; 21 — Surprise; 28 — Ken S., West Park.
- PARMATOWN MEN (Friday) 6** — Earl J., Angle; 13 — Mike S., Parmatown; 20 — Ray L., Brooklyn; 27 — Ben K., Brookpark.
- ST. ALBANS (Saturday) 7** — Marge L., St. Albans; 14 — Mick B., Fri. Afternoon Women; 21 — Bob L., Southwest Sun.; 28 — Bill W., Olmsted Falls.
- SISTER IGNATIA (Friday) 6** — Karen B., Nite-Day; 13 — Bob P., Wickliffe; 20 — Mary G., Tri-County; 27 — Ann G., Eastlake.
- WEST SIDE MORNING (Thursday) 5** — Bob T., Garrettsville, Ohio; 12 — Steve B., Lakewood Men; 19 — Helen D., Garden Valley; 26 — Walter S., Stella Maris; March 4 — Bobby J., Ford Motor.
- WEST SIDE WOMEN (Monday) 2** — Jack K., Bay Men's Discussion; 9 — Bill S., Lorain Ave. Mon.; 16 — Art F., 6700 Discussion; 23 — Warren C., Sr., Edgelake.
- Y.O.U.R. (Sunday) 1** — Will be announced; 8 — Michel R., Newburgh; 15 — Wally S., Kirtland; 22 — Ann W., Y.O.U.R.; 29 — Dick C., Y.O.U.R.

Copy for March listing must be in our hands by February 15, 1976 accompanied by check for \$3.00. List not received by this date will not be printed. Mail to Central Bulletin Foundation, Box 6712, Cleveland, Ohio 44101.

MINUTES . . .

(Continued from page two)

be opportunity of GSRs to apprise, Delegate of group opinions before he attends annual General Service Conference in New York in April.

Announcement: Advisory Committee to District Office will meet January 13, 8:00 p.m., in Ohio Room, Cleveland Plaza Hotel, for discussion of Intergroup Dinner tickets. The dinner is scheduled for Saturday, May 1, 1976 in same hotel.

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

— Imogene P., Secretary

OUR DELEGATE WRITES

(Continued from page one)

21, when we will also talk about the need for electing an additional officer to the NEOGSC panel, as presently the chairman serves as alternate delegate. In dividing the work load there would be less strain on the chairman. The need for a separate Alternate Delegate was last discussed in 1967 and it is thought now is the time to reconsider, in light of AA's growth being greater than at any time since the mid-1940's.

It would make me very happy to receive letters from every AA group in Northeast Ohio with comments and suggestions. Please do so. I shall hope to see a GSR from every group at the March 21 assembly meeting. Best regards.

Robert B., NEOGSC Delegate

GOLDEN OPPORTUNITY

(Continued from page one)

a responsible but unknown benefactor, and our carrying the message through giving of our money to help an unknown to us searcher can provide us with spiritual uplift.

INTERGROUP DINNER

Another capacity attendance of 1,500 is anticipated for the Annual Intergroup Dinner sponsored by the Cleveland District Office Operating Committee.

Date is May 1, 1976, 7:00 p.m., Cleveland Plaza Hotel. Guest speaker will be Julius B., of St. Augustine, Florida.

At the Advisory Group meeting on January 13, 128 tables were sold outright, 8 were taken on consignment and office reports the sales and demands have been brisk since that time.

A CHANCE TO VOLUNTEER

The mail this month brings a letter that should be shared with the entire membership and we shall hope our subscribers will be instrumental in getting the program under way in their own groups.

A thirty-year member, Bill S., writes:

"Each year AA becomes one year older — and so does each individual member.

With increased age, AA can become more vigorous, active and helpful. Sooner or later, as each member grows older — eventually he reaches an age when he becomes less vigorous and it is more difficult for him him to be active and to continue to be helpful to others.

Does there come a time when a new precept should be added — when younger members participate in a planned program to be helpful to older members. Or else, to 'A Day at a Time,' easy does it, and the many other axioms which we so often hear at our meetings and in AA discussions, should we add the quote 'Out of sight — out of mind'?

In most groups, each year some older members drop out of sight. They may not become actually forgotten, but neither are they 'actively' remembered. Some have retired and moved away. Some may have lost interest in AA.

However, there are a goodly number that are ambulatory, but without wheels, that can't get around under their own steam — who would love to get to meetings, but are reluctant to continue to ask for transportation. Are there also some who would like to attend meetings, but are unable to do so because of illness?

A new man has a sponsor to help him to get started. should retired and incapacitated AAs also have sponsors? Many members regularly visit hospitals and nursing homes to help new men and women (and thereby help themselves). How many members regularly visit AAs in nursing homes for the aging? This, also, might be beneficial to the visitors.

There are many that mellowed in AA — that helped 'keep the door open' for us who came in after they did. Isn't there much that we can still learn from them? If this would require us to also hear about some aches and pains well, isn't this a small price to pay for the privilege of helping a fellow AA — and, in so doing helping ourselves?

Unless there is a planned program — plus some who are responsible for effectively implementing the program — most plans just expire. Can we find out:

- 1. How some groups have kept in touch with older, less active members?
2. How they arrange to continue, to bring to meetings those who are physically fit to come?, and
3. How they continue to bring AA to those who are physically unable to attend regular meetings.

Then we can install a Cleveland Plan to regularly bring comfort and fellowship to those who helped make certain that AA was available to us when we needed and wanted it. How can it best be accomplished? We, too, are approaching that 'other side' — possibly faster than we think."

We will be looking for a mail box filled with letters suggesting plans and answers to the questions promulgated in the foregoing. Send your letters to Central Bulletin, Box 6712, Cleveland, Ohio 44101.

FAMOUS QUOTES

Officer: "Not a man in this division will be given liberty this afternoon."

Voice: "Give me liberty or give me death!"

Officer: "Who said that?"

Voice: "Patrick Henry."

AA CENTRAL BULLETIN ORDER BLANK

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

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THE YEAR 'ROUND GIFT



TEND NOT TETHER

There are still some people who look down on the alcoholic with superior disdain. They avoid the part of the city where drunks gather. They never let themselves get into a disgraceful state where they will lose the respect of their friends. They expand with self-approval and boast that they don't belong to that element of human society.

Really now, are they sure of their pronouncement? Have they examined closely their personal relationship to all these conditions? Truthfully, the only difference between them and the drunk is the gutter, in one degree, and degrees like that are not fixed, instead they sometimes narrow greatly and quickly. They should pay a visit to the drunk tank in a city jail or take a serious look from the bed-side of a delirious patient.

Some of these people were led into their condition by association with friends and taking lessons from the examples set. Others have gotten into their state because of a severe loss or bereavement and then sought to blank out their sorrow and loneliness. Still others developed the taste for alcohol through prescriptions written by their doctor. Others were trapped and pulled down to the depth of despair through the influence of mis-leading advertising and propaganda.

These men and women became alcoholics and **derelected** under pressure which the social drinkers helped to create through various channels. Most of them are ashamed of their condition and they would like to be free from their bondage and lead happy, normal lives. Most of them are honest in that respect and they don't resort to making excuses for their down-and-out condition. However, one drink led to two drinks and soon there was no more moderate drinking and they moved quickly down the skidrow.

Some of our social drinkers may say, "That will never happen to me." That is what the alcoholic said when he was self-confident with a bright future ahead. When the moderate drinker calls the alcoholics "weaklings," he is incriminating himself. He is like a sheep following the devices and desires of his social friends, he does not have the moral strength to follow God's moral standards.

The strong moderate drinker should try not to make available any means to another person's downfall, rather he should try and help to liberate the weakling from his enslavement. The drunk is a weakling and he knows it. If the non-alcoholic is so strong and can live above temptation, why does he not stop putting temptation

(Continued on page four)

OMIT ONE STEP?

From the archives of Central Bulletin, the July 1945 issue to be exact, we have drawn this timeless article to be shared with our present day members.

At one of the Consolidated Meetings (now known as Area Meetings) of that era, Frank S., the leader, stated he had been asked by someone which of the Twelve Steps he would dismiss as unimportant, if he had his choice.

He carefully weighed his answer by enumerating the manifold advantages he had gained through the application of all steps, concluding by asserting positively that he could eliminate not one of the twelve — and stay sober.

He said AA had taught him to think. Where he had lived a life of irresponsibility, careless of the opinions and needs of others, he was now conscious of his responsibilities as a citizen and a neighbor.

It had taught him **humility**. Brought up in a fine Christian atmosphere, he misused his family's station in the community. He laughed at discipline and made his own laws. AA taught him to respect law and the rights of others.

It brought him **self respect** and with that the respect of others.

It taught him **honesty**. White lies and small deceits grew into mammoth proportions from which he could not and, finally would not extricate, himself. They led to the inevitable loss of friends and trust of his family.

It taught him **gratitude**. His ego-centric self never permitted this except as a pose. He had never been really sincere.

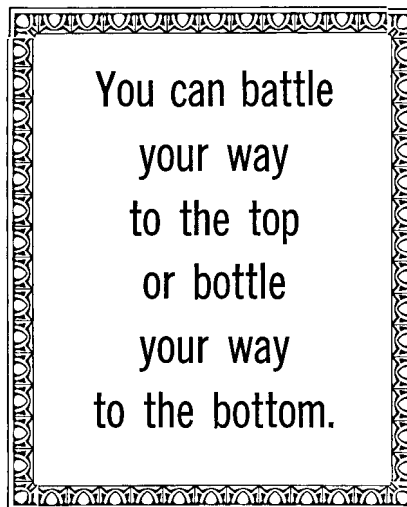
It taught him **tolerance**. Quick to anger and resentment over any attempt at discipline or a curbing of his anti-social pursuits made him intolerant to any suggestions. Pity or compassion was alien to his nature.

It taught him **rectitude**. Good moral conduct in others always irritated him. The people who practiced it were hypocrites — church paraders. He has now learned to obey his conscience.

It brought him **peace of mind**. Gone are the sleepless nights, the fears and phobias of an alcoholic-diseased mind. Gone are the worries about making amends, or the nerve-racking planning over how to avoid making them. With peace of mind naturally came tranquility and happiness which never had been his lot during and before his drinking days.

It brought him **faith**. Distrust and disbelief in all that was good — in God and man — in ideals and standards and motives. This resurrected faith, beautiful to feel, made life worthwhile.

(Continued on page four)





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Harry D. Founder and Editor 1892-1968



Vol 34

March, 1976

No. 6

MILL ENDS AND REMNANTS

The man in the pulpit said: "Each of us has 'burned' God time and time again — yet in His never failing love and grace is always there to bestow the same upon us."

To an alcoholic these are living and prophetic words, indeed, for who knows better than we (if we have taken an honest moral inventory) the extent of our misdeeds, and as a recovered alcoholic we are ever presently aware of the love and grace with which we have been showered.

Upon reflection we come to the realization of this truth having come to us when we took Step 2 — "Came to believe that a Power greater than ourselves could restore us to sanity," and Step 3 — "Made a decision to turn our will and our lives over to the care of God as we understood Him."

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

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

By retracing our steps across the ages to get a long view of things, we see that God does move in His mysterious ways to perform His wonders. Rulers, tyrants and such think that no one has anything to say to them. They are accountable only to themselves, they claim.

However, as the years unfold, we discover that God sets the bounds of man's power. When tyrants have served their purpose as a scourge to a world that has forgotten God — when the peoples of the world turn with all their heart to God, then God makes an end to the sinister powers. No ruler, no tyrant, no dictator — let us not forget this — has gotten out of the hands of God. Such faith in the Word of God gives us courage and hope in all of our days.

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

Accept it, use it, share it, by George!

SUPPORT YOUR DISTRICT OFFICE



BE A BULLETIN BOOSTER

MINUTES OF CENTRAL COMMITTEE MEETING FEBRUARY 3, 1976

Moderator Gene M., presided at this meeting and led the 38 representatives present in the Serenity Prayer. Herman W., Vice Moderator, read the Purposes of Central Committee and the Twelve Traditions of AA. Secretary read the minutes of the January 6 meeting and they were approved without amendment. Treasurer's report showed that after expenses and three more group remittances there was a balance in the Treasury of \$488.20. Groups have contributed \$470.00 to date for the Central Committee Fund. Cleveland AA District Office supplied 26 speakers in January 1976 for non-AA meetings and groups.

COMMITTEE REPORTS:

Action Committee: Dick F., Chairman. No report.

Areawide Meeting: Bob W., Chairman, announced next Areawide Meeting will be held at 8 :00 p.m., Friday, March 12 at the Cleveland Plaze Hotel; Speaker: Jim J., Kirtland Group.

Central Bulletin: George M., Editor, reporting belatedly indicates that the Holidays took their toll as far as activities toward getting new subscribers are concerned. There has been a definite relaxation of effort and not only new subscriptions but renewals are badly needed. This effort has to be a continuing and intensified one or the Bulletin could go down the drain, or be priced out of the market.

Hospital Committees:

Rosary Hall: Lou W., representative, stated, to refute a rumor, that the Women's Section is definitely open and operating.

By **View:** No report.

Brecksville: Bill H., representative, all quiet.

Merrick Hall: Minnie C., representative, says everything going along well — women visitors would be appreciated.

Institution Committee: Helen D., representative, not in attendance.

New Business: Moderator Gene M., addressed the members present. with reference to the 1976 Fund Raising Campaign of the District Office and the importance of the campaign. He suggested that the members present, when attending various groups where a campaign worker speaks in behalf of the funding, that they, too, add a word or two for the need.

N.E. Ohio General Service Committee Report: John T.B., read article from February issue of the Central Bulletin, explaining G.S.O., meeting subjects, etc., for General Service Conference in New York in April. Also suggested the topic of Anonymity for discussion at some future meeting. Do we need to preserve anonymity in a closed meeting of any kind, especially Central Committee, or in any confidential document. Generally, anyone who does not wish their last name used, of course, to have the privilege to remain anonymous.

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.

PRAYER OF THE MONTH

Almighty God, as we offer our prayers to you, we pray also for your help that we may see and understand the things we ought to do and the power and the wisdom to do them. Amen.

SERENITY

Rabbi Liebman, well known American writer in the 1940s, told in one of his books how, as a student, he was asked by his master to draw up a list of what he considered the most desirable aims in life. After thought, he rather proudly handed up his choice as Health, Beauty, Love, Talent, Power, Fame and Riches. But his master only tore up his list and told him . . . "You have left out the most important aim of all — the one thing which, if you lack it, could turn all these others into just intolerable burdens. You have forgotten Peace of Mind."

In AA, we call Peace of Mind — Serenity. And in our Serenity Prayer we rightly set it at the top of our spiritual shopping list. For how can we use our Wisdom and our Courage aright if our minds are beset with doubts or plagued by fears? Raymond Postgate once wrote of Serenity as — "the summer of the mind."

In AA, we try to reach that summer of the mind — that serenity — through recovery back into sobriety. And alcoholics who practice our Steps, honestly and willingly, do secure a great measure of it. It seems to come not from perfection of practice, but from the effort of practicing and the willingness to persevere in practice.

"Be strong in will to Strive, to Seek, to Find — and not to Yield."

— From Sainte, Dublin, Eire

ARE WE CASUAL?

We read an interesting little treatise on "Faith" the other day and its contents jerked us to our mental feet. The writer disclosed a beautiful faith in his Creator and pleaded that the reader examine himself as to whether he was truly aware of what he was doing when he contacted that "Power Greater Than Himself".

He claimed that most of us, he concluded, were inclined to be hasty, slipshod and casual when we prayed. That we would spend more time in worrying and preparing for a business conference or preparing a talk if we were called upon for a few remarks at a dinner, than we do about the most important conference of all — a conference with God. We, who have completely accepted the third step of turning our will and lives over to the care of God — do we take the time daily to properly "tune in" with the most important Consultant that we know?

The writer claims that if most, of us were to treat our neighbors as casually as we treat God, as abrupt and hurried in what we had to say to them as we sometimes have in presuming to say something or ask something of our Maker, we wouldn't even be noticed by that neighbor.

We must learn to cultivate more that Person who has answered our pitious pleas for help when we once felt that all was lost. Tune in carefully. Eliminate the static of selfish and distracting thoughts. Make each contact the most important contact you can possibly make. For it is!

IN MEMORIAM

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

LAWRENCE C. HARTER, a, twenty-five year member of the Trinity Group and active in many areas of the fellowship, passed away on January 20. Services were held on January 23. His many contributions and his good friendship will be sorely missed.

DATES TO REMEMBER

MARCH

- 2-Central Committee, 8 : 00 p.m., Western Reserve Room of Parish House, Old Stone Church, 2nd floor.
- 6-1st Anniversary, St. Albans Group, 9:00 p.m., St. Albans Episcopal Church, Euclid Heights and Edgemoor, Cleveland Heights, Ohio; Speaker: Bill P., North Randall Group.
- 12—Areawide Meeting, 8:00 p.m., Ohio Room, Cleveland Plaza Hotel; Speaker: Jim J., Kirtland.
- 13-St. Patrick's Dance of Laurel Group, 7:30 p.m., Brooklyn High School Cafeteria, 9200 Biddulph Road, Brooklyn, Ohio.
- 21-Third Legacy Meeting, General Service Representatives, Northeast Ohio General Service Committee, 2:00 p.m., American Legion Hall, Brecksville, Ohio.

ATTENSHUN !!!

There is every evidence that campaign workers are covering their assigned groups in connection with the 1976 Cleveland AA District Office Funding, but they are not turning in their pledges and cash receipts currently. It is important that this be done to enable the office people to keep abreast of their responsibilities.

Rather than waiting until they have completed their work in assigned groups we have been asked to urge the campaign workers to turn in their reports each week to either their Area Captains or to the District Office, thus eliminating the consternation that prevails when it is all done at once at the end of the campaign.

Some people are like blisters — they don't show up until the work is done!

CLEVELAND AREA GUEST SPEAKERS

MARCH 1976

- ALLENDALE (Thursday) 4** — Tony, Chico, George and Herb; 11 — Jim I., Wickliffe; 18 — Bob L., Tri County; 25 — Ginny L., Painesville.
- GORDON SQUARE (Friday) 5** Pat C., Lorain Mon.; 12 — Vic R., Madison Sat.; 19 — Al D., Parma-town Men; 26 — Gene G., Puritas Sun.
- GRATEFUL (Sunday) 7** — Al T. (6th Anniv.), Grateful; 14 — Frank Y., Superior; 21 — Ed P., J. & L.; 28 — Pat O., Grateful.
- NASA (Wednesday) 3** — Frank McC., West Shore; 10 — Dottie H., River Bay; 17 — Dave W., Lakewood Men; 24 — Mary M., West Side Women: 31 — Carl K., West Shore.
- PARMA HEIGHTS (Wednesday) 3** — Bob H., Parma Heights; 10 — Andy M., Bedford Heights; 17 — Bob M., Crosroads; 24 — Larry L., YOUR; 31 — Frank M., West Side Morning.
- WEST SIDE MORNING (Thursday) 4** — Bobby J., Ford; 11 — Fred B., Eaton; 18 — Tex H., UAW-1005; 25 — Bob G., Lee Seville. April 1 — Mose Y., Alliance, Ohio.
- WEST SIDE WOMEN (Monday) 1** — Marianne C., (?); 8 — Dorothy C., Edgelake Women; 15 — Steve E., Madison Sat.; 22 — John B., Westside Young People; 29 — Debbie C., Bay West Discussion.

Copy for April listing must be in our hands by March 15, 1976 accompanied by check for \$3.00. List not received by this date will not be printed. Mail to Central Bulletin Foundation, Box 6712, Cleveland, Ohio 44101.

TEND NOT TETHER

(Continued from page one)

on the road of the weakling? The truth is that he is also a weakling in other areas of life, and he does not have the moral fiber to overcome his own enslavement.

If the social drinker thinks he is so strong and superior, why does he follow the crowd in his search for short-term pleasure, when he can have long-term peace and happiness? Why is he victimized by the shallow propaganda that drinking is necessary to keep up to date with his friends? Why does he attend the cocktail parties when they bore him? The truth is that he does not have the moral courage to say no.

It is the men and women who found sobriety and regained their moral strength through this fellowship that come to the defense of the weaker. To the bewildered they bring guidance and to those who are in danger, they give protection. Life is a poor selfish thing if it simply means that we forge ahead, boasting about our strength and superiority, indifferent to the wretchedness of the weaker.

— Edw. B., Akron, Ohio

OMIT ONE STEP?

(Continued from page one)

It brought **friendship**. Hundreds of acquaintances, whom he had once considered friends, and who couldn't understand him finally left him to go his willful way. He had used them selfishly and then abused them. In AA he found that by associating with people who spoke "his language" and by daily applying their principles he could find friends — and keep them.

It gave him a **job**. Always shirking responsibilities and being generally opinionated and rebellious to the discipline of business, he lost many jobs. So many, that he stopped working entirely. He has now found the key to abundant living — giving the best he has, honestly and sincerely — all the time.

"AA," the speaker added, "has brought out in man the innate character he possesses."

PLEASEING RESULTS

A country boy had gone into the city with his father one day for the first time. While in a department store the boy saw an elevator. He didn't know what it was but he saw an enormous woman walk up to the wall, push a button, the wall opened up, the woman went in and the wall closed up.

Pretty soon the wall opened up and a slim, trim young secretary walked out. Puzzled, the boy looked up at his father and said, "Pa, we oughta send Ma thru that machine."

SELF-IMPROVEMENT PROGRAM

Have you ever noticed how a good Closed Meeting discussion can fall apart simply because somebody mentions that AA is a "selfish" program? Some other person then wonders why we call the program by an objective that usually describes bad motives rather than the kind of ideals we are trying to follow in AA. Before you know it, the entire Meeting is wasted in simply trying to define terms.

In my opinion, we'd be better off forgetting the term "selfish." We would be closer to the mark if we described AA as a "self-improvement" program rather than a "selfish" one. "Selfish" has been so completely discredited by the way it is used that there's no way we can make it mean something else in AA. Sure, seasoned members understand what we are trying to say. But newcomers and outsiders don't really know what we're talking about. To them, "selfish" program can sound a lot like the "I'm-looking-out-for-Number-One" philosophy that is now tearing the world apart at the seams.

"Self-improvement" would be more accurate in describing what we do. We could point out that true self-improvement in AA consists of several things that seem self-denying or selfless to the larger world but are actually very practical and sensible. One path to self-improvement, for example, is continuous sobriety, even the kind that is called "only staying dry." I've never seen an alcoholic stay dry without showing considerable improvement in his life, even if it's only in his appearance and work habits. Given time, there can be remarkable gains in anybody's life simply by staying away from the first drink.

Then add some of the other AA ideas, such as personal inventory and daily prayer and meditation, and you're likely to get even more self-improvement — to such an extent that others call it a complete personality change — for the better. Some of the terms used to describe, this new personality might be less "self-centered," less "self-conscious," and even less "selfish."

Finally, working with others is a form of self-improvement. This is the part of AA that so impresses the general public. We've always been told that working with others is the best way to keep sober ourselves. For me, it also turned out to be a way of rejoining human society. First I learned to become interested in sick alcoholics and other AA members, and then I found myself becoming more able to get along with people in the larger society. Again, this is counted as self-improvement and it is nothing like the selfishness that kept me locked in a shell for much of my life.

It's true that every alcoholic must give the maintenance of his own sobriety priority in his life, but this is hardly selfishness. It can't be called selfish to want to stay sober, in view of the fact that we never helped anybody, ourselves included, by getting drunk. Moreover, we can't help others until we find personal recovery, just as a teacher cannot pass on knowledge without first acquiring it.

So, why do we persist in using such a misleading term as "selfish"? It doesn't really do the job, and that's why it causes arguments. "Self-improvement" is more descriptive of the-AA program and might also improve our discussions.

— Mel B., in Toledo Area News

A.W.O.L.

