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## LONELY EAGLES

### LONELY EAGLES

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

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

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

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

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

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

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

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

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

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

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

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

## SELF SUPPORT

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

From a humble and struggling beginning more than 30 years ago, the District Office has attained a remarkable record in helping to carry the message to the still suffering alcoholic, as well as assisting individuals and groups in gaining the stature that **attaining** and maintaining happy sobriety provides.

Were it possible to call a roll of those who have been helped by the devoted people at the Cleveland intergroup office, the voices responding would resemble a resounding clap of thunder, their number would be legion and the voices would travel via the satellite of gratitude from the far comers of the globe and from every station of life.

So it is that we introduce the news of the 1978 Cleveland AA District Office funding campaign which opens on Monday, January 30, and closes on Monday, March 6.

The funding required this year totals \$77,300, little enough when we pause to think of the magnitude of our functioning within the boundaries of our primary purpose, that of carrying the message of Alcoholics Anonymous to all who still suffer.

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

There are great numbers of volunteer workers involved in this campaign and one of them will make regular visits to your group during the **month-long** period outlined, and we urge that you seek him out so that your pledge will be assured. Failing that, mailing your pledge and/or check (before March 1) to Cleveland AA District Office, One Public Square, Mezzanine #6, Cleveland, Ohio 44113.

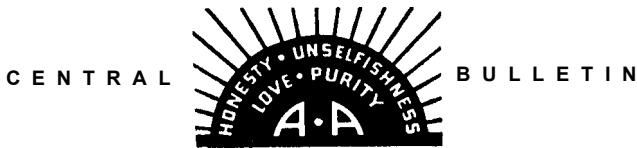
In the more than quarter century that the District Office has had its doors open, each year has seen more and more men and women cross the threshold of AA into the rewarding life of fellowship and happy sobriety.

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

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

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

**SUPPORT YOUR DISTRICT OFFICE**



Published monthly by the Cleveland Central Committee of A.A., a non-profit fellowship dedicated to service. Address all letters to Central Bulletin, One Public Square, Mezzanine #6, Cleveland, Ohio 44113. Subscription price \$3.50 per Year.

Harry D. Founder and Editor 1892-1968

Vol. 36

January 1978

No. 4

#### MINUTES OF CENTRAL COMMITTEE

Moderator, Art Z., presided at this meeting and lead the representatives present in the Serenity Prayer. 33 members were in attendance at this meeting representing 31 groups. Warren **McC.**, Vice Moderator, read the Purpose of Central Committee and The Twelve Traditions of A.A. followed by the reading of the minutes of the December 6th meeting by the Secretary. Minutes accepted and approved as read. Isabel G., Treasurer, gave the report on the Treasury through December 31, 1977 showing a balance of \$271.89. This report also accepted as given. 153 speakers have been supplied to non AA groups through December 31, 1977.

#### COMMITTEE REPORTS:

**Action Committee:** Dick F., no report.

**Central Bulletin:** George M., representative, not present— however-it was announced that as soon as records are transferred, subscribers to the Bulletin will, once again, be receiving their Bulletin on time. We do need new subscriptions.

**Areawide Committee:** No representative present.

**Rosary Hall:** No representative present.

**Bay View:** John F., representative. Everything going well.

**Brecksville:** Don E., representative. Weekly meetings Tuesday, Wednesday, Thursday and Saturday afternoon are being well attended. Response from outside members has picked up-now we hope to get more people involved in helping with the meetings. As far as patients are concerned, there were a lot of empty beds over the holidays, probably will fill them up this week.

**Merrick Hall:** Minnie C., representative, not present but Regina D. reported that during the holidays they were down to three or four women but as of last Saturday there were filled up and had a waiting list.

**Metro:** Regina D., representative. reported that they were somewhat like Merrick Hall-before and during the holidays but they admitted four patients in one day and things are picking up there also. She thanked Central Office for the response they are getting when their patients ask for sponsors.

**East Side Veterans:** Member stated that they had enlarged their quarters and are having a lot of attendance but would like to enlist the help of members for sponsors.