When Eve streaked thru the Garden of Eden, Adam cried, "Eve is absent without leaf! "

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THE YEAR 'ROUND GIFT



ACCEPTING GUIDANCE

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

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

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

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

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

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

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

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

(Continued on page four)

WHY PROCRASTINATE?

Everyone in these days suffers under the feeling of being pressed for time. We do not seem to catch up with things as we used to do. We are afraid to sit down with only our thoughts for company, because those thoughts inevitably turn on something we should be doing.

Much of this feeling is due to procrastination, the habit of needlessly putting off things to which we should attend. The putting off is in turn caused by inertia and lack of planning.

This is a serious problem, because procrastination does more than almost any other habit to deprive us of satisfaction, success and happiness. It does not solve any problem when we toss it into the tray marked "pending."

More than two centuries ago Edward Young, disappointed in law, politics and in his 35 year rectorship of a small church, wrote the often-quoted line "Procrastination is the thief of time." In fact, procrastination is much more. It is the thief of our self-respect. It nags at us and spoils our fun. It deprives us of the fullest realization of our ambitions and hopes.

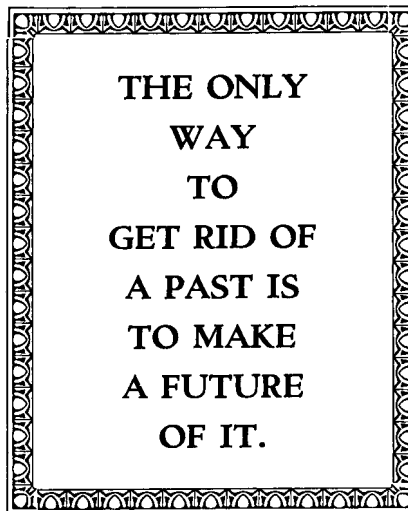
In business, a man who hesitates is lost. He seeks, quite rightly, to bring to bear on his decisions the mature judgment that is the outcome of thought directed toward solving a problem, but there is a deadline beyond which he must not prolong his deliberation. He must make decisions, and not postpone them, or his opportunity for profit and fulfillment disappear.

In our other life, the cultural part, procrastination is equally damaging. There is usually no want of desire on the part of most persons to arrive at the results of self-culture, but there is great temptation not to pay the necessary cost of it in time and work.

Even our leisure is eaten into by procrastination. So many people complain that they have no time for leisure. They are constantly driven. Life for them is a steady grind or a mad dream. These are people who do not organize their time and energy. They are of the sort that find themselves nervously unfit to deal with immediate things, to stand the pressure of an urgent job.

It is amusingly true that few of us really enjoy the sensation of putting things off. Our consciences prevent us from taking pleasure out of postponing our chores.

— From The Royal Bank of Canada
Monthly Letter, Jan. 1976





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Harry D., Founder and Editor 1892-1968



Vol 34

April, 1976

No. 7

MILL ENDS AND REMNANTS

While those of us in AA and living the way of life the Fellowship has plotted for us are persons for all of the seasons, Springtime to this writer has especial significance.

At Christmas we are reminded of the birth and the promise, and in November we reflect upon our gratitude and unity of purpose, not only in AA, but for all of mankind.

And in the Spring we come to know and celebrate renewal and at Easter the fulfillment of the promise of Christmas by which we have been redeemed through love and sacrifice and suffering.

It is at this season that all of life comes into renewal — the beauty of blossoms; the beauty of the greening plant life; the return of birdlife from southern climes; and the emergence of animal life from hibernation.

In celebrating life and our own renewal we shall recognize our opportunities and responsibilities for helping those who have less going for them or are blinded to the beauties and possibilities that renewal holds promise.

In celebrating life and its renewal we know we no longer walk alone — that no longer are we habituates of the shadows that engulfed us.

Walking as happy, upright, unencumbered men and women we have become examples of what is possible by seeking and finding and being released from the shackles of our bondage.

For all mankind by whatever shackles he may be bound, we earnestly pray for their release and the renewal of life in the redemption through love and sacrifice and suffering.

Let us be made whole in faith, by George!

LIGHTING THE WAY

The light which we shed for others will depend upon the intensity of the flame which we create for ourselves. The ability to help others to see, comes from the clearness of our own vision. The greatest service that we can possibly perform for the world is to perfect our own moral progress.

— Calvin Coolidge

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 0 a.m. to 1 p.m. but maintains a 24-hour telephone service which responds to calls made after the office is closed. The telephone number is 241-7387.

**MINUTES OF CENTRAL COMMITTEE MEETING
MARCH 2, 1976**

Meeting was opened by Gene M., Moderator, who lead the 46 members present in the Serenity Prayer. Total attendance was 48. Purpose of Central Committee and the Twelve Traditions of AA were read by Vice-Moderator, Herman W., followed by the minutes of the meeting of February 3rd which were read by the Secretary. Minutes approved as read. Treasurer's Report indicated a balance in the Treasury at the end of February 1976 of \$488.09. 42 speakers for non AA meetings and groups have been furnished by the District Office during the first two months of this new year.

COMMITTEE REPORTS:

Action Committee: Dick F., nothing to report.

Areawide Committee: Bob W., Chairman, reported that the Areawide meeting would be held Friday, March 12, 1976 at the Cleveland Plaza at 8:00 p.m. and expressed his wish that this Areawide Meeting be promoted throughout the groups so that our attendance will increase as it is a meeting that needs special planning and much effort is expended in finding a good speaker for these meetings. Following the next Areawide Meeting, if there is not enough interested attendance, steps will be taken to find ways to make this quarterly meeting more attractive.

Central Bulletin: George M., Editor, reported in absentia that inertia seems to have again set in, as subscriptions and renewals are not being received in quantity needed to keep the Bulletin a living and going entity. Asks that all AAs get busy in boosting subscriptions.

Rosary Hall: Lou W., representative, reported that since our last Central Committee there has been a change at Rosary Hall for the women patients. None are being admitted until further notice due to the fact that they are working on a plan to expand their service's for the alcoholic to include more in depth counseling, etc. for all patients — both men and women. Women who want to get their vitamin shots should check with the hospital to learn the times the shots, will be available.

Bay View: No report.

Brecksville: Bill H., representative. All quiet.

Merrick Hall: Minnie C., representative, reported that things are going along very nicely there, they do have open visitation now and there are no special visiting hours; however, there is a little problem with security. The Cleveland Police do take care of this for the hospital and do a good job but since there are no special hours for the women to visit the women patients at Merrick Hall, (they can just state that they are going up), others have used the name of Merrick for entrance and they find that they are, in fact, not going there — rather, going to other floors to visit other patients. It was asked that this committee offer suggestions so that Minnie could take them back to the Director of Merrick Hall. Several were made and they will be taken back for consideration.

INSTITUTION COMMITTEE: No report. From this time on there will be no Institution Report included in this meeting as there are no facilities for women and group is nonexistent.

In the matter of the 1976 Fund Drive Campaign: Final meeting was held Monday, March 1, 1976 and many people left the meeting disappointed that the goal had not been reached. There were areas which had no report and others that were incomplete, but as it was

(Continued on page four)

PRAYER OF THE MONTH

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

ROCK BOTTOM

Very many of us in AA have found that before we could even begin to take the help to recovery we had to experience something like total ego deflation. For me, this was the recognition that I was **completely powerless** to stay away from alcohol. I could see that any recovery from my illness meant that I must be prevented from destroying myself finally by continuous drinking as I had been doing. This also meant for me an admission that all the normal means of controlling my destiny, such as exercising self-control, discipline or any kind of determination had failed completely and were apparently never going to be sufficient.

This admission was a total acceptance of failure to overcome my illness through my own resources, it was an act of humility to admit such failure. In this frame of mind, I had the proper attitude to ask God for help, because the spiritual writers tell us that we cannot receive God's Grace without some measure of humility.

Nowadays, patients or aspirants to recovery are frequently told that they may **recover** from what is called a "high rock bottom." Is there ever such a thing? A rock bottom to me means an admission of total failure to live in any way **successfully**, a state of being completely beaten.

Knowledge of my illness or of the means of recovery can never be of help to me other than to help me to know what to do when I am beaten. If knowledge of one's sickness or of what was approved therapy for recovery, then our illness would not need such drastic remedies. Those who suffer could be brainwashed into recovery.

For me, recovery will always mean the admission of my being powerless and to the dependence each day on the intervention and support of God's help directly into my life.

S.M. in The Road Back

WORDS, WORDS, WORDS . . .

Some of us seemingly have an objection to thinking of or calling ourselves Alcoholics, preferring to describe ourselves as Problem Drinkers or some other milder term. **Some** of us have an equal objection to being told that there ARE Musts in AA — i.e. things that have to be done by us if we are to recover and stay recovered . . . and prefer to swallow the thoughtless statement of a few who should know better that there are NO Musts in AA. In one limited sense, this statement may be true. The act of **joining** AA implies no compulsion to recover against our will. But, if we want to recover, there are Conditions to be satisfied. If we satisfy them, we usually recover; (c.f. Bill's 'Rarely have we seen' etc.). If we don't make any effort to satisfy them, we usually don't stay sober for long. There are Twelve of these Conditions . . . the Twelve Steps of our Programme for Recovery and Living.

Is it really very important whether we call them Conditions or Musts? We could better use our time thinking over the words of Bill in 'AA Comes of Age' . . . words that have been so often, so sadly, proved right in our history.

"We must obey certain spiritual principles, or we die." That **abhorrent** word **MUST** again! But we would surely be very stupid not to keep that sentence in the forefront of our minds.

— Road Back, Dublin

DATES TO REMEMBER

APRIL

6-Central Committee, 8 : 00 p.m., Western Reserve Room of Parish House, Old Stone Church, 2nd floor.

16—GOOD FRIDAY

18—EASTER

23-25—AA Weekend Conference, St. Joseph's Christian Life Center, 18485 Lake Shore Boulevard, Cleveland, Ohio. For information call (days) 228-4477; (nights) 476-0250.

24-6th Anniversary, Brecksville Wednesday Group, 8 : 00 p.m., Brecksville VA Hospital, Building # 2; Speaker: Les S., Lakewood Men.

MAY

2—13th Anniversary, Grateful Group, 2:00 p.m., Eye Center, 101st Street and Chester Avenue, Cleveland, Ohio; Speaker: Anne C., Niles, Ohio.

CLEVELAND AREA GUEST SPEAKERS

APRIL 1976

ALLENDALE (Thursday) 1 — Al K., Garfield Wed.; 8 — Al B., Wickliffe; 15 — Herb F., Kirtland; 22 — Henry W., (28th Anniv.), Euclid Wade; 25 — Jim J., Kirtland.

BRECKSVILLE WEDNESDAY (Wednesday) 7 — Dan S., Strongsville; 14 — Dean O'G., Padua; 21 — Bill G., Seven Hills; 24 — (Saturday) 6th Anniversary; Speaker: Les S., Lakewood Men; 28 — Frank T., Southwest Sun.

GORDON SQUARE (Friday) 2 — Joe A., Mid Park; Joe S., Puritas Sun.; 16 — Ray L., Brooklyn; 23 Richard G., Gordon Square; 30 — Lew M., (?).

GRATEFUL (Sunday) 4 — Leo G., West Side Morning; 11 — Maggie G., West Side Women; 18 — Gary S., Early Early; 25 — Lloyd G. (5th Anniv.), Grateful; May 2 — 13th Anniversary of Group; Speaker: Anne C., Niles, Ohio.

NASA (Wednesday) 7 — Joe N., Brookpark; 14 — Muriel C., Independence; 21 — John F., Parma-town Men; 28 — Helen D., Kaiser East.

PARMA HEIGHTS (Wednesday) 7 — Ted R., Valley-view; 14 — Mike S., Parma Heights; 21 — Bow W., Crossroads; 28 — Bill S., Lorain Mon.

PARMATOWN MEN (Friday) 2 — Tom M., Mid Park; 9 — Jim R., Brookpark; 16 — Bob H., Brunswick; 23 — John McB., Brookpark; 30 — Terry S., Berea Wed.

ST. ALBANS (Saturday) 3 — Martha D., Allendale; 10 — Harriet M., Monday Lee; 17 — Gerrie L., American Indian; 24 — Josephine O., Collinwood.

SOUTHWEST SUNDAY (Sunday) 4 — Lee C., Bay Fire-side; 11 — Vivian S., North Olmsted; 18 — Nadine S., Berea Mon Nite Discussion; 25 — Don S., Berea Sat.

WEST SIDE MORNING (Thursday) 1 — Moe Y., Alliance, Ohio; 8 — Can B., Ford Motor; 15 — Jack K., Mon. 12-Step; 22 — Minnie C., Grateful; 29 — Jack S., Parmatown Men; May 6 — Scotty R., Bedford.

* * *

Copy for May listing must be in our hands by April 15, 1976 accompanied by check for \$3.00. List not received by this date will not be printed. Mail to Central Bulletin Foundation, Box 6712, Cleveland, Ohio 44101.



PROCRASTINATING

Business people who are today at the heights of **success** are invariably people who were judicious enough to exert themselves at the proper time twenty or thirty years ago. They did not put off any of the things that were necessary to their advancement. Having their eye on tomorrow's opportunities they got today's **business** out of the way today. As Samuel Smiles said **pungently** in his **Self Help**: People who are habitually behind in their work are as habitually behind success. You do not see listless or languid people at the top of the executive tree.

Many men and women may credit their success in life to looking just a little way ahead and so bringing the future up to the present. They say to themselves: "If I do that now . . ." instead of "If I find myself **compelled** to do that **sometime** . . ."

Young people particularly need to beware of putting off. Dante **described** the vice in this way: **Hesitating** I remain at war 'twixt will and will not in my thoughts." Eventually, perhaps sooner than we think, it is too late. In maturity, the procrastinating man finds himself one of the many ordinary, dispensable workers while his boyhood chum who busied himself sits at the mahogany desk.

When things are deferred until the last minute, and nothing prepared **beforehand**, every step finds an **impediment**. It becomes harder to do things. We are pushed into **blundering** through on hasty judgments.

Herein is a paradox. By trying to take things easy we do not make things easy. It is possible to spend more energy in figuring out ways to escape a task than is necessary to accomplish it. Our available energy is lowered by inward conflict between "do it now" and "put it off." We lose our poise, **because** we are always catching up, always in a hurry to do today what we should have done yesterday, always off balance.

Not only is procrastination a deadly blight on a person's life, but it is a nuisance to all his companions. Everybody with whom the procrastinator has to do in family, factory or **office** is thrown from time to time into a state of fever. Everyone else has to work harder to take up the slack he leaves.

— Royal Bank of Canada Monthly Letter, Jan. 19 7 6

It is never the *WRONG TZME*
to do the *RIGHT THING!*

VACANCY

When a man went to his neighborhood drug store to get a prescription filled, he noticed that the salesman with the sour disposition was not there to **meet** him. After the transaction, the man stopped and asked the owner, "Where is Eddie toay?" "Eddie is not with us anymore," the owner replied. "**Do** you have anyone in mind for the vacancy," the man asked. "Eddie didn't **leave** any vacancy," the owner answered.

Almost every group has some men and women who attend meetings with some regularity yet they don't leave a vacancy when they don't show up at a **meeting**. They come to meetings almost every week but don't take any interest **in** the welfare of the group. Neither do they make any effort to get acquainted with other members. They only occupy a chair that was **set** up by some dedicated member and they leave immediately after they have their coffee and **refreshments**. They show no concern for those that set up the chairs or for those who are going to clean up after they leave. They do not take any active part in their own group or in any AA activities.

This does not give any member the right to close the door to any person who has a drinking problem and wants to attend meetings. **Undoubtedly** some of the men and **women** are longing for companionship, but they have lost touch with the outside world and they are afraid to venture out into it. The fact that they are attending meetings with some regularity makes it possible

for them to learn that true happiness comes from squandering themselves for a **purpose** which will some day open their mental gate to a bigger and better world.

The lack of interest in the welfare of others makes it difficult for them to mix freely with others. Friendly attitudes are not learned by shutting out people from their lives, but by serving God and helping those who are less fortunate than they are.

Every member of this wonderful fellowship should become a **patron** of his own group, because each group is a link in the chain which is stretched across the world and holds AA together. No one can be happy who lives only for himself. The person who contributes something to make this a better world to live in will have a better chance to escape, not only from the prison cells of isolation but also from the hunger of solitude and the sorrow of loneliness.

The advancement of our fellowship was not brought about by **mediocres** or members who are indifferent to the welfare of the group or the welfare of the sick alcoholic. The future of AA rests on the members who will

(Continued on page four)



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Harry D., Founder and Editor 1892-1968



Vol. 34

May, 1976

No. 8

MILL ENDS AND REMNANTS

Sometimes we wonder what we haven't done that so many seem so uninitiated and so uninformed as concerns The Twelve Traditions.

Is it because our sponsorship is not completely fulfilling? To be sure, our first concern in carrying the message of recovery is The Twelve Steps.

Beyond that, however, we need be, as sponsors, enabled to convey the complete message of the fellowship and its workings.

Otherwise, we may have only half-sponsored our newcomer, who as he reaches the growing plateaus of sobriety may be placed in positions of service and leadership.

While experience is a great teacher, it is far better that the person accepting responsibility of leadership have a working understanding of the Traditions.

With such working knowledge he is placed in a much stronger position to lead, even though the learning experience is a growing and continuing one.

In the recent past we have participated in meetings where questions have been raised for decisions that could well have been handled at group level had a working knowledge of the Traditions prevailed.

A number of years ago Central Committee sponsored a series of regularly scheduled meetings in which members of area groups participated in discussion of not only The Twelve Steps but the consecutive number of The Twelve Traditions.

The meetings were informative, both leaders and listeners learned and ensuing discussions were vital and forceful.

That there is a present need for renewing these meetings cannot be denied and in the opinion of this writer it would be well for us to get on with it.

New members, coming in the numbers that we are now experiencing, should have in addition to the message of Recovery, the message that is the lifeline of AA, by George!

TRUSTED SERVANTS

In order to be a leader a man must have followers. And to have followers a man must have their confidence. Hence the supreme quality for a leader is unquestionably integrity. Without it, no real success is possible, no matter whether it is on a section gang, a football field, in an army, or in an office. If a man's associates find him guilty of phoniness, if they find that he lacks forthright integrity, he will fail. His teachings and actions must square with each other. The first great need, therefore, is integrity and high purpose.

— Dwight D. Eisenhower

MINUTES OF CENTRAL COMMITTEE MEETING APRIL 6, 1976

Gene M., Moderator, opened meeting with the Serenity Prayer in which he was joined by the 66 members present. Roll call showed that 63 groups were represented. Purpose of Central Committee and the Twelve Traditions of AA were read by Vice Moderator, Herman W., followed by the minutes of the meeting of March 2nd which were read and approved. Treasurer's Report showed a balance in the Treasury, after expenses, of \$474.46 and was approved. 79 speakers for non AA meetings and groups have been furnished by the District Office through March 31, 1976.

COMMITTEE REPORTS:

Action Committee: Dick F., Chairman, brought the committee's attention to a complaint from a group on the east side — an objection to college students coming to their meetings. This matter was discussed in great length but it is certainly an important matter as Anonymity is involved. Actually, a group should be contacted first to see if such visitors could be admitted with the approval of members of the group. Each AA group should be autonomous and no definite ruling can be made overall. Anyone with a drinking problem can attend an open meeting (more clearly, anyone who thinks they might have a problem) but this was more in the line of school projects and the need for knowledge about alcoholism.

Areawide Committee: Bob W., Chairman, announced that the next Areawide Committee Meeting will be Friday, June 11, 1976 at 8:00 p.m. at the Ohio Room of the Cleveland Plaza. Speaker has not yet been selected. Attendance at the last meeting was improved but we would like to see it promoted even more to increase the attendance at the June meeting.

Central Bulletin: George M., Editor. Since our plea last June, subscriptions are falling off again. There has been a net gain of 189 — the renewals are falling behind. We need 80 subscriptions and renewals every month, month in and month out, in order to continue publishing the Bulletin. Would not like to increase the price but might cut down the number of issues from 12 to 10 as others do in order to help out expense wise. For instance, combine the June and July and August and September issues. It will still help, as you go back to the groups, to carry the important message of checking renewal dates and promoting new subscriptions so that publication can continue.

Rosary Hall: Ray B., All quiet.

Bay View: John F., Everything o.k.

Brecksville: Bill H., representative. Everything fine at hospital. Announced the Group's 6th Anniversary on Saturday, April 24th, speaker will be Les S. Everybody invited.

Merrick Hall: Minnie C., representative. Everything going very well though they would like more visitors. The Security problem worked out very well.

New Business: Question raised about listing of Harbor Light De-Tox Center along with the other treatment centers listed in meeting schedules. Decided here tonight that with the publication of the next meeting schedule the Harbor Light facility will be included. Also Harbor Light has an open meeting every Friday at 8 : 00 p.m. and would like support for these meetings.

N.E. Ohio General Service Report: John T. B. introduced Fred B., Girard, Ohio — Chairman of the Northeast Ohio General Service — who expressed his thanks to Dick and staff for help given them with the flyers —

(Continued on page four)

PRAYER OF THE MONTH

Almighty God our Father, in our weakness we have neglected and failed to be your messengers of peace and love in the world. We pray that you will give us courage to follow your will and carry this message to all. Amen.

WHAT IS A GRANDMOTHER?

A grandmother is a woman **who** has no children of her own and therefore she loves the girls and boys of other people. Grandmothers have nothing to do; they have only got to be there. If they take us for a walk they go slowly past beautiful leaves and caterpillars. They never say "Come along quickly" or "hurry for goodness sake." They are usually FAT, not too fat to tie up our shoestrings. They wear spectacles and sometimes they can take out their teeth. They can answer every question, for instance — why dogs **hate** cats and why God is not married. When they read to **us** they do not leave out anything and they do not mind if it is always the same story. Everyone should try to have a grandmother, especially those who have no television. **Grandmothers** are the only grownups who always have time.

Editor's note: We are indebted to Road Back, Dublin, for the foregoing excerpt from an article written by Tom T., of Birmingham, **England**. The essay was written by a little boy of eight and a half and we think it is worth sharing in view of our upcoming Mother's Day in May.

DATES TO REMEMBER

MAY

- 2—13th Anniversary, Grateful Group, 2:00 p.m., Eye Center, 101st Street and Chester Avenue, Cleveland, Ohio; Speaker: Anne C., Niles, 0.
- 4-Central Committee, 8 :00 p.m., Western Reserve Room of Parish House, Old Stone Church, 2nd floor.
- 10—35th Anniversary, Lorain Avenue Monday Group, 8:30 p.m., St. Philip and James Church Hall, 3727 Bosworth Road, Cleveland, Ohio; Speaker: Pat S., Lorain Avenue Monday.
- 1 B-Northeast Ohio General Service Committee Quarterly Meeting, 2:00 p.m., American Legion Hall, Brecksville, Ohio, Routes 82 and 21. All welcome to hear the Delegate's report.
- 21—14th Anniversary, Parmatown Men's Group, 8:30 p.m., Parma Hospital Cafeteria, 7003 Powers Drive, Parma, Ohio; Speaker: Ed M., Parmatown Men.
- 24-35th Anniversary, West Side Women's Group, 8:30 p.m., West Boulevard Christian Church, West 101st Street and Madison Avenue, Cleveland, Ohio; Speaker: Virginia L., Ford 1250.
- 3 1-MEMORIAL DAY.

JUNE

- 1-Central Committee, 8 : 00 p.m.
- 11—Areawide Meeting, Cleveland Plaza Hotel, 8:00 p.m.
- 18-19-20—Founders' Weekend, Akron, Ohio.

JULY

- 23-24-25—Ohio State Conference, Cleveland Sheraton Hotel. Registration form included with this Bulletin.

MAKING AMENDS

A merchant in a small rural town had tried for many years to figure out a way to collect long overdue accounts without coming right out and saying, "Pay or else!" Finally he hit upon the following that reportedly worked rather well:

In letters sent out with requests for payment of accounts over six months old, he wrote: "It has been said that a man who squeezes a dollar never squeezes his wife. In looking over your account, it has occurred to us that your wife is not getting the attention she deserves! "

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** :

JOHN B. FLOOD, long time member and active in the Forest City Group, passed away in early April, following a prolonged illness. He will be sorely missed.

CLEVELAND AREA GUEST SPEAKERS

MAY 1976

- GARFIELD HEIGHTS (Tuesday) 4 — Surprise; 11 — 13th Anniversary of Group; Speaker: Jack B., Shaker; 18 — Surprise; 25 — Surprise.
- GORDON SQUARE (Friday) 7 — Mary and Pete E., Westlake; 14 — Tony M., Wickliffe; 21 — Emmett M., Southwest Sun.; 28 — Ruth T., Pearl Mon.
- GRATEFUL (Sunday) 2 — 13th Anniversary of Group; Speaker: Anne C., Niles, Ohio; 9 — Ruth L., Alledale; 16 — Kenneth W. (13th Anniv.), Mon. Lee; 23 — Patricia F., Serenity Women; 30 — Helen O., Serenity Women.
- NASA WEDNESDAY (Wednesday) 5 — Surprise; 12 — Al P., Berea Sat.; 19 — Tom M., Midpark; 26 — Tony W., Berea Fri.
- NORTH OLMSTED (Wednesday) 5 — Pat D., Acceptance; 12 — Jack M., Angle; 19 — Bill A., Lorain Ave. Mon.; 26 — Phil B., Independence.
- PARMATOWN MEN (Friday) 7 — Art N., Equity; 14 — Will H., Southwest Sun.; 21 — 14th Anniversary of Group; Speaker: Ed M., Parmatown; 28 — Bob H., Brooklyn.
- PARMA HEIGHTS (Wednesday) 5 — Bill S., Laurel; 12 — Bill T., Parma Heights; 19 — Rose Marie C., Parma Heights; 26 — Carol N., Midpark.
- SOUTHWEST SUNDAY (Sunday) 2 — Ed H., Fresh Start # 1; 9 — Barbara H., Bay West Discussion; 16 — Dick B., Midpark; 23 — Bernice B., Tues. Women's Discussion; 30 — Barbara Q., Berea Mon. Discussion.
- WEST SIDE MORNING (Thursday) 6 — Scotty R., Bedford Wed.; 13 — Leo G., West Side Morning and Mon. 12th Step; 20 — Bill B., Brookpark; 27 — Bill S., Lorain Ave. Mon.; June 3 — Danny H., Guniston, Colo.
- WEST SIDE WOMEN (Monday) 3 — Tim C., Chagrin Falls; 10 — (?); 17 — Carolyn B., Memphis; 24 — 35th Anniversary of Group; Speaker: Virginia L., Ford 1250; 31 — Henry W., Tues. Luncheon.

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□
Copy for June listing must be in our hands by May 15, 1976 accompanied by check for \$3.00. list not received by this date will not be printed. Mail to Central Bulletin Foundation, Box 6712, Cleveland, Ohio 44101.

PLANT YOUR SPIRITUAL GARDEN

1. Plant three rows of "Peas"
 - Preparation
 - Patience
 - Perserverance**
2. Three rows of "Squash"
 - Squash out gossip
 - Squash out complacency
 - Squash out unjust criticism
3. Five rows of "Lettuce"
 - Let us be unselfish and loyal
 - Let us be true to obligations
 - Let us obey rules and regulations
 - Let us "Do unto others as you would have them do unto you"
 - Let us have faith in God
4. Three rows of Turnips
 - Turn up with new ideas
 - Turn up with a smile
 - Turn up with determination to do your best at all times and in all situations
5. Cultivate because
 - Weeds of greed, lust for power, selfishness, pride and personal glory will be raising their heads at all times.
 - Margie T. in Ky. Area (AIAnon) Newsletter

SPIRITUAL LIFE

Without courage we can never attain to true simplicity. Cowardice keeps us 'double-minded' . . . hesitating between the world and God. In this hesitation, there is no true faith — faith remains an opinion. This **hesitation** is the death of hope. We never let go of those visible supports which, we well know, must one day surely fail us. And this hesitation makes true prayer impossible . . . It never quite dares to ask for anything, or if it asks, it is so uncertain of being heard that, in the very act of asking it, **sureptitiously** seeks by human prudence to construct a make-shift answer. What is the use of praying if at the very moment of praying we have so little **confidence** in God that we are planning our own kind of answer to our prayer? — Thomas Merton



"My tests show your thyroid to be perfectly normal," said the doctor to his over-weight patient. "What you suffer from is an over-active fork."

NO TURN ON RED

Two drunks were speeding down a highway. "Shay," says one, "turn left at the next crossing, will ya?" "Me turn!" ejected the other. "I thought you were driving! "

MINUTES . . .

(Continued from page two)

also to George M. for the apace in the Bulletin and stated that they are getting cooperation and help.

John T. B.: Got flyers mailed out last Friday. Echoed Fred's words about General Service's gratitude to the District Office and tremendous assist they were given — including postal permit privelege. Last Assembly meeting was on March 16th — excellent turnout — including representative from District Office, Dick P. Had a fine forum on the subjects that are going to be discussed this month by the delegates from all over the United States and Canada in New York. Plans for Conference that will take place here in Cleveland July 23, 24 and 25 are going along very well, speakers lined up — everything taken care of in good shape. Brought flyer for Blossom Time Conference held in Niagara Falls, Canada which is May 14, 15 and 16th and which some people from here attend.

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

— Imogene P., Secretary

VACANCY

(Continued from page one)

put themselves out for the benefit of their own group and for the benefit of this fellowship. The pitiful members are those who choose to be spectators rather than participants.

Someone said, "There are a lot of willing people in this world, some are willing to work and the rest are willing to let them." Alcoholics Anonymous started by two men who were willing to work brought sobriety to thousands of alcoholics throughout the world who were classed as useless derelicts by society.

We are still our "Brothers, Keepers," and only by translating this truth into our daily lives can there be a better relationship with our fellowman and a vacancy when we leave this world.

— Edward B. in Akron Ohio) Intergroup News

REGISTRATION FORM

**20TH ANNUAL OHIO STATE CONVENTION
JULY 23, 24, 25, 1976**

NAME

STREET ADDRESS

CITY STATE ZIP

AA MEMBER ALANON GUEST ,,,, AL-ATEEN

Mail this part of form and check for total to:
HOST COMMITTEE, P.O. BOX 6331, CLEVELAND, OHIO 44101

— Mail Reservations Early For Choice Banquet Seating —

Banquet. . .	\$8.00
Register before June 15	
Early Bird Registration	\$7.00
After June 15	\$8.00
Save \$1 .00	
Children Al-Ateen	\$3.00



THE 41ST

The 41st annual founding of Alcoholics Anonymous here in Akron, Ohio, will be celebrated June 18, 19 and 20. Yet, there will be thousands of Akron citizens who will not know that this important event is taking place in their midst. There will be no bands playing; there will be no parade or flag waving; there will be no street decorations or buildings adorned with gay streamers to advertise this important annual celebration. Work and business will go on as usual in the city and people will go about their everyday chores unaware that there are men and women here from all over the United States and Canada, celebrating the birthday of Alcoholics Anonymous.

This was all started by two men who were failures in all their previous endeavors. Two men who could not be trusted with any responsibility. Two men who lost their self-respect and broke all spiritual and moral laws. Two men who shattered God's Commandments into fragments. Yet, they were chosen by God to build a foundation out of the wreckage of their past and erect an edifice of love and service.

Confronted with this grim reality, the founders of AA were aware of the fact that they had a hard task of proving to society that the alcoholic is a sick person who needs help. They took the stigma off the alcoholic and brought him out into the open where human society could see him with all of his physical and mental defects. They proved that the alcoholic can be rehabilitated and restored to his family as a devoted husband and a father. They refused to be diverted from their goal by doubt or fear and remained at their task until their goal was reached.

We, who have been the recipients of this new life should pick up the torch and blaze the way for those who will follow. We are the trustees and we have a task of living up to our heritage by adding something to improve the world. It is up to all of us to preserve our fellowship, untarnished for the soul of the sick man or woman, who need and want help.

On this Founder's Day, let us not forget to meditate on the influence and the respect that Alcoholics Anonymous has attained throughout the world. Also, let us thank God for the loyal founders who did not cry out in discouragement, "Why go on? Why not just go along with the crowd and their philosophy of drink and be merry, for tomorrow we may die?"

So, the 41st founding of Alcoholics Anonymous is not just another celebration. It is a display of accomplishments by bringing into view hundreds of living exam-

(Continued on page four)

WORRIER OR WARRIOR

Most people who do a lot of worrying seldom do anything about it. Perhaps it's because they get some pleasure out of worrying. They just wouldn't be happy if they had nothing to worry about. Even when everything is running smoothly, they take on some exaggerated reason to worry. This wouldn't matter much if it only effected the person who is doing the worrying. But the sour outlook on life takes most of the sugar out of life's cup of the people who have to live with such a person and it makes their life bitter.

Many of the things that most people worried about were not, as bad as they thought they would be and some of their forecasts were not as bad as they had predicted. The amount of fretting some people do about things are generally out of proportion of their importance. They waste time and effort which could be used to some better purpose.

There are times when some people let their minds race too far ahead of their vision to disaster, which keeps them mentally exhausted. They contemplate their future with misgivings and get in a dither about their job, health and the slow progress they are making in comparison to other members of their group. They overload their train of thought with worries which stalls the train and they do not have enough mental power to pull themselves out of this valley of distress.

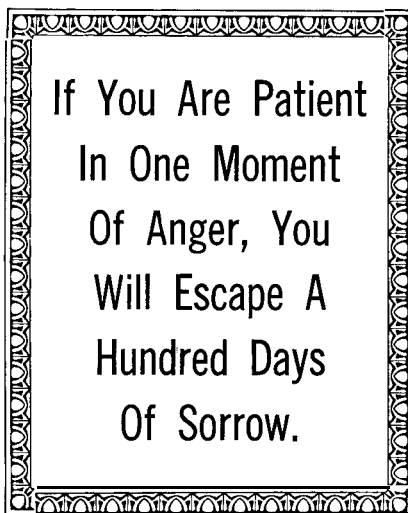
All the big and little worries help to build up a dangerous case of self-pity, which can become the forerunner to mental depression, and eventually to moral and physical disaster. Worry colors most of their thinking and spoils their relationship with others. Worry adds to their misery, subtracts from their pleasure, divides their attention and multiplies their troubles.

The person who just worries and complains about troubles and does nothing to prevent or alleviate the problems is like the man chained to one particular standard of living. He seems to get pleasure just by sitting as a mourner at the coffin of a believed fear from which he cannot be parted.

This does not mean that there is never any justification of worry. Certainly, a person when a loved one is seriously ill, or when a person loses a much needed job. But, unless the tendency to worry is controlled, it can get completely out of hand. The most troublesome worries are self-inflicted, because of indifference.

Worry is a crafty habit. It convinces a person that some terrible misfortune is going to strike. Take the example of the health worrier who gets a slight cold, his next thought is pneumonia, or when he gets a pain

(Continued on page four)





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Harry D., pounder and Editor 1892-1968

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June, 1976

No. 9

THE MORE I PROMOTE, THE LESS I ATTRACT

Sobriety through AA began for me five years ago, and I now find myself in a quest between two seemingly opposing goals. The first goal was to "get active in AA" as encouraged by speakers, secretaries and some of the books. So, I began to align the ashtrays, tip the tables and say something. This proceeded on to tearing the tickets, selecting the speakers and doing the dishes. This developed toward early arrivals, greeting guests and discussions with drunks. On it climbed to lengthy leads, closing comments and written reports.

The second goal is now heard most clearly from the small voice from within me. It says to me "Watch it — you are your own worst enemy — you always have been and you always will be." You see the size of my ego (my self-centeredness) as is measured by my arrogance, conceit and pride, can once again grind me back into the same situation that it had when I first came to AA for help. It is certain that doing the right thing for the wrong (ego-inflating) reason is just as much a hazard to my spiritual growth as doing the wrong thing has always been. Examples such as:

arriving early so as to be noticed,
making comments to appear convivial,
accepting a lead because I am honored,
speaking at a meeting to hear the flattery,
helping others to be appreciated by them for it,

are all motivated, at best, by my "prideful-humility."

So, having scrutinized my alibis and having finally admitted their wrongness to myself, I have reached a conclusion. The best course of action for me will be to select only those AA activities which are not ego-inflating for me. Will the world "lose" anything at all by this? Of course not! In fact, just the opposite will occur. The world will gain something,

Here is why. When my motive for service is not a worthy one, then my service is not worthy. The more I have become a self promoter, the less of an attractor I became. As my example detracts others is precisely when the world surely loses. I now see that I am this type of promoter of these essentially good) activities, that dissuades my brothers and sisters from performing them. This type of service does not attract the better people with the purer motives to perform the good works. Instead, it attracts other phoneys like me who want their share of the glory!

I know what lies ahead for me. I will be forced to do something what will not be easy, comfortable or pleasant. I will have to practice these principles in all of my other affairs also. I have no alternatives if I want to enjoy being sober. So, until I can be a part of the solution to the problem, I can at least be a smaller part of the problem than I have been.

— Anonymous

MINUTES OF CENTRAL COMMITTEE MEETING MAY 4, 1976

Moderator Gene M., opened the meeting with the Serenity Prayer in which he was joined by the 61 members present. Roll call showed that 59 groups were represented. Purposes of Central Committee and the Twelve Traditions of AA were read by Vice Moderator Herman W., followed by the minutes of the April 6th meeting were read and approved. Treasurer's report showed a balance in the treasury on April 30, 1976 of \$399.59 and was approved. 92 speakers for non-AA meetings and groups have been furnished by Cleveland AA District Office in the first four months of 1976.

COMMITTEE REPORTS:

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

Areawide Meeting: Bob W., Chairman, advised that next meeting would be held June 11th at 8:0 p.m., in the Ohio Room of Cleveland Plaza Hotel. Speaker will be Tom B., Avon, Ohio. Chairman urged that all groups publicize so there will be a big turnout.

Central Bulletin: George M., Editor, was unable to attend the meeting, but has reported for the purpose of these minutes that while new subscriptions continue to be received, renewals lag and this is an important source for keeping total listings up to a break even point. Circulation is not near what it should be when considering the density of our AA population.

HOSPITAL COMMITTEE:

Rosary Hall: No report.

Bay View: John F., reported all is quiet.

Brecksvilb: Bill H., reported all quiet.

Merrick Hall: Minnie C., reported everything going along nicely, but more visitation by women members would be appreciated. Advised a spiritual advisor is now available and a full time social worker has been assigned. There is now an AlAnon meeting for men on Wednesday evenings at 7:30 p.m.

N. E. Ohio General Service: John T. B., discussed the Ohio State Conference to be held in July and explained that Registration Fee must be paid in order to get banquet tickets for the Saturday night dinner meeting. In other words, registration is necessary to attend various meetings, including the dinner meeting, plus cost of banquet for the package.

New Business: One of the members expressed concern for the nature of a TV program on Sunday, May 3 entitled "Magazine" and it was suggested that any objections be voiced to the General Service Office in New York.

In light of recent concerns with respect to attendance of non-AA persons at group meetings, it was agreed that John T. B., would formulate a letter to be sent to all groups, asking them to respond as to type of their meetings, whether open, closed, men only, women only, etc. This letter will be mailed with next secretaries list which is in process of preparation.

There also ensued a lengthy discussion as to "lip service" complaints, it being suggested that members might better attend Central Committee, Advisory Group and other meetings so they might be much better informed as to what is going on rather than relying on sketchy information.

Meeting adjourned with the Lord's Prayer.

— Imogene P., Secretary

A man begins to cut his wisdom teeth
the first time he eats crow!

PRAYER OF THE MONTH

Our God, help us to make each day, each moment, a worthy and fruitful one — not to our gain, but to your power and glory forevermore. Amen.

THE JOY OF LIVING . . . THE CELEBRATION OF LIFE

To care . . .

to really care about what happens to my fellowman, to care if he's sad or lonely, depressed or troubled.

To dare . . .

to really dare to do something for someone who needs a helping hand, a friendly smile, a handclasp or a warm embrace.

To share . . .

to really share, to make a commitment of your time, your abilities, your understanding, your love.

A little over two years ago, a person I respect and love very much said to me during one of the darkest times in my life, "Soon you will come home to start anew — TO CELEBRATE LIFE!"

The Joy of Living — The Celebration of Life

I see it so often today . . .

I see it at work as a blind girl stops at my door, taps with her cane and calls, "Hi, Red, how're things?" In the beauty of her sightless sight I have red hair and freckles, and age doesn't matter at all.

I see it in the two professors I work for as they greet me each morning with "How ARE you?" They really mean it — they really want to know, and so I can answer, — "Great," or "Bored," or "Lousy," just as I am. Such beautiful people.

But most of all I guess I see and feel the Joy Living, The Celebration of Life — in the people in AA. Sometimes the meetings are so thick with it you can almost wrap it around you. Each one, caring, daring, sharing. Whether they are one day sober or 20 years, it's there, and you can replenish the well and begin anew.

— Rosemary K., in Silver Dollar

SUMMER OFFICE HOURS

In keeping with past practice Cleveland AA District Office will be closed on Saturdays during June, July and August, beginning Saturday, June 6, resuming regular Saturday opening hours on September 4. All telephone calls will be checked regularly from the answering service.

— Support Your District Office —

DIPLOMACY

A nun friend, in St. Paul, was delighted to find that she could make the transition with a minimum of discomfort when the Sisters modernized their traditional habit. But she was quite nervous when she received permission to help teach children with polio how to swim. She had not worn a bathing suit for so long that she felt embarrassed.

But she was put at ease by one of her charges, a 12-year-old boy as soon as she came out of the dressing room in her swimsuit. "Boy, Sister," he said after a puzzled scrutiny, "do you look different without your glasses! "

DATES TO REMEMBER

JUNE

1-Central Committee, 8:00 p.m., Western Reserve Room of Parish House, Old Stone Church, 2nd floor.

3-First Meeting South Euclid Group, 7 : 30 p.m., United Methodist Church, 1534 South Green Road, South Euclid, Ohio; Speaker: Al B., Wickliffe Group.

11—Areawide Meeting, 8:00 p.m., Cleveland Plaza Hotel; Ohio Room, Speaker: Tom B., Avon, Ohio.

15-33rd Anniversary Lorain Avenue Tuesday Group, 9:00 p.m., St. John Bosco Church, 6460 Pearl Road, Parma Heights, Ohio.

18-19-20—Founders' Weekend, Akron, Ohio.

JULY

1-INDEPENDENCE DAY — America's 200th Anniversary.

6—Central Committee, 8 : 00 p.m.

23-24-25—Ohio State Conference, Cleveland Sheraton Hotel. See your secretary for Registration Forms.

CLEVELAND AREA GUEST SPEAKERS

JUNE 1976

ALLEDALE (Thursday) 3 — Frank M., Crossroads; 10 — Frank McN., Chicago, Ill.; 17 — George W. Superior; 24 — Minnie C., Grateful.

GORDON SQUARE (Friday) 4 — Gene O., Gordon Square; 11 — Gene G., Puritas Sun.; 18 — Tom G., Sr., Angle; 25 — Tom K., Mon. Morning 12th Step.

GRATEFUL (Sunday) 6 — Bob P., Severance Discussion; 13 — Warren G. (10th Anniv.), Kaiser East; 20 — John S., Early-Early; 27 — Dorothy M., Grateful.

LORAIN AVENUE TUESDAY (Tuesday) 1 — Bob J., Pearl Road; 8 — Surprise; 15 — 33rd Anniversary of Group; 22 — Movie: "Chalk Talk"; 29 — Discussion: 8th Step.

NASA WEDNESDAY (Wednesday) 2 — Ken B., Pearl Road; 9 — Barbara C., Deaconess Hospital Women; 16 — Don C., Sister Ignatia; 23 — George G., Forest City; 30 — Father R., St. Stan's Retreat House.

PARMA HEIGHTS (Wednesday) 2 — Ray L., Brooklyn; 9 — Andy B., Parma Sat; 16 — John F., Parmatown Men; 23 — Harold D., West Side Discussion; 30 — Cal W., Laurel.

PARMATOWN MEN (Friday) 4 — Bob K., Parmatown Men; 11 — Bob C., Teamsters; 18 — Ralph C., Faithful Fri.; 25 — Tom S., Lakewood Men.

ROCKY RIVER (Thursday) 3 — Don S., Edgelake; 10 — Jim T., American Indian; 17 — Don H., Nqth Olmsted; 24 — Warren C., Jr., West Shore.

SOUTHWEST SUNDAY (Sunday) 6 — Joan A., Strongsville; 13 — Jean E., West Shore; 20 — Beth G., Independence; 27 — Harry J., Bay View.

WEST SIDE MORNING (Thursday) 3 — Tom P., League Park; 10 — Chollie P., Chardon; 17 — Peppy & Ele. V., Aurora; 24 — Jack E. (11th Anniv.), DeWittville, N.Y.; July 1 — Warren C., Sr. (37th Anniv.), Edgelake.

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THE 41ST

(Continued from page one)

ples. It is a time when truth takes on the simplest form and speaks a language that everybody can understand. It is a time when gratitude becomes articulate in accent. It is a time when the shining finger of God will be pointing to Akron and the cradle of AA.

This celebration will start on Friday evening, June 18, at 8:00 p.m. at Akron University with a meeting to be held in the East-West Hilltop Lounge, Gardner Student Center. It will be an AA, Alanon and Alateen meeting and the public is invited. On Saturday, June 19, at 8:00 p.m., the main meeting celebrating the founding of Alcoholics Anonymous will be held at the Performing Arts Hall in the E. J. Thomas Auditorium at Akron University. The public is invited.

— Jim C., Akron (0.) Intergroup News

WORRIER OR WARRIOR

(Continued from page one)

in the stomach, he starts to think of a major operation. He always thinks that the best he can get out of life is the worst.

It is not easy to block out all our worries, but staying away from the first drink is not easy. Applying the Twelve Steps took a lot of doing. Correcting character defects was a monumental job for many people, so why not work on the faulty worry habit?

We are on this world for only a short time and we lose many irreplaceable hours brooding about the future. It would be much better if we would devote our time and thoughts to worthwhile action. There literally is no limit to the horizon of goodness that a person can achieve by helping others, besides that, life is too short to waste our time worrying.

— Edward B., Akron, Ohio, Intergroup News

HORSE SENSE?

A man was driving through the midwest when his motor stopped. He got out to see if he could locate the trouble. A voice behind his said, "The trouble is in the carburetor." He turned around, but saw only an old horse. I said, you better check the carburetor," repeated the horse.

Rushing to the nearest farm house, the man related his experience to a farmer. "Was it an old bay horse with a flop ear?" asked the farmer. "Yes, yes, that's the one," babbled the man. "Well, don't pay no attention to him," said the farmer. "He don't know nothing about automobiles anyway."

AA IN A WORD

Trying' to find a word that would describe our wonderful Fellowship, the best I could come up with is the German word GESTALT (pronounced Geschalt). The Oxford Dictionary defines this as "An organized WHOLE, in which each individual part affects every other, the WHOLE being more than a SUM of the PARTS." This is quite true if applied to AA, but it does not go far enough and leaves so much unsaid. It is on a par, in fact, with the statement of the PHILISTINE who described the playing of a world-famous violinist as 'drawing the tail of a dead horse over the entrails of a defunct cat.' True as far as it goes, but so much of an understatement.

The Dictionary makes no mention of the love and understanding to be found in our Fellowship nor of the concern and hope we show in our group meetings. Furthermore there is not even a hint of the miracle we are promised in the first paragraph of Chapter Five of the Big Book. Bill W. asserts on page 271 of 'The AA Way of Life,' 'All AA progres can be reckoned in terms of two words . . . Humility and Responsibility.' Whether or not I have made any progress in my 22 years of membership is not for me to say, but this I claim with absolute sincerity; the longer we try to live the AA way, the better and more rewarding does life become.

The jewel we call AA has many facets and constantly one find5 oneself being dazzled by some fresh richness. To me, as a Scot, one of the greatest joys in life is to see the heather in full bloom. To see the lovely purple carpet stretching away to the horizon with the hills looking, to quote John Buchan, 'as if a Giant had spilled his winecup over the mountain tops,' this is an experience one can never fonget. A sight to stock the memory with beautiful pictures that will delight that 'inward eye' as long as life lasts.

In my mind, the glory of the heather in bloom is linked with AA. All this beauty is made up of individual sprigs; no matter how many sprigs one examines, it is impossible to find one perfect one. Each sprig shows some withered buds or some not yet developed. Alcoholics Anonymous is a Fellowship of men and women, not Angels and Archangels.

The remembrance of this enables us to acquire tolerance and understanding and the ability to recognize the progress being made by our fellow members. And by constantly keeping this in mind we are protected from disappointment. Knowing that we share our human frailty with all our fellow members, we can confidently hope that one day we also may be accepted as normal people. One of the best-loved members we have ever had in Birmingham, the late Tommy D., summed up the perfect members beautifully . . . "The next one will be the First."

— T.T.S., Birmingham, in Road Back

NO EXCUSES

There was a mother in Denver, who was having a hard time getting her son to go to school one morning. "Nobody likes me at school," said the son. The teachers don't and the kids don't. The superintendents want to transfer me, the bus drivers hate me, the school board wants me to drop out and the custodians have got it in for me. I don't want to go."

"You've got to go," insisted the mother. "You're healthy. You have a lot to learn. You've got something to offer others. You are a leader. Besides you are 49 years old. You're the principal and you've got to go to school."

— Be a Bulletin Booster —

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BLEATING OR BLEEDING

THE 'ELEVENTH STEP

There is an old German proverb: "The bleating sheep gives little wool!"

What an indictment! Especially when we reflect and consider that a minority of any group's membership, whether in AA or not in AA are the devoted leaders who bleed silently for what they believe in and for the endeavor put forth with no expectation of personal reward or return.

It has been our privilege to Twelfth Step numerous areas of service to mankind and to other organizations, and we have observed a similar unproportionate ratio between "bleaters" and "bleeders."

Long ago we were told the price of leadership is the hurts and blood letting inflicted, more often than not, by the bleaters.

If this is not so, why is it so comparatively few are willing and do assume the mantle of responsibility for needed and devoted leadership.

Leadership need not be of the kind that is always in front of the pack (and many times these are the bleaters and do-littlers), for over the years we have observed the strongest leaders have been those who have not fronted a cause or issue, but have been in the wings, so to speak, ready, willing and able.

There is a LACK in all of society today, and it is a factor in AA as well, when we consider the letters in the word and what some of them stand for.

L is for LAXITY — oftentimes practiced in taking-the easy way out. Or taking the old AA axiom of "Easy Does It" too literally.

A is for APATHY — an often incurable disease resulting from laxity going untreated. This state not infrequently occurs when we become too comfortable in our sobriety and become willing "to let the other fellow take over 'cause I served my time."

C is for COMPLACENCY — another form of laxity — more succinctly described as lazyness. Complacency sets in when we fail to look for opportunities to serve, thus denying that we are responsible.

K is for KINSHIP — for we are all in this together, and if the fellowship is to survive there has to be a unity of spirit, a unity of action, a unity of responsibility, a unity of purpose and the facing up to opportunities to SERVE with love, understanding and compassion, so that we may be privileged to practice these principles in all of our affairs.

Like old soldiers — bleeders (leaders) don't die, they just fade away, but bleaters go on forever.

What'll it be bleeders or bleaters (with little wool) ?

Logical corollary to Steps Three and Seven, this Step is one that many members prefer not to discuss with others. But it still remains one of our Twelve Steps, all of which our Founding members found to be indispensable to them in their quest for sustained Recovery.

Perhaps the words 'Prayer and Meditation' do sound a trifle unnerving at first. But Meditation does not necessarily involve a retreat into the nearest desert to think over some obscure theological text. We can be meditating when thinking about the Steps themselves, and our own practice of them; and of the better illustration we would give to others of them if we practiced them better ourselves. As for Prayer, why on earth should we be frightened of that word? Haven't we spent a lot of our life praying 'Gimme' this or 'Gimme' that?

When joining, some of us give the impression that what time we were not drinking we spent on our knees praying not to drink; but that our prayers had not been answered. We may overlook the fact that there is more to a prayer than just a simple statement of whatever it is we want. That may have been the reason why we were invariably disappointed in what happened. There are stated to be five conditions for valid prayers; and curiously enough, these conditions are also necessary for a satisfactory and satisfying Recovery.

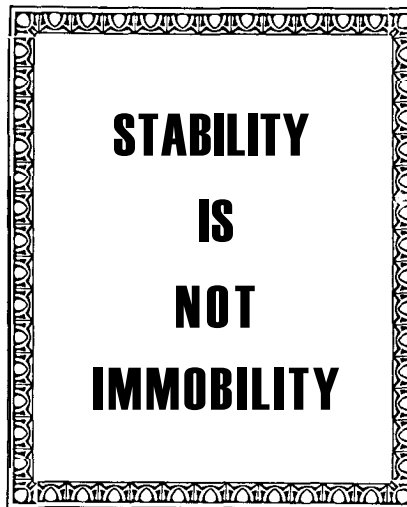
They are Sincerity, Willingness to co-operate to obtain the object, Faith, Honesty and Gratitude.

SINCERITY — We have to want, that which we pray for . . . in our case, Recovery from alcoholism. When we were praying in the past, we were often saying 'Lead us not into temptation' when what we really meant was 'Keep us out of trouble through temptation, but don't overdo it . . . let us still have some fun on its outskirts.' We must mean 'Help us to recover Today,' not that we may start to recover in tomorrow.

CO-OPERATION — We cannot reasonably expect prayer by itself to effect recovery for us unless we are willing to co-operate . . . in our case by using the spiritual aids of AA. A woman praying for a slimmer waistline has no business to sit down to eat a plate of chocolate cream buns. Prayer is far more likely to help to put a fire out, if we pray while running for a firehose.

FAITH — If we haven't real Faith that our prayers can and will be answered, it will be rather like asking an employer for a raise by saying "I want this raise badly, but I know you won't give it to me. And if you you don't, that's all I expect from you."

(Continued on page four)



CENTRAL BULLETIN



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Harry D.. Founder and Editor 1892-1968



Vol. 34

July, 1976

No. 18

A SUBSTITUTE FOR SECOND BEST

I have occasionally had to miss meetings. Something in my other affairs arises which I permit to take **presidence**. I find this to be normal for me.

Some of the reasons that I have missed meetings are: car trouble, personal sickness, family illness, court hearings, getting married, vacation travel, conflicting schedule, having baby, work requirements and. self indulgence.

When I'm attending a "comfortable number" of meetings for me I find that I think less about me and more about others. When conditions cause me to decide to miss some meetings, I slowly become conscious of my self-concern. I think more about my self and less about others. Then I tend to worry more, fret oftener and rise to anger.

During some of these periods I have tried in various ways to compensate for the time spent away from meetings. Some of them are: reading literature, thanking God, saying prayers, pondering defects, attending church, making amends and helping others.

The effects of these attempts to compensate never fail to surprise me. They just don't ever work! I recently read half the Bible between home group visits, and was bent as far out of shape when I walked in as I have ever been during my sobriety.

I find that it takes a proper balance of reading literature, attending meetings, applying the **steps** and helping others to attain my quest **for** a comfortable sobriety. Substitutions result in an improper balance which then leads me to a **discontented** sobriety. Now that beats drinking of course, but it's really only second best. I think I'll try a substitute for second best. See you at 8:30?

— Anonymous

SUMMER OFFICE HOURS

In **keeping** with past practice Cleveland AA District Office will be closed on Saturdays during July and August, resuming regular Saturday opening hours on September 4. All telephone calls will be checked regularly from the answering service.

CLEVELAND AA DISTRICT OFFICE

The Cleveland AA District Office is open to anyone, male or female, who is seeking **an** answer to an alcoholic problem. The office, located in 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 2-Ghour telephone service which responds to calls made after the office is closed. The telephone number is 241-7387.

MINUTES OF CENTRAL COMMITTEE MEETING JUNE 1, 1976

Gene M., Moderator, opened the meeting with the Serenity Prayer in which he was joined by the 49 members present, representing 48 groups. The Purpose of Central Committee and the Twelve Traditions of AA were read by Vice-Moderator, Herman W. The minutes of the May 4, 1976 meeting were read and approved. Treasurer's Report as given shows a balance in the treasury, as of May 31, 1976, of \$382.95. Treasurer's Report accepted. 119 speakers were supplied by the District Office for non AA meetings for the months January through May 1976.

COMMITTEE REPORTS:

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

Area-wide Committee: Bob W., Chairman. Meeting will be held Friday, June 11, 1976 at 8:00 p.m. at the Cleveland Plaza in the Ohio Room. Speaker will be Tom B. of Avon. Would like to see a big crowd in attendance.

Central Bulletin: George M., Editor, could not be present tonight because of family illness. Sent a message that renewals and subscriptions had fallen off and that the Bulletin would be late because it is a one man operation. It was suggested at this time that any one who had the time should consider giving a hand in getting out this Bulletin.

Rosary Hall: No representative present but it is the same old story — when you sponsor a man into Rosary Hall or anyone in any hospital — do not just leave them there but visit them and help them along.

Bay View: John F., representative. There is no trouble at the hospital — everything is going along well. There are quite a few patients that are admitted and then sponsors are arranged for after the person has been hospitalized. This is generally because the patient goes directly to the hospital and they do not turn anyone down who they think needs their help as far as admission into the hospital.

Brecksville: No report. Policy still the same there, they would like members to come and take the patients to outside meetings about twice a week.

Merrick Hall: Minnie C., representative. Merrick Hall has been filled to capacity with a waiting list for over a month. To date they have had 254 patients and Merrick Hall will not be a year old until July 10, 1976. They are beginning a woman's auxiliary and all women AA's are invited to attend the meetings the third Thursday of every month. 7th floor of Women's Hospital at 2 o'clock. The meetings of the secretaries of the women's groups have been very successful. Still urge women members to visit the patients.

New Business: Matter concerning stamping of the literature at Central Office was brought up and matter discussed at some length. Also question raised about letting the public know there is an AA meeting in their area by perhaps **listing** it in the local news of the new suburban section that the Press has. This has been done in the past and some years ago it was decided that our meetings could be listed in church bulletins, etc. as long as we do not pay to advertise. Further discussion followed regarding the Central Bulletin and ways to stimulate interest and perhaps increase sales, maybe a change of format. Next meeting we will try to have George present and all these avenues can be explored and we might be able to come up with some changes.

John B. did draft a letter explaining the types of

(Continued on page four)

PRAYER OF THE MONTH

Lord God of all men, you have revealed your will to your people and promised your help to all. Help us to hear and do what you command, that darkness may be overcome by the power of your light and that we may live in kinship and unity. Amen.

POWER WITHIN

"I've never met a person," says Dr. Preston Bradley, "I don't care what his condition, in whom I could not see possibility. I don't care how much a man may consider himself a failure, I believe in him, for he can change the thing that is wrong in his life any time he is prepared and ready to do it. Whenever he develops the desire, he can take away from his life the thing that is defeating it. The capacity for reformation and change lies within."

Triumphant, victorious living depends on our own inner attitude. One cannot climb up, while thinking down. One cannot develop power while thinking weakness.

At the end of his life, Charles Darwin made the wise observation that men differed less in capacity than in zeal and determination to use the powers they have. And it was William James, the psychologist, who taught that the average man uses only ten percent of his potential ability. Few men energize up to their maximum.

The real person to blame for our failures is usually one's own self. We may rave against fate, conditions and bad luck but it is just a waste of time. The secret of conquest is to turn on more power within. The scientists tell us we have it. It's up to us to put it to work.

— Central Bulletin, March 1945

A GOOD FRIEND

To have a good friend is one of the highest delights of life; to be a good friend is one of the noblest and most difficult undertakings. Friendship depends not upon fancy, imagination or sentiment, but upon character.

There is no man so poor that is not rich if he has a friend; there is no man so rich that he is not poor without a friend. But friendship is a word made to cover many kindly, impermanent relationships. Real friendship is abiding. Like charity, it suffereth long and is kind. Like love, it exulteth not itself, but pursues the even tenor of its way, unaffrighted by ill-report, loyal in adversity, the solvent of infelicity, the shining jewel of happy days.

Friendship has not the iridescent joys of love. Its heights are ever serene; its valleys know few clouds. To aspire to friendship one must cultivate a capacity for faithful affection, a beautiful disinterestedness, a clear discernment. Friendship is a gift, but it is also an **ecquirement**, it is like the rope with which climbers in the high moutains bind themselves for safety, and only a coward cuts the rope when a comrade is in danger.

From Cicero to Emerson, and long before Cicero, and forever after Emerson, the praises of friendship have been set forth. Even fragments of friendship are precious and to be treasured. But to have a whole, real friend is worth high endeavor, for faith, truth, courage and loyalty bring one close to the Kingdom of Heaven.

— By Atmos

DATES TO REMEMBER

JULY

4-INDEPENDENCE DAY — America's 200th Anniversary.

B-Central Committee, 8:00 p.m., Western Reserve Room of Parish House, Old Stone Church, 2nd floor.

23-24-25—Ohio State Conference, Cleveland Sheraton Hotel. See your secretary for Registration Forms.

AUGUST

3-Central Committee, 8:00 p.m.

SPEAKERS' LIST

Delays in getting the Central Bulletin in the mail, the result of an accumulation of difficulties, has prompted, at least temporarily, suspension of publication of lists. Those groups which submitted lists for July have been so advised and their remittances returned.

Fewer and fewer groups have participated in listing their speakers and this also contributed to the decision to suspend. We will endeavor to continue in the "Dates To Remember" reporting of anniversary celebrations, etc., and these should reach us prior to the 10th of the month preceding the month of publication, and hopefully two months ahead of anniversary date.

ACCEPT

One of the first things I learned when I came into Alcoholics Anonymous was the Serenity Prayer. Hundreds of times, over the years, I have said it and it has helped me.

But, as I now look back, how did I accept? Did I have humility and was I happy accepting or was I like in my drinking days saying "Oh, Lord, get me by this one and it may not happen again."

When it came to alcohol, many times I accepted the fact that I couldn't take that first drink, but I wasn't happy about it. Not until the time came when I actually admitted I couldn't change my drinking pattern did any happiness come to me. Had this happiness not come, I would never have stayed sober.

Today, without alcohol in the picture at home and otherwise, I find things and situations that I cannot change. I feel temper and all my old alcohol traits creeping back to make me unhappy. Just because, for the time being, I lost my humility and couldn't accept the fact that I was the one who had to change.

When you have done your best to change what you would like to change and have asked the Lord to help you, then be happy as much as you might not like to. If it's major, He will come to your rescue and give you wisdom to know what to do. If it is minor, such as your wife's hollering at you, smile. If you can't smile, keep your teeth well brushed and show her how pretty they look. She may say some sarcastic words, but if you keep your humility and continue to do so, she will end up saying the Serenity Prayer.

When both accept in the right way, what a happy home you will have. Tomorrow morning look in the mirror and ask that lad or lassie if you need to change. If the head goes up and down, which means, yes, get busy at once before the rust gets too deep. It's awfully hard to loosen if it gets too deep.

— Leo R., in Silver Dollar

THE FOOTPATH TO PEACE

To be glad of life, because it gives you the chance to love and to work and to play and to look up at the stars; to be satisfied with your possessions, but not content with yourself until you have made the best of them; to despise nothing in the world except falsehood and meanness, and to fear nothing except cowardice; to be governed by your admirations rather than by your disgusts; to covet nothing that is your neighbor's except his kindness of heart and gentleness of manners; to think seldom of your enemies, often of your friends and every day of Christ; and to spend as much time as you can with body and spirit, in God's out-of-doors — these are little guideposts on the footpaths to peace.

— Henry Van Dyke

MINUTES . . .

(Continued from page two)

groups, etc. that AA meetings can consist of — this letter was sent out by the District Office with the new Secretaries lists. John read the contents of this letter to members present.

N.E. Ohio General Service Report: John T. B. reported that registrations are continuing to come in for the Convention — urged those wanting to attend to get their registrations in while there is still a good selection. John read a paper on sponsorship that was quite good — a paper that had been presented at the General Service meeting in New York in April.

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

— Imogene P., Secretary

THE ELEVENTH STEP

(Continued from page one)

HONESTY — A valid prayer is a prayer for something we really need for ourselves or for someone else. Ronald Knox once wrote that the tragedy of our prayers is that they are mostly for the wrong things.

GRATITUDE — When we were squealing for help in the past, didn't we always promise what we'd do in return? And how many promises did we keep? (Come to think of it, how many are we keeping Today?)

Prayer and Meditation are respectable words. They are part of our Programme of Recovery, part of the Eleventh Step. And, whether we like facing up to that Step or not, our sobriety remains at risk so long as we put practice of it off on the long finger.

— Revised from The Road Back-June 1969

THE TEN AND THE TWELVE

It seems that the "Ten Commandments" are becoming a standard phrase in our modern terminology as old fashioned. Today the simple qualities of love and honesty are being hurled by the wayside and replaced with loose moral standards. More and more men and women are searching for happiness in whiskey bottles and pill-boxes.

All down through the years, people were trying to rid themselves of the old fashioned morals that were handed down from one generation to another, but they have never found anything that can replace God's laws. "They are still the best possible morals for man's spiritual and character growth." Some people are saying that "God is dead," and they are trying to substitute His Commandments with their own jungle laws. They reject the moral system of honesty and devote most of their time and effort to cultivating "good times," rather than ennoblement of character.

High school boys and girls who are studying hard to get high grades and a good education are ridiculed by their classmates, and when they refuse to participate in these drinking and marijuana smoking orgies, they are tagged as "squares," and dropped from these so called social activities. College students are becoming too sophisticated to accept the simple code of living which was handed down to us by our ancestors because they are too old fashioned for this modern generation.

Yet, with all this rebellion against God's Commandments, there will never be a public announcement that all God's laws will be repealed and replaced with more modern laws. Down through the years, people and nations tried to modernize God's standards but they never improved on a single one. History books are full of tragic stories about men and women and even nations that tried to cut themselves loose from God and His commandments. Today, our own country is deteriorating morally and spiritually. A person is not safe in his own home or on the street after dark, because more people are making their own standards of right and wrong.

"Love thy neighbor as thyself," is the principle upon which the Fellowship of Alcoholics Anonymous is built. Dr. Bob once said that the Twelve Steps can be simmered down to two words, "love and service." However, the Twelve Steps were not formed to take the place of the "Ten Commandments," but to make us aware of their importance in this world of greed and selfishness.

Every generation will form its rules and laws of living, but the moral law of God stands supreme. Parliaments may legislate, dictators may decree, culture standards may fluctuate, but no one has the power to make evil, good or hate, better than love.

Yet, in spite of the fact that we are living in an age of confusion where it seems that the purpose of human life is only to have a good time, there are still some people who shine as a light in a dark world. The founders of our fellowship followed the precept of the Ten Commandments, for they knew that those who faithfully live within God's laws will grow in character.

Today, no man or woman has to surrender their lives to alcohol if they follow the simple moral principles so clearly stated in the Ten Commandments and the Twelve Steps. We will go forward only if we build our character on the solid recognition that every human being should be loved because of his faults as well as his virtues. This perhaps is the ultimate meaning of the phrase, "Thou shalt love Thy neighbor as thyself."

— Edward B., in Akron (O.) Intergroup News

— Be a Bulletin Booster —

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THE YEAR 'ROUND GIFT



THE CHECK REIN

We came into AA as wrecks in self management. We had rebelled against society, sometimes with cause enough to make us want to rebel; we had given ourselves free rein, with no check upon our desires. Most of us never found what we were looking for and the maddening frustration made us even more rebellious. We flung ourselves blindly along the broad, downward path, and we wound up in a heap, helpless, and hopeless.

Sometimes we tried. Even though we rebelled, we knew the responsibilities that adult human beings have in life, and while we resented bitterly the condemnation of others, we knew in our hearts that the blame was merited.

But our wills had been on a binge, too. Our wills were very sick. We could not make decisions and enforce them. Our alcohol-hungry nerves carried us where our minds said we would not go. Trial and failure unnerved us even more. Of all human experiences, frustration can be the worst. When it involves the vital concerns of life, when the mind can find no solutions, when the will cannot function, we reach a state of collapse.

Those around us condemned us for not using our wills, but once we had reached the state where others were beginning to condemn us, we no longer could use our wills and the harder we tried the worse we got.

AA offered us a hand. We needed just one act of the will, to grasp that hand. Others had said, "You must do so and so," and they frequently said so in obvious annoyance. AA tells a story. Then it says, "We have found a way; you can walk along with us, if you like."

In the time of our collapse when our wills can do nothing, AA shows us the things to do, in the collective experiences and acts of its members. The individual finds his help in the group. Here we learn to stand and to walk again, to have confidence in ourselves in a new way, to gain self respect.

Groups of people are not necessarily good. They can be gathered for bad purposes. They can be of divided aims and full of frustrations. They can meet solely for pleasure.

Our groups meet for mutual help in the solution of personal problems. We seek what is good, and we look upward to the Source of what is good. Having flouted the rules of conduct that have kept men out of trouble for centuries, we strive to observe those rules. The group strives to observe the rules and asks help from the source of those rules.

Thus, the group has a confession of faith. Our help

(Continued on page four)

BEING PREPARED

We often hear people talking about saving for a rainy day, or about taking out life or fire insurance. This is but a recognition that we should be prepared for any eventuality.

All baseball and football fans know that all major league clubs carry extra players to fill any position in case of an accident so that the game can go on without much interruption. It is impossible to foresee when a player will get hurt and not be able to continue with the game. Victory or defeat may depend on whether there is a replacement available to take the injured person's place.

This same principle can be applied by the alcoholic to safeguard his sobriety. He should carry an ample supply of spiritual and moral reserves to meet challenges that may cross his life. In a sense, we who found sobriety through this fellowship are playing for larger stakes and we have more to lose than our nonalcoholic friends. Life does not spot us any extra points for our handicap . . . We brought this handicap on ourselves — we must win on our own merits and our own skill.

If we travelled always along brightly lighted highways where everything was happy and congenial, we might delude ourselves that a materialistic outlook was sufficient. But life's course is not always along well-lighted and easy highways, and sometimes before we know it the lights around us have gone out, and our pleasant world has become disordered

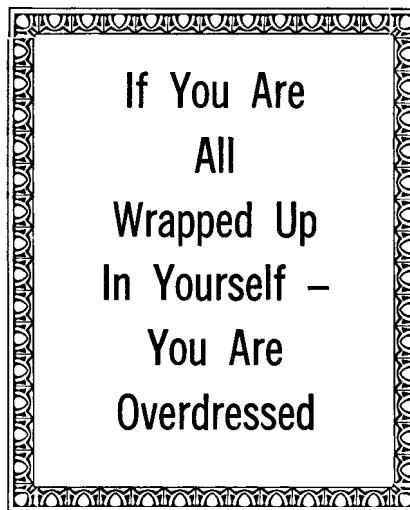
and dangerous. Then, indeed, the traveler knows how urgently he needs the extra spiritual and moral reserves.

The alcoholic who comes into AA has no protection against temptation, because over the years he failed to build any spiritual reserve into his life. Consequently, when he meets temptations in their many alluring forms, he falls by the wayside for lack of spiritual strength.

Over the years, I saw many men and women go to the bottle for help when the going got too rough. They became complacent about attending meetings, because life was all smiles when they first came into AA, but when life turned to a frown, their own moral courage failed them. They gave way to the bottle for they failed to build spiritual reserves into their lives.

When temptation strikes is not the time to start spiritual reserves, but only to make evident what is already there. Courage will be revealed on the day of temptation, only if it has been built into our lives long before. We cannot call on our spiritual courage in the hour of test, unless we made it a part of our life in more ordinary and normal times. Therefore, the per-

(Continued on page four)



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Harry D. Pounder and Editor 1892-1 968



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August, 1976

No. 11

FOR WHOM THE BELLS RING

Recently I set out to write a simple summary of the spiritual aspects of the 12 Steps. It was, of course, to be a definitive one, to make it easy for less spiritual people than myself.

First, I gathered together some 'basic' material, such as a summary of the spiritual philosophy of William James, who was one of the sources of Bill W's inspiration. Then I laid my hands on an analysis in an American magazine (by a learned and simpatico Jesuit) of how Bill W. had analysed William James. I tied these up with exhortations 'to love one another' from The Last Supper Discourse, a few nuggets from Thomas a Kempis (and Thomas Merton) and casually slipped a drop of the mixture into an AA Group discussion of Steps 2 and 3. Then, I scrapped my article I heard so many practical tips on 'grass root' level application of the Steps that I decided to set a few of them instead.

The most vital one I got was not to try to buck my own conscience. Otherwise, I would be building up avoidable tensions from which my old pal, alcohol, might seem to offer an illusionary escape into euphoria or oblivion. That eliminated James and his Jesuit commentator (an obvious non-alcoholic).

Next, it was suggested that, for an alcoholic in a 'crunch' it would be more effective to phone a fellow-member than to use precious time in abstract meditations. They have their place, of course, (e.g. in Step 11), when the pressure is turned off and serenity (Grace?) permits. Even then, they are best pursued in private (I was advised); and without offloading them on a captive audience on a probably different wave-length, spirit-wise.

Last, but not least, it was stressed that the warning bells that ring silently inside us when we are off the AA Beam can be ignored only at grave risk to our sobriety, because that First insidious . . . and potentially fatal . . . Drink enters the mind before it enters the mouth. It's not just the length of my arm that separates me from the nearest bottle; it's that plus my AA way of thinking at the well-known NOW moment.

-Road Back, Dublin

SUMMER OFFICE HOURS

In keeping with past practice Cleveland AA District Office will be closed on Saturdays during August, resuming regular Saturday opening hours on September 4. All telephone calls will be checked regularly from the answering service.

CLEVELAND AA DISTRICT OFFICE

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MINUTES OF CENTRAL COMMITTEE MEETING JULY 6, 1976

Meeting was opened by Gene M., Moderator, with the Serenity Prayer in which he was joined by the representatives present. 41 were in attendance at this meeting. Herman W., Vice Moderator, then read the Purposes of Central Committee and the Twelve Traditions of AA. The Secretary read the minutes of the June 1st meeting — minutes approved and accepted as read. There was no Treasurer's Report given, a two month report will be presented at the August meeting. 135 speakers were supplied by the District Office for non AA meetings and groups — January through June, 1976.

COMMITTEE REPORTS:

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

Areawide Committee: Bob W., Chairman. Announced that the next Areawide Meeting will be held on Friday, September 10, 1976 at the Cleveland Plaza at 8:00 p.m. At this meeting, no speaker had not as yet been selected. Attendance at the last Areawide Meeting was disappointing. We would like for the people to get interested enough to increase the attendance at these meetings.

Central Bulletin: George M., Editor, could not attend due to family illness, but earlier in the day telephoned his concern with the summer slow down in receipt of subscriptions and renewals. He said nearly 100 subscribers failed to renew on their June expiration dates and this reflects the first month of last year's challenge to the groups.

Rosary Hall: Ray B., representative. All clear.

Bay View: John F., representative. Clear.

Brecksville: Bill H., representative. Everything ok. They now have meetings on Tuesdays and Thursdays from 1:00 till 2:00 and are having a hard time getting fellows to go out there. Made a request for retirees or others whose work hours permit, might get out there and give them a hand. This is mostly a discussion format.

Merrick Hall: Minnie C., representative. Report on how they were able to regulate the people coming and going at Merrick Hall — a pass card has been issued to the women who go out there and if they are questioned at the desk, they only need to show their card. Announced the first anniversary of Merrick Hall, inviting everyone who can to attend. Anniversary will be at the Park Plaza, Friday, July 9, 1976 at 12:30 p.m. Reminded the ladies of the meeting that is held the third Thursday of every month at 2:00 p.m.

NEW BUSINESS:

A member from Wickliffe was present at the meeting in reference to discussion he heard on the air where our Anonymity Tradition was broken. The matter of the program was discussed and explained at great length. It was a matter of a controversial talk where questions and statements are put to the speaker in such rapid fire order, that, in this case, an answer was given -- we think, quite innocently. This will be taken up further so that anyone appearing on such shows will remain alert enough not to be thrown by the questioning. A very good example that such a thing could have been picked up by a member concerned enough to bring it to the attention of the Committee.

N.E. Ohio General Service Report: John T.B. had only to remind the members that time is getting short to get their registration and reservations in for the July Conference.

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

Imogene P., Secretary

PRAYER OF THE MONTH

Good morning, Lord! I pray you will aid me in concentrating my thinking upon You and the needs of my fellowman. Help me to gain spiritual strength and growth through my directing my efforts in accordance with Your will. I thank you for Your ever watchful presence and ask You to be with me each day. Amen.

NO TIME FOR GOD

No time for God? ■ What fools we are. ■ To clutter up our lives ■ with common things ■ And leave without heart's gate . The Lord of life and ■ Life itself, our God.

No time for God? ■ As soon to say, no **time** ■ To eat or sleep or love or die. ■ Take time for God ■ Or you will dwarf your soul! . And when the angel of death ■ Comes knocking at your door, ■ A poor **miss-** happen thing you'll be ■ To step into eternity.

FABLE TO A FREE SPIRIT

Once there was a young man who prided himself on being a "free spirit." When anyone asked him what he did, he replied that he did whatever he felt like doing. When they asked him if he had friends, he replied that friends come and friends go. When they **asked** him if he loved anyone or if anyone loved him, he replied that he loved no one and everyone. When they asked him if his life had any meaning, he replied that it really didn't matter, life simply is.

One day he became very ill and thought he was going to die, and he was terrified because he suddenly realized that those who consider themselves free spirit are frequently only lost souls.

— E. H. Reynolds

MOMENTS OF SPIRITUAL AWARENESS

My mother had a drinking problem and died of what the doctors charitably diagnosed as "hepatitis." A few years later, I realized that I had inherited the same problem, or at least the same personality traits, which led me to alcoholism. One day while standing in front of her grave, after trying desperately and unsuccessfully for **some** weeks to stop drinking, I blurted out, "Mom, surely you have **the** answer now. Please help me." Suddenly, everything grew dim and I perceived in a manner I can't describe the one word, "Receive." That was all. The experience was over and I was aware of the countryside once again.

This, of course, had quite an emotional impact on me. I decided that I would ask a minister for an **inter-** pertation, but while I was trying to get up enough nerve, it occurred to me that I had a bigger problem to discuss (first things first). So, when I finally did see that minister, I forgot all about my experience and frankly admitted to him I was an alcoholic. I had taken **the** First Step without knowing what it was.

Rev. J. got in touch with AA on my behalf. This was a little over a year ago and you can well imagine how many times since **then** I have given thanks to God that my mother was able to get me on the program four years after her death.

I did eventually ask Rev. J. about my experience, and he **reminded** me of Jesus' words in Mark: "Freely have ye received; freely give."

— J.S.C., New Hartford, N.Y.

DATES TO REMEMBER

AUGUST

3-Central Committee, 8:00 p.m., Western Reserve Room of Parish House, Old Stone Church, 2nd floor.

SEPTEMBER

6-LABOR DAY

1-Central Committee, 8 : 00 p.m.

THE GIFT OF LAUGHTER

Have you ever thought of the tremendous significance of the fact that this is a world in which we can laugh? This world **of** frustration, of pain, of multiplied miseries. An all compelling reason for a belief in God would be, this; that the world rings with lauhter. **On** this speck of dust, called earth, there lives the creature of a flickering moment — this less than nothing — known as man. He knows the shortness of the moment, how brief the day is and how long the night. Yet, he laughs. Whatever made man . . . made laughter too. Whatever is the ultimate nature of reality, laughter came out of it; laughter laughs back at it, laughs with it, defies whatever stands against it. Laughter is the challenge of the living soul to whatever is not conquered, the promise of the spirits, supremacy of the world's new morning, vanquished forever the receding dark.

— Arizona Advocate

DON'T DRIVE

The power of advertising is more than a suggestion to buy a certain product. Witness the bleary eyed lush who stood before an irate judge on the morning after a big binge, accused of taking **over** a taxi and driving it several blocks down a busy city street. "What made you take the cab," His Honor demanded. The accused fished around in his pocket and pulled out a dog-eared card and handed it to the Bench. It was an advertisement issued by a local taxicab company reading, "When you have been drinking, take a cab."

WHAT COLOR?

A rather inebriated fellow on a bus was tearing up a newspaper into tiny pieces and throwing them out of the window.

"Excuse me," said the lady sitting next to him, "**but** would you mind explaining why you're tearing up that paper and throwing the pieces out the window?"

"It scares away the elephants," said the drunk.

"I don't see any elephants," said the woman, smiling.

"Effective, isn't it?" said the drunk.

EVER ON SUNDAY

A drunk wandered into the churchyard one Saturday night and fell asleep in an open grave. Next morning, when the bells began to ring, he woke up, crawled out, looked at the tombstones all around him, and exclaimed. "Holy Moses! It's Resurrection Day and I'm the first one up!"

NEAR MISS

Lightening shattered a tree under which Squire **Er-** skin's hired hand had unwisely sought shelter. Squire Erskin found him there unharmed, however, but severely shaken when the downpour abated. "How close do you figure that lightning came to you?" asked the squire. "I **donno** exactly," admitted the hired hand, "but my pipe wasn't lit before it struck!"

BEING PREPARED

(Continued from page one)

son who fails to practice the principles of AA does not accumulate any capital to draw from the bank that we are able to store up enough credit for ourselves and for others.

We should all try to accumulate a measure of patience, not only to meet the small and petty annoyances in life, but the long drawn-out agonies; we should store up moral fiber that will resist, not only the passing allurements, but all the assaults of the bottle. We should store up a spirit of forgiveness that can pardon, not only the small injuries, but the cruel deceptions.

— Edw. B., Akron (Ohio) Intergroup News

YOU

"Be gentle with yourself. You are a child of the universe no less than the trees and the stars . . . you have a right to be here."

— Max Ehrman

THE CHECK REIN

(Continued from page one)

is in the Supreme Power. We do not ask the individual making his initial contact with the group to stand before us and make a **confession** of faith. Most alcoholics at the time they are ready for the help of AA have rejected the Supreme Power, for a variety of reasons. We simply say, we have help, you are welcome to walk with us.

A great and learned saint (Thomas Aquinas) said that the Supreme Power does three things for us. First, he corrects us; next, he instructs us; and finally, he takes us unto himself.

Our first contact with AA is the stage of correction, and at this stage it usually is true that the only help a man recognizes is the help of these other alcoholics. Instruction follows quickly, and here we learn that older members of the group have turned their hearts and minds to the higher Source of help. They follow an old teaching and talk with the Supreme Power in secret. The individual can do as he chooses, but he **observes** that those who have made the most progress, who have attained the greatest peace of mind, who are most generous in their attitude toward others are those who have placed themselves in the hands of the Supreme Power. When he turns to the Supreme Power in secret, to talk his faults, and to ask for help, he experiences relief and knows that he has received help.

— Central Bulletin, Oct. 1945

WHY ?

WHY ME? . the whimpered cry when she realized she had lost control and booze was her master.

WHY ME? ■ the grief-torn angry shout when the one person she felt she could trust committed suicide and she was left floundering and seemingly alone.

WHY ME? . The anguished sob when her only son died in his sleep.

WHY ME? ■ The puzzled question when 25 years of marriage ended in divorce.

WHY ME? . when she knew she had to sign away her rights to a business she had helped to build.

And then, tougher than life or sorrow or **happiness** came the voice — little and soft and low at first but soon tremendous and all-encompassing. WHY NOT YOU?

As she found a new way of life in the twelve steps of AA — WHY NOT YOU?

As she found so many new friends and people she could trust — WHY NOT YOU?

As she **came** to really believe she had been twice blessed; she had born a son and had already given him back to God — WHY NOT YOU?

As she was offered new opportunities and choices in her personal, and her business life and she could choose because with the help of the Higher Power and the fellowship of Alcoholics Anonymous, she **was** sober.

WHY ME — SO MUCH — WHY ME? . . . and the small voice thundered back . . .

WHY NOT YOU!

— Rosemary K., in Silver Dollar

WE ONLY NEED TO BE AVAILABLE

Possibly the greatest source of security to AA's future is that each new member must learn about his own inadequacy before he can begin to recover. Out of the inadequacy of our own resources (we were powerless, our lives unmanageable) the fullness of God's achievements are shown. What he achieves through our failure is more clearly His doing because of our defects. From this experience we can take a further lesson, I believe . . . and it is really a continuation of the same . . . that we need not strive to be spectacular on behalf of AA. We need only to be available: continuously available to the suffering alcoholic and 'to tell our friends the great things God has done to us.'

This quiet job which we have means that it is not our job to become distracted by the achievement of great and spectacular things. We need no money, no property nor overdrafts. Commitments to large offices or to glossy magazines can be the self-promoting tools of other bodies . . . but are not necessary to us. Ours is a spiritual experience and a spiritual message. We need the very minimum of material resources. The more humble they are, the more God's power is seen to be the source of our achievements.

So we can reflect that without our failures (personal) and without our inadequacy there would be no AA. It is the continuation and the fostering of this spirit which our Tradition of Anonymity is concerned with. Lets be around and be available, but let God make the miracles.

— S. Mn., in Road Back

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THE YEAR 'ROUND GIFT	



TAKING INVENTORY

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

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

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

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

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

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

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

Moral inventory is needed not merely to show us the need of changing our way of life: it is needed to reveal the particulars of change. The deeply rooted bad tendencies have to be identified and then we have to go to work on them. Resentment and self pity require our particular attention. We have to guard against new

(Continued on page four)

A SAD TRUTH

Some people know that they are drinking too much and are willing to admit it, but they are not willing to stop without making another effort to control it, in spite of the fact that they have failed in all previous attempts. They have friends who drink but never get into trouble, so they want to be like their friends. The fact is no alcoholic who has lost control of his drinking has ever found a way to control it.

Most alcoholics are using the myth that drinking is an essential part of social life. Today this idea is propagated in advertisements and particularly on television where the commercials are directed at the young people

because they are the potential drinkers who will keep the beer-makers in business. To make beer drinkers more alluring, they show young men and women in bathing suits, lounging on the beach with a bottle of beer in their hands to give the impression that drinking is necessary for gracious living.

Such commercials give some alcoholics the idea that only gentlemen can carry their liquor without getting into trouble. They think gentlemen don't drink that much so as to become ungentlemanly, but in trying to drink like gentlemen, they wind up in jail for ungentlemanly-like conduct.

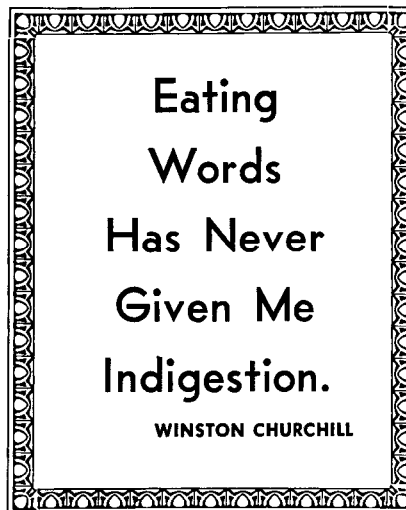
Some drinkers remember some of the good times they had and how alcohol sharpened their wits and made them the life of the party. So they try to bring back, these so-called good times with the help of

the bottle. Perhaps alcohol makes people more talkative and helps them to think of clever and amusing things to say which they otherwise wouldn't if they were sober, but it also handicaps them to a degree in expressing themselves intelligently, and perhaps if they could hear their remarks repeated after they sober up they would be mortified.

Some, alcoholics worry needlessly about what their friends will think of them if they stop drinking, and others worry about how they will spend their so called leisure time, should they stop drinking. They could devote their worries and concern to a better purpose if they would worry about the people they have harmed and spend more time in making amends to them. That would take care of their leisure time and their friends would show more respect for them. "The idea that their drinking is not hurting anyone but themselves is a mark of immaturity and the bearer of that mark has a great deal of unfinished character defects."

Another fallacy some alcoholics carry in their minds is that their friends will consider them weaklings if they

(Continued on page four)





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Harry D., Founder and Editor 1892-1 968



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September, 1976

No. 12

THE SPIRITUAL PHASE OF AA

The Spiritual Phase of AA to me, is a conscious experience. Not necessarily an elaborate or striking affair, but a sincere desire to know, to feel, to grow in a conscious scope and power toward sobriety.

It comes when an alcoholic, of his own choice, consciously changes his way of life, to a noble choice of Christian ideals.

A nourishing change of heart, to a new Way of Life, the AA Way.

There, you see, is a spiritual experience, a new ability, new might, seeking from a Power greater than yourself, the help that you need to carry on this new way of life. It changes weak and dispirited consciousness into strong, energetic will.

It is not enough to say that spirit is a conscious experience. It must be a noble emotion, directed toward the up-building of character as a **whole** in yourself and in others.

Its nobility lies in its scope, its rationality, its unselfishness, and its devotion to ideals. It is a movement of the mind away from the lower levels to higher ideals which will fit into our new personality.

It is not necessarily spiritual if it be regarded merely as one more interest and leave's our worldly habits unchanged. It may have to be mechanical at first. It does not become **spiritual** until it actually **ennobles** our life, and relates it to the Plan and Purposes of the AA Way of Life.

Nothing is more of a travesty on the **Spiritual** Power of AA, than a meager, poverty-stricken attitude, which is hardly more than a symbol. It must be sufficient, adequate, and must help us to discover the possibilities of the AA plan and help us to live up to the ideals for which it was formed.

A Rational Spiritual Experience means being consistent and normal in our behavior.

Neither Faith nor Emotion need be unreasonable. Being irrational is being deliberately exclusive, it closes our eyes to facts and truth, and is inconsistent.

From this definition, it is clear that the Spiritual Phase of AA is rational, inclusive, consistent and orderly.

It is a principle of self-control by ideals. Spirit, then, is Power, Inspiration, Freedom, and can be identified by its conformity to Ideals of Goodness, Faith, Honesty, and Reverence, and to our Four Absolutes.

If you can't write it down and sign it . . .

DON'T SAY IT!

MINUTES OF CENTRAL COMMITTEE MEETING AUGUST 3, 1976

Gene M., Moderator, opened the meeting with the Serenity Prayer in which he was joined by the members present. Roll Call showed that 46 persons were in attendance representing 44 groups. Purpose of Central Committee and the Twelve Traditions of AA were read by Vice-Moderator, Herman W. Minutes of the meeting of July 6th were read by the Secretary and minutes were approved and accepted as read. Treasurer was on vacation but a summarized report over the past two meetings was presented. This report also accepted as given. 137 speakers were supplied by the District Office for non AA meetings and groups — January through July 1976.

A moment of silent prayer was observed in memory of Murray S. who passed away this afternoon.

COMMITTEE REPORTS:

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

Areawide Committee: Bob W., Chairman. Next meeting will be Friday, September 10th at the Cleveland Plaza at 8:00 p.m. and we have a real old-timer leading. He is Ed. B. from Akron, Ohio and feels it is a real privilege to have been asked to come to Cleveland to speak at this meeting. Bob urged everyone to let people know about this meeting as this man was so willing to accept and come over from Akron. It would be great for him to have a good turnout at this meeting to show that we appreciate the **time** he is giving us. He is 34 years sober and participated on the Old-timer's panel at Founder's Day in Akron, Ohio this year.

Central Bulletin: George M., Editor. Reported that at the end of July we had lost about one-half of the new subscriptions we had said we would need to keep it going — people failing to renew their subscriptions, etc. September's issue will be No. 12 of our **34th** year which means that the October edition will start our 35th year of continuous publication. Central Bulletin is the oldest journal in AA and a continuous flow of subscriptions and renewals is its lifeline. He **cited** a couple of areas where notable increases had **occurred** by reason of group representatives and secretaries working hard to get subscribers in the response to our plea. He again referred to the lack of help, especially in setting up mailing procedures, and while volunteers are needed, a long-range basis is the only answer. At one of the Central Committee meetings suggestion was made that the format be changed. If this were done for purpose of reporting group news items, etc., it would be a great mistake, as there would be a continual consternation in meeting deadlines and satisfying every group that submitted copy. When Harry D. passed away, I inherited the job simply because of my past association with the Bulletin, and while it has been a work of love, with plenty of frustration and disappointment mixed in, the editor is getting older and no successor has come forward. The editor reported, by reason of necessity not desire, there would be an increase in subscription rates, probably October 1 — the amount to be determined. He also reported that considerable mail is returned, which is particularly costly now, because subscribers don't have the common courtesy of advising us of changes in address.

A lengthy discussion ensued in an effort to come up with suggestions for increasing subscriptions, providing help and continuing publication.

HOSPITAL REPORTS:

Rosary Hall: No representative present.

Bay View: John F., representative. Everything ok.

(Continued on page four)

PRAYER OF THE MONTH

Let me do my work each day and if the darkened hours of despair overcome me, may I not forget the strength that confronted me in the desolation of other times.. May I still remember that bright hours that found me walking over the silent hills of my childhood, or dreaming on the margin of the quiet river when a light glowed within me, and I promised my early God to have courage amid the tempest of the changing years.

Spare me from bitterness and from the sharp passions of unguarded moments. May I not forget that poverty and riches are of the spirit. Though the world know me not, may my thoughts and actions be such as shall keep me friendly with myself.

Lift my eyes from the earth and let men not forget the use of the stars. Forbid that I should judge others lest I condemn myself. Let me not follow in the clamor of the world, but walk calmly in my path. Give me a few friends who will love me for what I am; and keep ever-burning before my vagrant steps the kindly light of hope.

And though age and infirmity overtakes me, and I am not within sight of the castle of my reams, teach me still to be thankful for life and for time's golden memories that are good and sweet; and may life's twilight find me gentle still.

— From the writing of Max Ehrmann

THE WORD IS SELF

“When I feel good about myself, I feel good about others.” What a lift it is to our life when we realize the truth of this statement! We feel good about **ourselves** when we are being honest, accepting responsibility, using a talent in a constructive manner, and trying our best to make a contribution to life in general. If we become aware of what it takes to make us feel good about **ourselves**, then as “**the day follows the night,**” we will live and act in a constructive manner, and this in turn will bring us deep feelings of satisfaction and fulfillment.

— From Silver Dollar, Fargo, N.D.

THE RIGHT TO BE WRONG

Failure doesn't mean you are a failure . . .
it does mean you haven't succeeded yet.
Failure doesn't mean you have accomplished nothing . . .
it does mean you have learned something.
Failure doesn't mean you have been a fool . . .
it does mean you had a lot of faith.
Failure doesn't mean you've been disgraced . . .
it does mean you were willing to try.
Failure doesn't mean you don't have it . . .
it does mean you have to do something in a different way.
Failure doesn't mean you are inferior . . .
it does mean you are not perfect.
Failure doesn't mean you've wasted your life . . .
it does mean you have a reason to start afresh.
Failure doesn't mean you should give up . . .
it does mean you must try harder.
Failure doesn't mean you'll never make it . . .
it does mean it will take a little longer.
Failure doesn't mean God has abandoned you . . .
it does mean God has a better idea!

From Silver Dollar, Fargo, N.D.

— *Be a Bulletin Booster* —

DATES TO REMEMBER

SEPTEMBER

B-LABOR DAY

V-Central Committee, 8 : 00 p.m., Western Reserve Room Parish House, Old Stone Church, 2nd floor.

OCTOBER

B-Central Committee, 8 : 00 p.m.

SUBSCRIPTION INCREASE

Effective October 1 individual subscriptions to the Central Bulletin will cost \$3.50 per year. Group or bulk subscriptions will be increased to \$4.00 each — example: far 10 group subscriptions to one address monthly the cost will be \$40.00.

The Bulletin has deferred this action as long as possible and longer than really justified. Increased costs all along the line in printing, postage, box rental, permit fee, and numerous other incidental items made this decision imperative. Heretofore, many of these costs had been individually subsidized and this resource has dried up.

Central Bulletin is and has always been a quality product and it is our purpose to keep it so; however to keep it so we must pay the piper.

REALITY

Reality is one of the most vital words in my vocabulary, but only since I joined AA. In the days when I had not even heard of our programme, Reality was one of the things which I avoided whenever possible. The Reality of my failure to manage my own life, the Reality of the harm I was doing to myself and to others and the Reality of my inability to drink in moderation: — These were facts which became the more unfaceable as it became the more obvious that they would have to be faced some day.

Through AA I have learned that an alcoholic must face Reality, and that Reality is usually less fearsome than fantasy. I have learned the Reality of God's help and power, the Reality of a living AA programme and the Reality of my obligations to others. I have learned that to ignore Reality and to live in an imaginary world is as dishonest, and therefore as fatal, to me an alcoholic as to lie or steal. I have learned that life at its worst cannot hurt an alcoholic half as much as alcohol.

— R. P., in Road Back, April 1949.

PARTS OF A BALLAD FROM AN INMATE AND AA MEMBER IN PRISON

I had no money or place to go
I had no family to love me so
So, I retrieved my gun from under my bed
and went to the Bank at Third & Merced.
(Parts deleted because of space limitations — Editor)
So half stoned and filled with booze
I felt “Hell, I've got nothing to lose.”
So, I retrieved my gun from under my bed
and raised the barrel up to my head.
Then I cocked back the hammer and said goodbye
Still knowin' that this was a bad way to die
Then my conscience said “Wait, here is some news!
Let's talk to some people who have different views.”
So I went down the street the very next day
and attended a meeting, it was called “AA.”
I met some people whose stories matched mine
and now we're together, having a great time.

— Mike McC., from Good News, San Francisco

PREJUDGEMENT?

A woman was being examined in court for jury service. "I'm sorry, Your Honor," she told the judge, "but I can't serve on this jury. You see, I'm against capital punishment."

"Maybe you don't understand," the judge told her. "This is a civil suit brought by a wife to recover five thousand dollars of her money spent by her husband on gambling and on other women."

"Oh," said the woman, "in that case I'd be happy to serve on the jury. I could be wrong about capital punishment . . .!"

CENTRAL COMMITTEE MINUTES —

(Continued from page two)

Brecksville: Bill H., representative. Everything's quiet. Mentioned again the daytime meetings that are held on Tuesdays and Thursdays and would like some support for these meetings.

Merrick Hall: Minnie C., representative repeats that everything is going well out there, plenty of patients and keeping pretty full. On August 16th they will begin to have vitamin shots. The ex-patients will be permitted to have the shots as they wish. All of the women who want to get their vitamin shots there will have to have a prescription so they can have it on file. This is a requirement of the hospital. Shots will be given on Monday and Friday from 10:00 to 12:00 and on Saturday afternoon from 2:00 to 4:00. The charge will be \$1.00.

New Business: Dick F. had a suggestion for the next Areawide Meeting that they should consider having an Areawide old-timer's night, inviting the members having thirty years or more of sobriety and give them an opportunity of a minute or so for them to express their views.

N. E. Ohio General Service: John T. B. opened by commenting on the Ohio State Conference and thanking everyone who helped over the Conference weekend. The 1977 State Conference will be in Columbus, Ohio. October 8, 9 and 10 there will be a five state meeting in Milwaukee, what we call a Regional Convention. Ohio, Illinois, Indiana, Michigan and Wisconsin will be included. This is the second one of its kind. The next meeting of Northeast Ohio General Service will be at Brecksville American Legion Hall Sunday, August 15th at 2:00 p.m. Everybody welcome.

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

— Imogene P., Secretary

VIRTUES THAT WASH

In the days before fast-color dyes had been developed, women made dyes from herbs, berries and roots. Only a few dyes made in this manner were fast-color, and they were eagerly sought after, since the others faded.

When a child was born in a minister's family in Puritan New England, the father wrote the baby's name in the old family Bible, and beside it this wish: "May the Lord endure her with virtues that wash."

In language comparing virtues to fast-color dyes, the minister was expressing the hope that his daughter would possess such stable virtues that they would not fade in the repeated launderings of life, but that they would remain to the end as pure and wholesome as they were at the beginning. Too often our characters are so weak that our much vaunted virtues and lauded goodnesses grow dimmer and dimmer as they are laundered in the suds of temptation in the washtub of life.

In his progress away from barbarism man has sometimes unwisely divorced himself from virtue and goodness, when what each of us needs is a generous supply of virtues that wash — conviction that will not be shaken, principles that stand firm.

Possessing virtues that wash, we are ready for the world.

— Lee Bennett

A SAD TRUTH

(Continued from page one)

stop drinking. They should dismiss that thought and consider what their friends think of them when they get drunk and lose control of their legs and tongue. Society looks at people as weaklings when they lack the courage to admit their mistakes. We all need moral courage, not only in personal adjustment, but also in our relationship with God.

Alcohol will always be here and there will always be some people here to drink it. There will also be some people who will drink too much and be afraid to admit it. There will also be people who will not drink and not care what others may think of them.

They are the people who had the courage to admit that they were powerless over alcohol and had the wisdom to do something about it. Today, their sobriety and their moral courage provides them with enough faith in God to endure all things and to achieve a measure of peace and happiness.

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

Editor's Note: Edw. B., will be the speaker on Friday, September 10, at the Areawide Meeting. His splendid articles are used regularly in Central Bulletin and we recommend that you not miss hearing Ed on the 10th at the Cleveland Plaza Hotel.

TAKING INVENTORY

(Continued from page one)

flowering of egotism, the insistence on being boss, on running things our way. We have to guard against the refusal to co-operate because others won't accept our viewpoint.

Self discipline is a lifetime effort, even for non-alcoholics. It takes time to get the upper hand over bad habits of thought and action, and then we have to keep on guard continuously to see to it that we do not slip back or that we do not fall prey to the evils of egotism in other ways. That is why it is well to keep on taking inventory.

— Central Bulletin, May 19 4 6

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THE YEAR 'ROUND GIFT



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A SAD TRUTH

Some people know that they are drinking too much and are willing to admit it, but they are not willing to stop without making another effort to control it, in spite of the fact that they have failed in all previous attempts. They have friends who drink but never get into trouble, so they want to be like their friends. The fact is no alcoholic who has lost control of his drinking has ever found a way to control it.

Most alcoholics are using **the** myth that drinking is an essential part of social life. Today this idea is propagated in advertisements and particularly on television where the commercials are directed at the young people

because they are the potential drinkers who will keep the beer-makers in business. To make beer drinkers more alluring, they show young men and **women** in bathing suits, lounging on the beach with a bottle of beer in their hands to give the impression that drinking is necessary for gracious living.

Such commercials give some alcoholics the idea that only gentlemen can carry their liquor without getting into trouble. They **think** gentlemen don't drink that much so as to become ungentlemanly, but in trying to drink like gentlemen, they wind up in jail for ungentlemanly-like conduct.

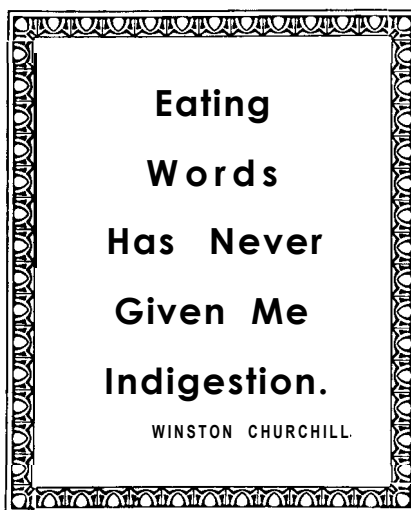
Some drinkers remember some of the good times they had and how alcohol sharpened their wits and made **them** the life of the party. So they try to bring back, these **so-called** good times with the help of

the bottle. Perhaps alcohol **makes** people more talkative and helps them to think of clever and amusing things to say which they otherwise wouldn't if they were sober, but it also handicaps them to a degree in expressing themselves intelligently, and perhaps if they could hear their remarks repeated after they sober up they would be mortified.

Some, alcoholics worry needlessly about what their friends will think of them if **they** stop drinking, and others worry about how they will spend their so called leisure time, should they stop drinking. They could devote their worries and concern to a better purpose if they would worry about the people they have harmed and spend more time in making amends to them. That would take care of their leisure time and their friends would show more respect for them. "The idea that their drinking **is** not hurting anyone but themselves is a mark of immaturity and the bearer of that mark has a great deal of unfinished character defects."

Another fallacy some alcoholics carry in their minds is that their friends will consider them weaklings if they

(Continued on page four)





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Harry D. pounder and Editor 1892-I 968



Vol. 34

September, 1976

No. 12

THE SPIRITUAL PHASE OF AA

The Spiritual Phase of AA to me, is a conscious experience. Not necessarily an elaborate or striking affair, but a sincere desire to know, to feel, to grow in a conscious scope and power toward sobriety.

It comes when an alcoholic, of his own choice, consciously changes his way of life, to a noble choice of Christian ideals.

A nourishing change of heart, to a new Way of Life, the AA Way.

There, you see, is a spiritual experience, a new ability, new might, seeking from a Power greater than yourself, the help that you need to carry on this new way of life. It changes weak and dispirited consciousness into strong, energetic will.

It is not enough to say that spirit is a conscious experience. It must be a noble emotion, directed toward the up-building of character as a whole in yourself and in others.

Its nobility lies in its scope, its rationality, its unselfishness, and its devotion to ideals. It is a movement of the mind away from the lower levels to higher ideals which will fit into our new personality.

It is not necessarily spiritual if it be regarded merely as one more interest and leaves our worldly habits unchanged. It may have to be mechanical at first. It does not become spiritual until it actually ennobles our life, and relates it to the Plan and Purposes of the AA Way of Life.

Nothing is more of a travesty on the Spiritual Power of AA, than a meager, poverty-stricken attitude, which is hardly more than a symbol. It must be sufficient, adequate, and must help us to discover the possibilities of the AA plan and help us to live up to the ideals for which it was formed.

A Rational Spiritual Experience means being consistent and normal in our behavior.

Neither Faith nor Emotion need be unreasonable. Being irrational is being deliberately exclusive, it closes our eyes to facts and truth, and is inconsistent.

From this definition, it is clear that the Spiritual Phase of AA is rational, inclusive, consistent and orderly.

It is a principle of self-control by ideals. Spirit, then, is Power, Inspiration, Freedom, and can be identified by its conformity to Ideals of Goodness, Faith, Honesty, and Reverence, and to our Four Absolutes.

If you can't write it down and sign it . . .

DON'T SAY IT!

MINUTES OF CENTRAL COMMITTEE MEETING AUGUST 3, 1976

Gene M., Moderator, opened the meeting with the Serenity Prayer in which he was joined by the members present. Roll Call showed that 46 persons were in attendance representing 44 groups. Purpose of Central Committee and the Twelve Traditions of AA were read by Vice-Moderator, Herman W. Minutes of the meeting of July 6th were read by the Secretary and minutes were approved and accepted as read. Treasurer was on vacation but a summarized report over the past two meetings was presented. This report also accepted as given. 137 speakers were supplied by the District Office for non AA meetings and groups — January through July 1976.

A moment of silent prayer was observed in memory of Murray S. who passed away this afternoon.

COMMITTEE REPORTS:

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

Areawide Committee: Bob W., Chairman. Next meeting will be Friday, September 10th at the Cleveland Plaza at 8:00 p.m. and we have a real old-timer leading. He is Ed. B. from Akron, Ohio and feels it is a real privilege to have been asked to come to Cleveland to speak at this meeting. Bob urged everyone to let people know about, this meeting as this man was so willing to accept and come over from Akron. It would be great for him to have a good turnout at this meeting to show that we appreciate the time he is giving us. He is 34 years sober and participated on the Old-timer's panel at Founder's Day in Akron, Ohio this year.

Central Bulletin: George M., Editor. Reported that at the end of July we had lost about one-half of the new subscriptions we had said we would need to keep it going — people failing to renew their subscriptions, etc. September's issue will be No. 12 of our 34th year which means that the October edition will start our 35th year of continuous publication. Central Bulletin is the oldest journal in AA and a continuous flow of subscriptions and renewals is its lifeline. He cited a couple of areas where notable increases had occurred by reason of group representatives and secretaries working hard to get subscribers in the response to our plea. He again referred to the lack of help, especially in setting up mailing procedures, and while volunteers are needed, a long-range basis is the only answer. At one of the Central Committee meetings suggestion was made that the format be changed. If this were done for purpose of reporting group news items, etc., it would be a great mistake, as there would be a continual consternation in meeting deadlines and satisfying every group that submitted copy. When Harry D. passed away, I inherited the job simply because of my past association with the Bulletin, and while it has been a work of love, with plenty of frustration and disappointment mixed in, the editor is getting older and no successor has come forward. The editor reported, by reason of necessity not desire, there would be an increase in subscription rates, probably October 1 — the amount to be determined. He also reported that considerable mail is returned, which is particularly costly now, because subscribers don't have the common courtesy of advising us of changes in address.

A lengthy discussion ensued in an effort to come up with suggestions for increasing subscriptions, providing help and continuing publication.

HOSPITAL REPORTS:

Rosary Hall: No representative present.

Bay View: John F., representative. Everything ok.

(Continued on page four)

PRAYER OF THE MONTH

Let me do my work each day and if the darkened hours of despair overcome me, may I not forget the strength that confronted me in the desolation of other times. May I still remember that bright hours that found me walking over the silent hills of my childhood, or dreaming on the margin of the quiet river when a light glowed within me, and I promised my early God to have courage amid the tempest of the changing years.

Spare me from bitterness and from the sharp passions of unguarded moments. May I not forget that poverty and riches are of the spirit. Though the world know me not, may my thoughts and actions be such as shall keep me friendly with myself.

Lift my eyes from the earth and let men not forget the use of the stars. Forbid that I should judge others lest I condemn myself. Let me not follow in the clamor of the world, but walk calmly in my path. Give me a few friends who will love me for what I am; and keep **ever-burning before** my vagrant steps the kindly light of hope.

And though age and infirmity overtakes me, and I am not within sight of the castle of my reams, teach me still to be thankful for life and for time's golden memories that are good and sweet; and may life's twilight find me gentle still.

— From the writing of Max Ehrmann

THE WORD IS SELF

"When I feel good about myself, I feel good about others." What a lift it is to our life when we **realize** the truth of this statement! We feel good about **ourselves** when we are being honest, accepting responsibility, using a talent in a constructive manner, and trying our best to make a contribution to life in general. If we become aware of what it takes to make us feel good about **ourselves**, then as "the day follows the night," we will live and act in a constructive manner, and this in turn will bring us deep feelings of satisfaction and fulfillment.

— From Silver Dollar, Fargo, N.D.

THE RIGHT TO BE WRONG

Failure doesn't mean you are a failure . . .
it does mean you haven't succeeded yet.
Failure doesn't mean you have accomplished nothing . . .
it does mean you have learned something.
Failure doesn't mean you have been a fool . . .
it does mean you had a lot of faith.
Failure doesn't mean you've been disgraced . . .
it does mean you were willing to try.
Failure doesn't mean you don't have it . . .
it does mean you have to do something in a different way.
Failure doesn't mean you are inferior . . .
it does mean you are not perfect.
Failure doesn't mean you've wasted your life . . .
it does mean you have a reason to start afresh.
Failure doesn't mean you should give up . . .
it does mean you must try harder.
Failure doesn't mean you'll never make it . . .
it does mean it will take a little longer.
Failure doesn't mean God has abandoned you . . .
it does mean God has a better idea!

— From Silver Dollar, Fargo, N.D.

— *Be a Bulletin Booster* —

DATES TO REMEMBER

SEPTEMBER

6-LABOR DAY

7—Central Committee, 8 : 00 p.m., Western Reserve Room Parish House, Old Stone Church, 2nd floor.

OCTOBER

5-Central Committee, 8 : 00 p.m.

SUBSCRIPTION INCREASE

Effective October 1 individual subscriptions to the Central Bulletin will cost \$3.50 per year. Group or bulk subscriptions will be increased to \$4.00 each — example: far 10 group subscriptions to one address monthly the cost will be \$40.00.

The Bulletin has deferred this action as long as possible and longer than really justified. Increased costs all along the line in printing, postage, box rental, permit fee, and numerous other incidental items made this decision imperative. Heretofore, many of these **costs** had been individually subsidized and this resource has dried up.

Central Bulletin is and has always been a quality product and it is our purpose to keep it so; however to keep it so we must pay the piper.

REALITY

Reality is one of the most vital **words** in my vocabulary, but only since I joined AA. In the days when I had not even heard of our program, Reality was one of the things which I avoided whenever possible. The Reality of my failure to manage my own life, the Reality of the harm I was doing to myself and to others and the Reality of my inability to drink in moderation: — **These** were facts which became the more unfaceable as it became the **more** obvious that they would have to be faced some day.

Through AA I have learned that an alcoholic must face Reality, and that Reality is usually less fearsome than fantasy. I have learned the Reality of God's help and power, the Reality of a living AA programme and the Reality of my obligations to others. I have learned that to ignore Reality and to live in an imaginary world is as dishonest, and therefore as fatal, to me an alcoholic as to lie or steal. I have learned that **life** at its worst cannot hurt an alcoholic half as much as alcohol.

— R. P., in Road Back, April 1949.

PARTS OF A BALLAD FROM AN INMATE AND AA MEMBER IN PRISON

I had no money or place to go
I had no family to love me so
So, I retrieved my gun from under my bed
and went to the Bank at Third & Merced.
(Parts deleted because of space limitations — Editor)
So half stoned and filled with booze
I felt "Hell, I've got nothing to lose."
So, I retrieved my gun from under my bed
and raised the barrel up to my head.
Then I cocked back the hammer and said goodbye
Still **knowin'** that this was a bad way to die
Then my conscience said "Wait, here is some news!
Let's talk to some people who have different views."
So I went down the street the very next day
and attended a meeting, it was called "AA."
I met some people whose stories matched mine
and now we're together, having a great time.

— Mike McC., from Good News, San Francisco

PREJUDGEMENT?

A woman was being examined in court for jury service. "I'm sorry, Your Honor," she told the judge, "but I can't serve on this jury. You see, I'm against capital punishment."

"Maybe you don't understand," the judge told her. "This is a civil suit brought by a wife to recover five thousand dollars of her money spent by her husband on gambling and on other women."

"Oh," said the woman, "in that case I'd be happy to serve on the jury. I could be wrong about capital punishment . . .!"

CENTRAL COMMITTEE MINUTES —

(Continued from page two)

Brecksville: Bill H., representative. Everything's quiet. Mentioned again the daytime meetings that are held on Tuesdays and Thursdays and would like some support for these meetings.

Merrick Hall: Minnie C., representative repeats that everything is going well out there, plenty of patients and keeping pretty full. On August 16th they will begin to have vitamin shots. The ex-patients will be permitted to have the shots as they wish. All of the women who want to get their vitamin shots there will have to have a prescription so they can have it on file. This is a requirement of the hospital. Shots will be given on Monday and Friday from 10:00 to 12:00 and on Saturday afternoon from 2:00 to 4:00. The charge will be \$1.00.

New Business: Dick F. had a suggestion for the next **Areawide Meeting** that they should consider having an **Areawide** old-timer's night, inviting the members having thirty years or more of sobriety and give them an opportunity of a minute or so for them to express their views.

N. E. Ohio General Service: John T. B. opened by commenting on the Ohio State Conference and thanking everyone who helped over the Conference weekend. The 1977 State Conference will be in Columbus, Ohio. October 8, 9 and 10 there will be a five state meeting in Milwaukee, what we call a Regional Convention. Ohio, Illinois, Indiana, Michigan and Wisconsin will be included. This is the second one of its kind. The next meeting of Northeast Ohio General Service will, be at Brecksville American Legion Hall — Sunday, August 15th at 2:00 p.m. Everybody welcome.

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

Imogene P., Secretary

VIRTUES THAT WASH

In the days before fast-color dyes had been developed, women made dyes from herbs, berries and roots. Only a few dyes made in this manner were fast-color, and they were eagerly sought after, since the others faded.

When a child was born in a minister's family in Puritan New England, the father wrote the baby's name in the old family Bible, and beside it this wish: "May the Lord endure her with virtues that wash."

In language comparing virtues to fast-color dyes, the minister was expressing the hope that his daughter would possess such stable virtues that they would not fade in the repeated launderings of life, but that they would remain to the end as pure and wholesome as they were at the beginning. Too often our characters are so weak that our much vaunted virtues and lauded goodnesses grow dimmer and dimmer as they are laundered in the suds of temptation in the washtub of life.

In his progress away from barbarism man has sometimes unwisely divorced himself from virtue and goodness, when what each of us needs is a generous supply of virtues that wash — conviction that will not be shaken, principles that stand firm.

Possessing virtues that wash, we are ready for the world.

— Lee Bennett

A SAD TRUTH

(Continued from page one)

stop drinking. They should dismiss that thought and consider what their friends think of them when they get drunk and lose control of their legs and tongue. Society looks at people as weaklings when they lack the courage to admit their mistakes. We all need moral courage, not only in personal adjustment, but also in our relationship with God.

Alcohol will always be here and there will always be some people here to drink it. There will also be some people who will drink too much and be afraid to admit it. There will also be people who will not drink and not care what others may think of them.

They are the people who had the courage to admit that they were powerless over alcohol and had the wisdom to do something about it. Today, their sobriety and their moral courage provides them with enough faith in God to endure all things and to achieve a measure of peace and happiness.

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

Editor's Note: Edw. B., will be the speaker on Friday, September 10, at the **Areawide Meeting**. His splendid articles are used regularly in Central Bulletin and we recommend that you not miss hearing Ed on the 10th at the Cleveland Plaza Hotel.

TAKING INVENTORY

(Continued from page one)

flowering of egotism, the insistence on being boss, on running things our way. We have to guard against the refusal to co-operate because others won't accept our viewpoint.

Self discipline is a lifetime effort, even for non-alcoholics. It takes time to get the upper hand over bad habits of thought and action, and then we have to keep on guard continuously to see to it that we do not slip back or that we do not fall prey to the evils of egotism in other ways. That is why it is well to keep on taking inventory.

— Central Bulletin, May 1946

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THE YEAR 'ROUND GIFT



35 BUT NOT HOLDING

Sometimes it does seem that anniversaries in AA are overemphasized, whether by individuals or groups, etc., for the underlying truth of the matter is that we are continuing to perform in a manner it was intended we should.

Yet, as long as we don't take ourselves too seriously with respect to such, we can get somewhat righteous satisfaction in achieving the milestone being observed.

In this writer's opinion anniversaries observed (after the first, of course), in five year segments take on more significance and meaning that if we were to make much of them annually.

Observing anniversaries in sixty month segments is a reflection generally that we have been doing some things right for a more sustained period for greater satisfaction.

This issue of *Central Bulletin* marks the start of its 35th year of continuous publication and in marking it, we do so in gratitude to the many, many people who have contributed so much in time and in talent to bring *Central Bulletin* so far in its purpose to help members not only attain, but to maintain and sustain sobriety in a way of life of continuing rewards.

There have been many frustrations over the years (and there still are) but all of those really concerned have been doggedly devoted in keeping this entity of service alive and going.

That it has been a work of love and devotion is without question, for that is what it takes to make a volunteer undertaking such as this has been the instrument that it was intended to be at its founding.

Had the motivation been for profit and monetary return, it would have expired long ago. And had the staff been other than volunteers, costs would have dictated its demise.

In our caption we say we are "35 But Not Holding." This alludes to our 35th Anniversary, and hopefully predicts that the time, talents and efforts required will be available for *Central Bulletin* to continue into perpetuity.

This can be fact, but only if the present generation of members of AA in this area come forward in love and with devotion.

Love for the program and for carrying the message of sobriety and devotion of all and sundry for the important task of fulfilling the expression of that love.

Too few have shared the load in the past, we trust there will be hundreds for the future of *Central Bulletin*.

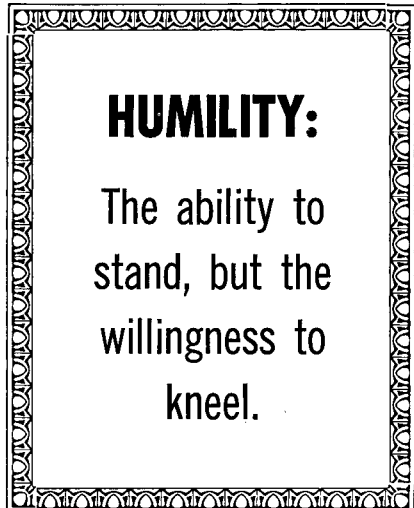
WINDS OF CHANGE

Whenever a financial enterprise is launched there are invariably individuals waiting to invest their cash on the assumption that "money makes money." If the dividends are not to their liking, they immediately come down on the management to find ways and means of reducing costs to increase profits. Consultants are brought in and steps are taken in order to mold the enterprise to suit the pockets of the financiers. Only then do the investors let up and allow the businessmen to get on with the job of running the scheme.

In a similar manner we are all investors in AA. The returns are infinitely more valuable than dollars and cents, but like financiers, too many people in AA feel they are not getting a high enough dividend to compensate for the investment. Those complaints are not confined to any particular place or individual. They are likely to come from a loner in Rhodesia, or a member of a three-man group in Australia, as from a huge Inter-Group in America. The complaints always call for alteration concerning the AA way of life. Let's change this or that to give AA a brighter image; to improve the Serenity Prayer; to reduce the Steps to six or increase them to sixty; to change the Traditions; send all the slippers to the salt mines. The list is endless.

Fortunately, it is only on rare occasions that the proposals are the work of people looking for self-aggrandizement. More often, they are brought up by well intentioned AA members, who want to see dividends increased for all the shareholders. Immediately an opposition is set up, with probably brighter ideas. These disagreements can only lead to lowering MORALE all around — something we cannot afford to let happen in AA.

Principles and teachings like the Twelve Steps, the Twelve Traditions, and the Serenity Prayer are already in their basic form. They are SIMPLE rules for simple people and placed in the scheme of things for guidance rather than the dogma of a drill book. Unless they are accepted for what they are, their very simplicity makes them vulnerable to change by well meaning individuals, whereby the whole concept is altered. These rules are not rules in the normal interpretation of the word, but they function as adequate guides, purely because of their natural simplicity. The proof is evident in the existence of well over half a million souls who had found salvation long before the exponents of change arrived on the scene. The argument that certain fundamental truths in AA are outdated and need modernizing just "do not hold water" with the overwhelming proof of success every time the World Directory is checked.



HUMILITY:
The ability to stand, but the willingness to kneel.

— Be a Bulletin Booster —

(Continued on page four)



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Harry D., Founder and Editor 1892-1968



Vol. 35

October, 1976

No. 1

18 AND 18 = THIR(S)TY SIX

In 1858 (the story goes) the Board of St. Andrews sat in conference, debating the question of just how many holes a golf course should have. After hours of fruitless argument, one of the Elders arose and spoke somewhat as follows.

"Gentlemen, you have been deliberating the situation all day, and I had hoped you would arrive at a decision that I might agree with. Now, I see that I must set before you, my own views."

"You all know that it has been my practice to begin a round of golf with a full bottle of Scotch whiskey in my bag. Of course, you must understand that our rigorous climate makes it necessary for me to have a warming nip at each tee."

"I carry with me, too, a small glass which will hold about an ounce and a half, when filled so full that not one drop of whiskey may be added."

"So long as there is a drink left in the bottle, naturally I find it pleasant to continue my game. On the other hand, I feel, once the bottle is empty, it would be injurious to my health to play any longer. I find that a bottle of whiskey will fill my glass, just 18 times, so each day it has been my pleasure to play eighteen holes — not one less, not one more."

"Gentlemen," the old man concluded, "I can think of no possible way that I may alter such a beneficial and pleasant custom, unless, perhaps, the whiskey bottle may be made larger. That I fear, the manufacturer would not agree to do."

So, the St. Andrews golf course came to have eighteen holes, and other courses were patterned after it. Change is inevitable, however, and the eighteen hole course has been relegated to oblivion. A good round of golf today, as everyone knows, must include a nineteenth hole.

Having read the above and being a golf fanatic I must add the following comments.

Times have indeed changed for some of us whether the rules have been changed or not. I can remember quite well when I too was ever thirsty at every tee regardless of the weather conditions.

Our foursome every Sunday now, plays for what the game has to offer, fine sportsmanship, good fellowship and the real enjoyment we receive when playing within the rules of AA and not those as once advocated by the Board of St. Andrews.

We pay, we practice and we play to get that hole, eighteen times a round and we succeed and each of us comes in a winner because we finish par for it is "Sobriety."

We must play and work at all times under the rules as sanctioned by AA regardless of playing or living conditions.

— Frank J., Editor, Akron (0.) Intergroup News

MINUTES OF CENTRAL COMMITTEE MEETING SEPTEMBER 7, 1976

Meeting was opened by Moderator, Gene M. who led the members in the Serenity Prayer. Roll call showed a total of 32 members in attendance. Herman W., Vice Moderator, read the Purposes of Central Committee and the Twelve Traditions of AA. Minutes of the August 3, 1976 meeting were read and accepted. Month of August 1976 Treasurer's Report was given showing a balance in the Treasury of \$307.28. This report also accepted as given. 139 speakers have been supplied by the District Office to non AA groups through August 31, 1976.

COMMITTEE REPORTS:

Action Committee: Dick F., Chairman, presented the matter of the Twelve Step Center, Inc., of Lakewood who are trying to start a club. The group violated Traditions by using our Secretaries list to notify the different groups in our area of the meeting they held on Aug. 19th. The office received an apology for this error. Also an article had appeared in the Lakewood Sun stating that Alcoholics Anonymous were making a bid to buy property for this club which was also an error. The Committee came to the office regarding this infraction and were going to demand a retraction by the paper and we were to get a copy. We do understand that a retraction was printed but, to date, the District Office has not received copy.

Areawide Committee: Bob W., Chairman announced that our Areawide meeting is Friday night, September 10, 1976 at 8:00 p.m. at the Cleveland Plaza. Ed B. is coming to lead. He has an excellent lead — AA all the way — as witness the articles used in the Bulletin. Attendance is urged, suggestion that everyone in attendance here tonight call and invite a few people to attend with them. It will be an evening well spent. Too many people in AA do not know, or wish to know anything about our Areawide Meetings and for that matter, what our Central Committee is all about. Great effort is taken by the Chairmen of the Areawide Committee to see that a very worthwhile speaker is on hand but the effort fails when our fellowship chooses to ignore these meetings. To import a speaker, even though they are most willing to come, and then have a low attendance does not speak very highly of our AA enthusiasm here in this area. Plea made that these meetings be promoted to the utmost so that they can become, once again, worthwhile and an event to be looked forward to. All members in attendance tonight were to carry this message to the groups they will be attending up to Friday night. Ed B. has 34 years of sobriety, a real old-timer. He is from Akron, Ohio.

Central Bulletin: George M., Editor. Most of the information was contained in the minutes of the August meeting but he did add that the August expirations were very heavy. Please note on your labels when you receive your Bulletin that if 'Sep' is marked twice on your label — or if "Oct." is marked twice on your label that it is time to renew your subscription. It is necessary, beginning October 1st to increase the price of the Bulletin to \$3.50 a subscription and \$4.00 per subscription for the bulk mailing. This has to come about because of increased cost all the way around. Those who move and do not inform the Bulletin of their change of address will find that their subscription is automatically suspended. There is a great loss on returned mail.

HOSPITAL REPORTS:

Rosary Hall: Ray B., representative, was asked to announce new meetings that will be starting at Rosary Hall on Monday, September 13th at 6:00 p.m. and

(Continued on page four)

PRAYER OF THE MONTH

Help us, O God, to be ever aware of your presence to guide and lead us that our own hurts may be overcome and that we may be your instruments in helping others whose hurts need healing; in doing so, we pray to be enabled to share your fulfilling love. Amen.

CONTENTMENT

A real contented man has his yesterdays all filed away, his present in order, and his tomorrow subject to instant revision.

MY GUIDE

I know not the way I am going, ■ But well do I know my Guide! . With a childlike faith do I give my hand . To the mighty friend by my side. . And the only thing that I say to Him ■ As He takes it, is Hold it fast! ■ Suffer me not to lose the way, ■ And lead me home at last.

YOU AND YOUR THOUGHTS

What is on your mind? There is something on our minds every waking instant of the day — it is as natural as breathing.

Our thoughts are unique in that, they are like our fingerprints. As we live them out, we leave evidence behind as to what we are thinking. Thoughts possess great and tremendous potential for good and evil, so that is why an alcoholic must be selective about his thoughts because the faculty of thinking is the key to our sobriety.

What thoughts do we have about being an alcoholic? First of all, we can not let our thoughts lead us to believe that we not a member of the human race — that we are not normal husbands, wives, fathers, mothers or whatever other person society calls on us to be. When given free reign, thoughts can easily con us out of the human race and into thinking "I'm just a poor alcoholic — what more can you expect of me." Or, "No, I didn't get that done — but you know us alcoholics, we are all procrastinators." And how many spouses are so happy that we are home and sober that we have them jumping through hoops because we use the "poor alcoholic" attention getter.

Are these the "fingerprints" we are leaving behind? If so, we are not maturing in the AA program. We are most likely falling back into the land of fantasy where we are in the driver's seat and the sky is not cloudy all day. We can't use our illness as an excuse for non-performance in our daily living. Negative thoughts, negative living. Positive thoughts, AA living. The Twelve Steps of AA, embodies a set of principles that we must accept and practice if we are to live a sober, happy, useful life. *In accepting these principles we become worthwhile human beings, maturing in the ability to accept responsibilities and dependable.* The world is crowded with immature people who can't be counted on, who break promises and substitute alibis for performance. We cannot afford the luxury of being one of them, unless we want to be "just" that "poor alcoholic." Be a rich alcoholic the AA way.

AA has many well thought out slogans and phrases that have been of help to all of us. Another one has been suggested. "Damn It. Do It" — and leave behind some positive FINGERPRINTS.

— New Hope

DATES TO REMEMBER

OCTOBER

8-9-10—Regional Convention, Milwaukee, Wisconsin.
&—Central Committee, 8 : 00 p.m., Western Reserve Room, 2nd Floor, Old Stone Church.

NOVEMBER

2—Central Committee, 8 : 00 p.m.
21—Gratitude Sunday, N.E.O.G.S.C., Lorain, Ohio.

SUBSCRIPTION INCREASE

Effective October 1 individual subscriptions to the Central Bulletin will cost \$3.50 per year. Group or bulk subscriptions will be increased to \$4.00 each example: for 10 group subscriptions to one address monthly the cost will be \$40.00.

The Bulletin has deferred this action as long as possible and longer than really justified. Increased costs all along the line in printing, postage, box rental, permit fee, and numerous other incidental items made this decision inoperable. Heretofore, many of these costs had been individually subsidized and this resource has dried up.

Central Bulletin is and has always been a quality product and it is our purpose to keep it so; however to keep it so we must pay the piper.

THIS TIME

As practising alcoholics we are not very good at handling Time.

We evaded it, we squandered it, we juggled with it, we dreaded it. It was our enemy, unmanageable, never on our side because we had such twisted notions about it. We treated it as if it were stretchable, elastic, would stand still at our bidding (like Canute with the waves). We were in control . . . or would be, next time. You could say the whole trouble arose over our abuse of Time; wanting, demanding, taking (but mostly unwilling to pay for) NOW what belonged to Time (Future).

Past Time consisted of remorseful or self-pitying recollections which needed blotting out. Future Time was crowded with things dreaded, and the anticipation had to be dulled.

Time Now is different, because Now is different. It is, indeed, a strange new Now, when I am neither drinking nor planning to drink. NOW is all mine, freehold, to do the immediate things that are necessary Today; to deal with the priorities of living. And they are DOING, not repining nor just planning.

I am no longer afraid of Time. So long as I do not take that first drink and try to the best of my capacity to practise daily all the Twelve Steps, Time is no longer an enemy. It is even on my side. When things are difficult, Time is passing; I know from my past experience and that of others in this Fellowship, and the never broken promises of AA, that the squally weather will not, last too long. When things are going well, I am becoming trained to remember that I cannot hang on to them that way either. And that is good, too, because wanting to hang on, to prolong pleasure and success had invariably led me to the bottle.

Time is my friend. It brings the constant change and variety that is Life; the alteration of day and night, of the seasons, of sun and shadow, of joy and pain. And because we are human beings, these alterations are part of the whole fabric of our living. Without an appreciation of them and Gratitude for them, we are only partly living. Reality and Time, in which it is presented, are alright for me now in Recovery. It is up to me, my willingness and my effort in this programme to ensure they stay that way.

— J. R. (Bristol), in Road Back

LOOK OUT FOR THAT FIRST ONE!

Jim walked down the track on a dark and foggy day; Didn't notice the freight that was coming his way. The fog was so thick and the light was so dim — that 200 box cars rolled right over him. (It wasn't the last car that fixed him) . . . IT WAS THE FIRST.

Jack rode out in front of some cattle, north bound; His horse struck a hole and threw Jack to the ground. This startled the herd which stampeded in fright, and 3000 steers trampled poor Jack out of sight. (It wasn't the last cow that got him) .IT WAS THE FIRST.

Bill traveled to Switzerland, on holiday bent, — to the foot of the Matterhorn mountains he went. Some boulders worked loose near the peak of the hill; Now 5000 tons lie on top of poor Bill. (It wasn't the last rock that did it) . . . IT WAS THE FIRST.

As with these poor souls, so with drinking it goes; You blame the last drink for all of your woes, But the harm that results from quenching your thirst, Never comes from the last drink, but always from the first.

Sobriety News

WINDS OF CHANGE

(Continued from page one)

Belief and acceptance of AA principles should be compatible with the blind faith of a child. They are well thought out, on a well designed pattern, planned for the rehabilitation of drunks. While improvement and corner cutting in business circles will lead to better dividends, the best way to show profit in AA is to accept what we have and consolidate on that with thankfulness.

Wherever dissatisfaction arises, it would serve well to remember the oldtimers who, with certain Divine guidance, composed the ideas and writings which were to lead to our sobriety when all else failed. If nothing else, maintained in their original form, these ideals will serve to remember those pioneers, who have done so much for us by having it all worked out.

— Basil W., in Akron (0.) Intergroup News

EXECUTIVE

Many of us tend to be like the deacon who wound up a long prayer by saying, "Use me, Lord, use me in Thy work . . . especially in an advisory capacity."

Support Your District Office

AA CENTRAL BULLETIN ORDER BLANK. Please write distinctly. . . or print . . . to avoid errors. Date Name Address Street City Zone No. [] One Year at \$3.50 Amount enclosed \$ Mail to Central Bulletin, Box 6712, Cleveland, Ohio 44101 THE YEAR 'ROUND GIFT

CENTRAL COMMITTEE MINUTES

(Continued from page two)

Thursdays at 10:30 a.m. These will be family meetings or family counseling meetings for the wives and older children of the in-patient of the hospital. These meetings are for the purpose of explaining alcoholism to the family of the person in for treatment. Hopefully, sometime in the future, there will also be Alanon and Alateen meetings. There is an expansion going on at the hospital that involves 9400 square feet for the patients. There will be no added beds but exercise rooms, larger coffee rooms, counseling etc., are included in the overall picture. There has been no date set on the completion.

Bay View: John F., representative. Seems everything is quiet. The complaint of the television being on was an issue. Actually, this television should be enjoyed by the patients when there are no visitors and when there are no meetings to be attended by the patients. Under no circumstances should the patient be permitted to view a TV program and miss a meeting. After all, the main concern, for the patient should be the return to health or a more permanent basis. Meetings are very important to make this a reality. Matter will be followed with the staff at the hospital.

Brecksville: Bill H., representative. All quiet.

Merrick Hall: Minnie C., representative. Everything is going along beautifully at Merrick Hall. Urge women who want to get vitamin shots there to come in. The prescription for the vitamin shots should be obtained from your family physician and this needs to be done only once so that the hospital can have it on file.

NEW BUSINESS: District Office Secretary, Dick P. stated that most of the things that come up at these meetings and to our attention here that we must discuss — comes from the fact that the basic AA program is being overlooked and therefore not understood by most members. The Big Book, Twelve Steps and Twelve Traditions and the AA Way of Life are books that if read and understood would enable most of us to be more aware of what to do when all of these inconveniences arise. Suggestion made to Central Bulletin editor that perhaps money spent on reminders to those whose subscriptions are about to run out would pay off in the end. This works most successfully for the office when we send out our reminders on the Group pledges. A lot of the members do forget and we find that they are pleased that we do remind them.

N.E. OHIO GENERAL SERVICE: In the absence of John T. B., Vivian S. gave the report. Reminding once again of the Regional Convention coming up October 8, 9 and 10 in Milwaukee, Wisconsin. Copies of the registration blanks will be made and left at the District Office. They can be obtained there and taken out to groups. Saturday and Sunday, December 4th and 5th, (approximate date) General Service is having a mini conference at the Sheraton Cleveland. Registration will be \$3.00. This is a workshop conference in understanding what the delegate experiences at the General Service Conference in New York. The Twelve Traditions will be discussed and explained. Gratitude Sunday will be November 21st at Lorain, Ohio. Announcements will be sent out to groups. September 19th at 2:00 p.m. there will be a General Assembly meeting at the American Legion Hall in Brecksville.

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

— Imogene P., Secretary



THE SEARCH FOR HAPPINESS

Opinions differ from age to age as to what happiness is. Popular “how to” books of the 18th century were chiefly concerned with the subject of how to die a good death; those of the 19th century moved on to the subject of how to make a good living; and those of the 20th century are devoted to telling us how to live happily.

Many people — perhaps the majority of people — would say that the greatest happiness they could achieve would be freedom and ability to do what they want to do. That is not a very good description of happiness, because it is difficult to be sure just what one wants today, let alone next year and twenty years from now.

Human beings are changeable. What may seem the supreme material good today may be completely out of date within a few months.

WHAT IS HAPPINESS?

Happiness arises largely from the mental qualities of contentment, confidence, serenity, and active goodwill. It includes the pain of losing as well as the pleasure of finding. It thrives best in a crowded life. The men and women who are recorded in history and biography as most **happy** were people with always somewhat more to do than they could possibly do. Every waking hour of their lives was occupied with ambitious projects, literature, love, **politics**, science friendship, commerce, professions, trades, their religious faith, and a thousand other matters. The secret of happiness may be found by making each of these interests count to its utmost as part of the fabric of life.

Aristotle summarized this view in his *Ethics*, written in the hey-day of Greek thought 2,300 years ago: Happiness lies in the active exercise of a man's vital powers along the lines of excellence, in a life affording full scope for their development.

We need to avoid the extremes of sluggish placidity and feverish **activity**. We are not going to be satisfied with felicity which resembles that of a stone, unfeeling and unmoving, but will look back from future years with sorrow and regret if we run to and fro, giving in to what Socrates called “the itch.”

Happiness obviously includes two sorts of behaviour: active and passive. We may say that the active part consists in searching and sharing, while the passive part is made up of security and possession. Neither part is complete of itself, and neither yields full satisfaction if it is over-emphasized. Philosophers from the ancient

(Continued on page six)

AGREE OR DISAGREE?

Recently, I heard a speaker at an AA meeting deride all the churches, the clergymen and all the people who support th church. He actually spent most of his time ridiculing the people who are conforming to their religious belief, and he told his listeners that going to church was a waste of time. At another meeting, a speaker said that there are no musts in AA, and he added that if his sponsor would have told him there **were** certain rules he would have to follow to stay sober, he would still be out drinking. The truth is that life is full of musts and there are many things we must do if we want to live in **peace** and **harmony** with others.

Most alcoholics considered themselves rebels in their drinking days and a few of them dribbled into AA with their rebellious attitude and refusal to conform to the AA principles. They wanted to hold on to their ingrained inclination of setting themselves up against the accepted normal conventionalities which most people accept as an established pattern of life. Most alcoholics are rebels in name only. Mostly a carry-over from their drinking days. They are holding on to their rebellious attitude because they think it makes them stand out from the crowd and separates them from ordinary conforming mortals.

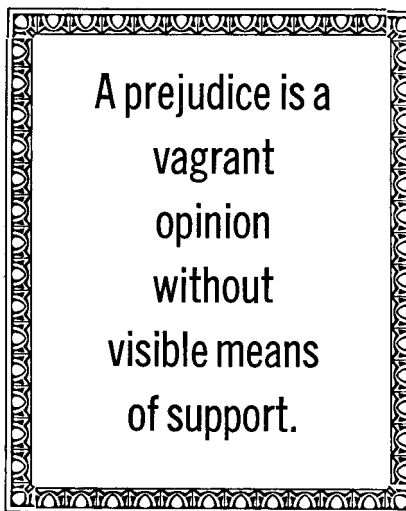
However, no matter how long and hard we sneer at the established social and economic patterns followed by most people, we will never free ourselves completely from the habit of doing the daily things most

people are doing. We are controlled just as much by the traditional standards as the standards we are fighting against. Most of the rebellious men and women are the people who came into AA just to satisfy their wives or husbands, or to avoid penal confinement. So, they stay sober but continue to mourn for their so called lost paradise rather than accept the AA principles as a necessary part of their lives.

So, when we start mourning for the good old days, we should pause and look back to our drinking days when we were prisoners rather than rebels. We had lost control over alcohol and as a result our lives became unmanageable. We should look back at the many times we sat in some gloomy saloon, looking out through a dirty window, with envy at the people who were conforming to the daily normal standards. We wanted to be free like our neighbors and friends and do the same things which they were doing, but we did not know how to rid ourselves from the curse of alcohol. So, we prostrated ourselves at the wailing-wall of self-pity and resentment.

There are times when every human being disagrees

(Continued on page five)





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Harry D.. Founder and Editor 1892-1968



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LET'S FACE IT

Like a watchman, who carries keys for locking or unlocking vital areas, we in AA also have catch words which might be called key phrases. We all use these from time to time: "Live and Let Live"; "Think"; "But for the Grace of God"; "First Things First"; "Easy Does It."

Another phrase we often hear around AA is "Let's Face It." I like that one, because it denotes some action and that AA is **beginning** to work for us. What is it that we usually have to face? Sometimes, it is bill collectors, again it may be someone we harmed by our drinking, or maybe a summons from a court for a law violation. It may be a change to be made from the sordid way of life that marked our drinking. **Whatever** we must face, the words denote plurality and we come to the realization that we are not alone anymore, and we get the courage to change the tings that we can.

"Let's Face It" is also a common denominator that we have all used. Everyone that has contact with AA for any length of time has had to face certain things. We have to face that we are alcoholics and what that means to each of us.

Few people like to be different from his fellow man, but let's face it . . . we are. For some of us, it took a long time before we could accept the fact that we are alcoholics, and until we did, we had trouble with the law, the boss, the family and with our friends. We tried to drink along with our associates, but we drank as if an accident was about to happen. It usually did. Until we faced and accepted the fact that it might be all right for the other fellow to drink, but for us it was trouble.

"Let's Face It," if we accept AA, it means that we can't ever take a drink again. Ever is a big word for us, especially if we are new. It means for days, months, years, ad infinitum. It is just too big to think of at first. Here is where we grasp another one of those key phrases . . . "just for today." It seems to have worked for many of us.

So, we will close this with a positive, note. "Let's Face It," isn't this way of life much better than it used to be?

— Russell G., Huntington Park, Calif.

APPRECIATION

Never let yourself get caught in the trap of planning for and thinking about the future so much that you have no time to appreciate each day. It is helpful to set aside some time daily to cultivate and feel a strong appreciation for your home, family, friends, sunshine, fresh air, or the smallest event of the day that brings you satisfaction. If you practice this until it becomes a habit, you will find that your general attitude is one of appreciation for life. Your best insurance against wasting any day is to greet each one with appreciation.

MINUTES OF CENTRAL COMMITTEE MEETING OCTOBER 5, 1976

Moderator Gene M. opened the meeting with the Serenity Prayer. Roll call showed 50 persons present. Herman W., Vice Moderator read the Purposes of Central Committee and the Twelve Traditions of AA. Minutes of September 7, 1976 meeting were read and approved. There was no Treasurer's Report given at this meeting.

COMMITTEE REPORTS:

Action Committee: Dick F., Action Committee Chairman, informed the group of a new de-tox hospital being opened in Akron, Ohio. It is the Edwin Shaw Hospital. No Hospitalization Coverage — it is a cash deal: 4½ days for \$350.00 which can be paid in installments. They also offer a 28 day treatment period. Withdrawal will be librium. An AA member will speak weekly.

Areawide Committee: Bob W., Chairman, stated that attendance was not too high at the last meeting. The people who did attend heard a very good lead. The probable date of the next meeting is Friday, December 10, 1976 — speaker not selected but urged better attendance.

Bay View Hospital: John F., representative. There doesn't seem to be any complaints. The matter of the TV mentioned in the minutes of the September meeting was brought up with the hospital and no definite disposition was made.

Brecksville: Don E., representative. Attention was called to the fact that the patients out there are in need of AA help and it has been a very difficult job to get members to come out and help. The many meetings they do have out there now in trying to get AA involvement and AA indoctrination is an improvement inasmuch as they are having many repeat patients and they would really like them to accept AA in their lives.

Merrick Hall: Minnie C., representative, said that everything was going along very well. Attention was called that former patients of Merrick Hall did not need a prescription from their doctor. Also have aftercare for the former patients on Thursday afternoons.

N.E. Ohio General Service: Greg P. gave the report. A reminder on Gratitude Sunday to be held November 21st at the UAW Hall in Lorain. Nominations were held for Regional Trustee and General Service Trustee. John B. was nominated for Regional Trustee for the East Central Region and Shirley S. was nominated as the U.S. General Service Trustee. Mini Conference to be held December 4 & 5 at the Sheraton Cleveland. Bob P. will be the main speaker. There will be elections for new General Service panel at October 17, 2:00 p.m. meeting.

Larry L. made the announcement that Mary S. would no longer be an employee of the District Office. Her doctor has told her "no more work." All who know Mary, especially he co-workers at the office, are deeply saddened. Mary is a very dedicated worker and has been for a good number of years. She started her work at the District Office at the time when only volunteers were being used. Mary will be in all our prayers.

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

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 9, 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

Help us, Oh God, to feel the security of your love and the comfort of your presence. Amen.

RESENTMENT AND UNREALITY

Alcoholics are just ordinary people, only more so. Non-alcoholics get emotional upsets, resentments, attacks of hurt pride just as alcoholics do. But somehow they rid themselves of or override their shortcomings without going to extremes. The alcoholic feeds these emotions, resentments and hurt pride until they reach a point, where escape into unreality become a MUST to him. He seeks it in alcohol, because he has found that drink can bring him into a world where he is boss and can give the orders; where all things run his way and where his superior intelligence is acknowledged. In this unreal world of his, he can outact Gielgud, outsing Gobbi, out-ride Lester Piggott or outplay Bobby Moore . . . until reality remorselessly steps in again and crumbles his dream. Then follows remorse and horror, a period of frightened sobriety, and all too soon the cycle starts again.

When the 'dead certainty' for the 3.30 has once more proved its adjective appropriately chosen, it is sometimes a little hard to prevent a wave of resentment from surging up against the horse, its owner, trainer and the cause of the backer's loss. He did not back his fancy rider. But at least the resentment is the effect and not out of resentment to the horse.

An alcoholic, who is someone who cannot guarantee his control of drinking once he has started it, is in the position of a punter doomed always to back a loser. Once he has developed **alcoholism**, he has no more hope of winning out against alcohol than a cripple has of winning an **Olympic** sprint title. But in the alcoholic's case, resentment very **often** plays a most important role in his decision to take again that first drink which has always been so tragic for him. Resentment over grievances, real or imaginary, drives him to seek relief and escape into a dream world of his own through drink.

When his bout is over, his problem still remains to be faced. No one ever yet drank himself out of trouble.

— From the Road Back, Dublin

TACT

"Cultivate tact," once wrote Baltasar Gracian, "for it is the mark of culture . . . the lubricant of human relationships, softening contacts and minimizing friction."

The ancient Chinese used to tell the following story to illustrate the essence of tact. A sultan called in one of his seers and asked how long he would live. "Sire," said the seer, "you will live to see all your sons dead." The sultan flew into a rage and handed the prophet over to his guards for execution.

He then called for a second seer, and asked him the same question. "Sire," said the prophet, "I see you blessed with long life, so long that you will outlive all your family." The sultan was delighted and rewarded the seer with gold and silver trinkets.

Both prophets knew the truth, but one had tact, the other did not.

HOW LOVE SHOULD BE

A little girl doesn't expect a declaration of affection from her doll. She loves **it**, that's all!

— Remy de Gourmont

NATIONAL AA WOMEN'S CONFERENCE

The Sheraton-O'Hare Motor Hotel, Chicago (Rosemont), Illinois will be the site on February 25 through 27, 1977 of the National AA Women's Conference.

For further information write: Women's Conference Mailings, 2726 Sayre Ave., Apt. 2, Chicago, Ill. 60635.

WILLING TO CHANGE

The chairman of our meeting was talking about the necessity to change, and he went so far as to say that our personalities should change to become sober. I was immediately ready to contradict this; but it is necessary in AA to let everybody have their say and even to allow someone to be wrong. Of course I knew what he meant to say, but his wording seemed wrong.

Then I realized that the word Personality can mean different things to different people. What he was speaking about were traits of character and habits that were defeats of manners and of course expressions and actions of our part which showed our selfishness and self-centered egos. Yes, we must be willing to have these defects taken from us, "entirely willing," and indeed I often said to myself (the tongue in my cheek and a wrinkle in my eye), that I was entirely willing to let God change me . . . to make me perfect . . . knowing that this was entirely unlikely. The other meanings which I had attached to the word Personality always implied to me the essential and outward signs of a person's spirit . . . the flowering of the person into their own style and the showing outwardly of good and attractive qualities. I have in mind such things as the member who has an irrepressible quickness of humor and wit; the innate kindness or gentleness of another; the intensity of concern and piercing sincerity of others. These are the good qualities which blossom and grow in freedom. As we used to say, God allows us to become what we were intended to become.

These things become possible when we are freed from the **necessity** to lie and withhold truth . . . when we have the freedom to say Yes or No to any choice in life, freed from some defects.

— SM. — in Road Back

UNFINISHED LAND

The wisdom of God is shown in that he left the world unfinished that we might have the interest and delight in taking the **Raw** Material and putting the world together. He left the oil in the tap rock, the aluminum in the clay, the paper in the pulp, the electricity in the clouds. He left the forest unfelled, the mountains **un**-surveyed, the canals undug, the tunnels unbored. He left the fields unplowed and unplanted. He left the music unwritten, the poetry undreamed, and the drama unplayed. He left inventions unapplied and cities unbuilt. He left mind and character unperfected, that we might really be the children of God — created in His own image, with latent powers to take the Raw Materials and put the old world together.

SUCCESS

Success has a much broader meaning than becoming rich and powerful or outstanding in some field. We need a daily success quotient in order to live with **our**-self peacefully. We need to do **some** things in a manner that pleases us, so that we can say at night: "This day I have lived well. I put forth good effort. I concentrated. I did **some** of the things I wanted to do, and I did them well." We can all withstand failure, but none of us can withstand the feeling that we fail at everything. Success means living each day in a manner that makes us feel good about the way we have lived it.

THEIRS IS NOT THE GLORY

THE DEAD — THE DYING — THE DAMNED

"The Dead — The Dying — and The Damned." Struck me how apt this title is for that vast doomed army of alcoholics who wander the face of the earth. A true foreign legion, composed of every race, creed and color. In its ranks, the leading citizens of Skid Row — Bum's Alley. Call it what you will, you know what I am talking about, bloke — you have been there, or close by, same as me!

The Dead! Our glorious dead — died like true drunks with a bottle in their hands; their passing a blasted nuisance to themselves and everybody else. Not much we can do for them; might remember them in our prayers and learn if we can, from their passing, they may do this good at least.

The Dying! How many members of the alcoholic legion are dying this moment all over the world? And remember, they died, and are dying, in vain, achieving nothing! By dying, they have performed the only decent act of their lives; they have had the good grace to get out of the way. Let them lie forever in a pauper's grave, unhallowed and uncherished. As you live, so shall you die. Just remember that the next time you get ready to go on active service by having the first one.

The Damned! Surely, the alcoholic legion on active services are the damned of this life; their lot is to be compared with that of the Wandering Jew, they wander from bar to bar — from job to job — from hospital to hospital. So they climb in the ranks of the alcoholics, and become one of the bearded buddies of the booze battalion. Easy to join. Every bar — every bottle store — a recruiting depot; Sergeant Major Gin with all the time in the world to attest you.

Brother! You've got to get out or die; it is as simple as that; being wounded does not release you from duty; the only way to work your ticket is through AA. And when you've done so, seems to me the way to keep out of the hands of the Red Caps is by becoming a sort of Scarlet Pimpernel. You'll be so busy helping the other guy out from under, that you will have to be on your own guard all the time; ever cautious — taking it easy — doing first things first — you start taking your orders from the Boss Man again. And with Him on your side, brother, you are in.

— From Tom Tom, South Africa

ENGLISH KNIGHTS AND IRISH KNIGHTS

It was evident in his swagger that he was a scion of the British aristocracy, and the most casual observer could not have failed to note that he was a stranger to the city. He touched a well-dressed, auburn haired young man, who was lolling in front of a Broadway hotel, on the shoulder.

"Pardon me, my dear man, but could I trouble you for a match?" After lighting his cigar he continued: "Bah Jove, this is a remarkable city. This is my first visit to New York, d'ye know? I'm a deuced stranger, but on the other side, I'm a person of importance. I am Sir Francis Daffy, Knight of the Garter, Knight of the Bath, Knight of the Double Eagle, Knight of the Golden Fleece, Knight of the Iron Cross. D'ye mind telling me your name, my dear man?"

Replied he of the auburn hair in a rich deep brogue:

"Me name is Michael Murphy, night before last, last night, tonight, and every damn night — Michael Murphy."

— Be a Bulletin Booster —

BE HONEST WITH YOURSELF

It's not easy to take a good, hard look at yourself and accept what you see. But, it can pay huge dividends. Every American applauds the honesty that store-keeper Abraham Lincoln practiced when he trudged miles to return a customer's change. But this kind of honesty, toward others, cannot compare in importance to being honest with ourselves.

Lack of self-honesty can be profoundly damaging. "Failures in self-honesty," says psychotherapist Dr. Albert Ellis, "are at the root of almost every emotional and mental disturbance." Industrial psychologist Dr. Frederick F. Gaudet says, "Again and again, promising men ruin their careers because they are poor judges of their own abilities and aptitudes." Veteran marriage counselor, Emmanuel Hollowitz of New York's Community Service Society declares, "in almost every disrupted marriage there is, on both sides, self-deception." On the other hand, the ability to look at yourself and honestly, admitting both the good and the bad, is the most powerful untapped source of human energy.

Consider a man, whom we shall call Paul. At 40, he began drinking too much. Life seemed to have lost its savor, yet he could not understand why. He had a good job with a large corporation; his wife was devoted; his children healthy. Then one day as Paul reached toward his liquor cabinet, he glimpsed at himself in the mirror. He saw a face he had almost forgotten, with traits of character, hints of strength, signs of weakness that were all new to him. He slammed the liquor cabinet shut and spent the next five hours writing an exhaustive and ruthlessly honest analysis of himself.

It turned out to be the most profitable five hours work he had ever done. For the first time, he saw himself as too ambitious and aggressive for the job he was holding. The disciplines of a large company chafed him. He decided he should go into business for himself. He promptly quit his job and organized his own public relations office, which has been extremely successful. More important than financial returns, however, is the enthusiasm with which Paul now lives and works, since he analyzed himself, made a decision, and followed through by contacting Alcoholics Anonymous for the help and companionship he needed to quit drinking, and then followed through still further because he was then able to make the job change he needed.

The emotional rewards of self-honesty are its most potent dividend. A mature self-knowledge greatly reduces the anxiety with which men live, and which so often drives them to excessive drinking. People with emotional problems, for instance, usually have a very low opinion of themselves. But, once they can accept themselves EXACTLY as they are, with all their shortcomings, a very positive change can take place. Here, AA can help, for it is absolutely a program of honesty. As soon as we can be honest, we will not only be admitting our faults, but our good points can also be seen. From self-acceptance, and honest admittance, it will be only a short step to emotional and physical health — through daily sobriety.

— Chit-Chat, January, 19 6 4

JUST TWO, WILL DO IT

A young doctor applied for a job of ship's surgeon for a round-the-world cruise. "What would you do if the captain fainted on the bridge?" he was asked, "I'd bring him to," answered the applicant. "And if he was still wobbly?" "I'd bring him two more."

A prejudice is a vagrant opinion without visible means of support.

MINUTES OF CENTRAL COMMITTEE MEETING NOVEMBER 2, 1976

Gene M., Moderator, opened the meeting with the Serenity Prayer in which he was joined by the 46 members in attendance. Roll call showed that 43 groups were represented. Vice Moderator, Herman W., read the Purposes of Central Committee and the Twelve Traditions of AA. Minutes of the October 5th meeting were read and approved. Due to the Treasurer's illness, there was no Treasurer's Report given. 183 speakers have been supplied by the District Office to non AA groups through October 31, 1976.

COMMITTEE REPORTS:

Area-wide Committee: Bob W., Chairman, reported that the **Area-wide** meeting would be Friday, December 10, 1976 at the Cleveland Plaza.

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

Rosary Hall: Lou w., representative. Reported there is an after-care program at Rosary Hall. They suggest that patients attend these meetings immediately after dismissal for six weeks, one meeting a week. These are not AA meetings but AA oriented. Purpose of these meetings is to ease the transition from the raw life into AA. It is strongly suggested that sponsors also attend along with the out-patient. They are supposed to attend a total of 10 meetings after discharge. Also, there is a family meeting to acquaint the family with what is transpiring with the patient while he is in the hospital and to ease the situation when he does return home. Anyone in the family over 16 years of age is permitted to attend. It is only a one time deal.

Brecksville: Don E., representative. Sorry to say that AA oriented indoctrination discussions on Tuesdays and Thursdays has been temporarily discontinued because they could not get enough volunteers. They have 60 beds and approximately 130 patients a month and the readmittance patients do need the indoctrination into AA and will continue to work to get the program reinstated.

Merrick Hall: Minnie C., representative. Merrick Hall has also started another after-care program on Tuesday night at 7:30 p.m. for the benefit of the women who are working or have small children and cannot get away during the day. Making two after care meetings a week, the other on Thursday afternoon at 1:30. The women are getting their vitamin shots at the hospital. Their prescription remains on file at the hospital so that they can come in and get their shots whenever they want. Many of the women are under the false illusion that they cannot see their husbands during the 14 days they are in Merrick Hall. There is visitation after the family counseling on Monday, Tuesday and Thursday nights. The men's **Alanon** meets there on Wednesday and there is visitation after this meeting. Grateful Group meets at 2:00 p.m. on Sunday and visitation is possible also after this meeting.

District Office Secretary, Dick P. announced that Metro Hospital wrote a letter to the office stating that because of the continuous increase in alcoholism among women that are pregnant, the sad consequences of the children when they are born, now Metro is screening very thoroughly these women when they first come to the hospital and the social workers and the doctors will try to find out if there is an alcohol problem and if there is — then she is going to be advised very strongly to contact AA or find some avenue convenient to her to help herself. The hospital wants to know if we would be willing to send volunteers to talk to these women when they are in need of AA help. The answer, of course, is that no call for help goes unanswered.

New Business: Dick P. reported that last week the

Director of Hope House came to the office requesting the possibility for having another AA Group there. The Sister who helped found Hope House is in the hospital in New York with cancer and they now have a new director. The reasons were given for our past discontinuance of the Group but now they are most anxious of having another group which they promise will be conducted as an AA group should. They wanted Dick to ask Central Committee to approve the opening of the group which would be run by AA members and according to the AA Traditions. There is no reason that such a group cannot be started as long as they adhere to the AA Principles and Traditions.

N.E. Ohio General Service: John B., representative wanted to clear up one matter — it was announced that he was nominated for Regional Trustee for the East Central Region — many people thought that he had been elected. He says — no — there are fourteen in the running, the area covers a five state territory and each section is entitled to a nominee. This election will be in April. The Northeast Ohio **eGeneral** Service did hold an election on Sunday, October 17th and the following officers were voted in: Fred B., Girard, Ohio — new delegate; Terry L., alternate delegate; Al H., Oberlin, Chairman; Joan A., Akron, Secretary and Greg P., Treasurer. John introduced Fred and Greg who were in attendance at this meeting.

An eulogy was given for one of our friends in AA who passed away recently by Gene M. The member was Bob H. a very active member from the Brunswick area and he will certainly be missed by all of us who knew him and his work. A moment of silent prayer was offered for Bob.

A reminder that next month nominations will be open for Vice Moderator. This nominee should be a west sider this time so it was suggested that all the west siders get their thinking caps on before the next meeting so that they will have a member to nominate.

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

BE STILL

When you get to heaven . You will likely view ■ Many folk whose presence there, ■ Will be a shock to you. ■ But keep very quiet; ■ Do not even stare; . Doubtless there'll be many folk ■ Surprised to see you there.

* * * * *
Humility: The ability to stand but the willingness to kneel.

AGREE OR DISAGREE?

(Continued from page one)

with another human being, but we should learn how to disagree without being disagreeable. It would be a dull and stagnant world if we all agreed with each other. We all have a right to express our opinion, and others have the right to disagree with us, but we do not have a right to belittle the person who doesn't agree with us.

Dr. Bob and Bill W. were two different personalities and they didn't always agree with each other, but they respected each other's opinions and as a result of that respect, the Fellowship of Alcoholics Anonymous was built forty-one years ago and is standing on the solid foundation of love and service. It has survived in this world of moral and spiritual confusion because there are always enough men and women in AA who can temper their crusading spirit with conformity to the AA principles — and not at the expense of them.

— Edward B., Akron (Ohio) Intergroup News

WHY WORRY

Like many other alcoholics, I am plagued from time to time by worry. At these times it's very hard for me not to resort to some of my old ways when it comes to living with worry.

I feel that I have made some improvement in this area, but still have a long way to go. We were so well trained to be able to cure our worries, temporarily, with an overdose of alcohol and found this would give us a temporary relief. We could then focus on other things, momentarily, but only tended to compound the problem and ultimately increased the agony of worry. The Japanese say: "A man takes a drink, then the drink takes a drink and the next drink takes the man."

Solomon said, "Who hath woe? Who hath sorrow? Who hath contentions? Who hath bobbling? Who hath wounds without cause? Who hath redness of eyes? They that tary long on wine; and they that seek mixed wine." (Proverbs 23:29,30)

Who said this booze problem hasn't been around awhile? I have heard it said the way to, get over worry is the postive thinking method. I believe that some positive thinking is OK, but I also, believe that we must remember we are alcoholics and we should not forget it. If, for instance, the positive thinking leads me to thinking I can control this within myself and that I might not need God's help or other people through which God has spoken in our program — this wouldn't be my answer.

The best solution for me has been to continue to take personal inventory, work the 10th Step and try to put first things first. Then, to me, the greatest help of all is the Serenity Prayer and other members of AA.

Worrying about matters that you can do nothing about is a pretty silly way of making yourself miserable.

Robert Louis Stevenson said, "Anyone can carry his burden, however heavy, until nightfall. Anyone can do his work, however hard, for one day. Anyone can live sweetly, patiently, lovingly, purely, till the sun goes down. And that is all that life really means."

— Ken G. in Silver Dollar

PRAYER OF THE MONTH

O give thanks to the Lord, for He is good; for His steadfast love endures forever!

-Psalms 107:1

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SMILES

Lawyer (puestioning elderly woman who saw a wreck) : "Isn't it true that the plaintiff made only a cursory examination of his damaged car?"

Witness: "Sakes alive, yes. It was so cursory that I had to put my hands over my ears."

The unhappy man was motoring from coast to Coast with the aid of his constant advisors — his wife and mother-in-law.

On the third day, fully exasperated, he turned to his wife and said, "Once and for all, who's driving this car, you or your mother?"

On his death-bed, a manufacturer named six loan Officers to be his pall bearers, explaining that they had carried him for so long already that they might as well finish the job.

A somewhat tipsy individual got a double decker bus for the first time in a large city. After bothering the driver for several minutes, he took the driver's advice and went up on the next deck.

When he came down almost immediately the driver asked, "Why didn't you stay up on the other deck?"

"Do you think I'm crazy?" the fellow asked. "There's no driver up there."

A pedestrian had fallen into a manhole and was calling for help.

A drunk walking by heard him hollering and said: "Have you fallen into that hole?"

"Not at all," was his reply, "I just happened to be down here, and they built the street around me."

Fenwick suddenly planted his 19th highball on the bar, reeled dizzily across the saloon, and collapsed unconscious in a heap at the door. "That's the best thing about good old Fenwick's drinking," chirped a crony in admiration. "He always knows when to stop."

A high official, trying unsuccessfully to get a long distance call through from an insane asylum, became exasperated.

Finally, addressing the operator, in a not-too-pleasant voice, he asked: "Young lady, do you know who I am?"

"No, sir," was the sweet reply, "but I sure know WHERE you are."

THE SEARCH FOR HAPPINESS

(Continued from page one)

Greeks to Buddha and Balzac and Pascal and Pitkin have been extolling a balanced life as the most happy life, and many unhappy people can, when they face the issue, trace their discontent to imbalance.

The recipe for happiness cannot be given in any single word, because its many virtues have to be combined in their proper quantities, at the proper times, for proper purposes.

Dr. Martin Gumpert, who leans toward belief in physical well-being as the foundation of happiness, provides this prescription in his book called The Anatomy of Happiness: prevent physical suffering; prevent guilt; do not accept illusions; accept the reality of death; do what you like to do; keep learning accept your limitations; be willing to pay for everything you get; be willing and able to love; avoid secrets.

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