**NEW BUSINESS:** Moderator announced that Frank K., **Euclid** Wednesday Group, would be replacing Dick F. as Chairman of the Action Committee and the new **Areawide Chairman** for 1978 will be John W., Steelworkers Group. Announcement made by Secretary that the lottery drawing for the 1978 Intergroup Dinner tickets will take place Tuesday, January 10, 1977 at 8:00 P.M. at the Cleveland

Plaza in the Windsor **Room** on the Mezzanine floor-tickets are \$9.50 each and \$95.00 for a table of ten-there is a letter in the mail to all Secretaries announcing the procedure, etc. **N.E. OHIO GENERAL SERVICE REPORT:** John B., representative. Next General Assembly Meeting will be held Sunday, January 15, 1978 at 2:00 P.M. at the American **Legion** Hall in Brecksville. We are setting up a tentative Mini Conference for March probably the 17th & 18th (Saturday & Sunday). This will be a model of the real thing that the delegate goes to in April in New York....also announced the National Women's Conference to be held February 17, 18, 19, 1978 at the Holiday Inn North Randall Mall-reservations are still available.

Moderator asked that we pass the word around that this meeting is held on the first Tuesday of each month, try to promote attendance, the more we have the more business we will have at these meetings.

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

Imogene Z., Secretary

## Thoughts On The "All Chicago Area Open Meeting"

It was a beautiful evening, with over 3,100 people in attendance. We received many calls from our fellow members saying "it was an experience they will long remember." Our Beth B. as M. C. and our three speakers, Roland R., Jeanne G., and Earl C. did a fine job of sharing with us all.

I feel there are some questions we have to ask our group members. Is it really necessary to have our "All Chicago Area Open" on Tuesday? What about Saturday? Also, we may have to move it to June, July or August due to the Arie Crown Theater being booked for long run Theater Shows, and no guarantee for a firm commitment. Do you think the expense of coffee is getting prohibitive? (\$2,552.) What about our format for choosing speakers? We will discuss this at our Chicago Area Service and District Service Committee Meetings, and we want to follow your wishes in this matter.

Gratefully

Jim E., Office Manager  
Chicago Area Service Office

BE A BULLETIN BOOSTER

**SOME QUESTIONS ONLY YOU CAN ANSWER**

What has Alcoholics Anonymous gained by your membership? Have you been permitted to enjoy its privileges and to drink at the fountain of knowledge it has provided for you? What has been your contribution in return? Is there a single human heart happier today because of some good deed you have done?

**CLEVELAND AA DISTRICT OFFICE**

The Cleveland AA District Office is open to anyone, male or female, who is seeking an answer to an alcoholic problem. The office, located in Mezzanine 6, 1 Public Square Building, is open weekdays from 9 a.m. to 5 p.m., Saturdays from 9 a.m. to 1 p.m. but maintains a 24-hour telephone service which responds to calls made after the office is closed. The telephone number is 241-7387.

**LET'S TALK ABOUT GROUP SECRETARIES**

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

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

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

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

**ARE YOU PLANNING TO MOVE?**

If so, clip this coupon and mail to One Public Square, Mezzanine #6, Cleveland, Ohio 44113, immediately. It is urgently needed before the next issue of the Central Bulletin.

Name .....

New Address .....

City . . . . . State . . . . . Zip Code . . . . .

It will help you and it will help us.

**DATES TO REMEMBER**

Central Committee Meeting  
February 7, 1978—8:00 P.M.  
Old Stone Church, Public Square  
Is your group represented?

February 18, 18th Annual Dance  
Sponsored by  
Alanon Inter Group Council  
8:00 P.M.-Masonic Auditorium  
3615 Euclid Ave., Cleveland  
Buffet-Dancing-P

The 14th Annual National AA  
Women's Conference  
February 17, 18, 19, 1978  
Holiday Inn North Randall Mall

For further information write to: National Women's Conference, P.O. Box 16234, Cleveland, Ohio 44116.



**MILL ENDS AND REMNANTS**

Recently we ran across an item — a tip for Success. It is said that a man who does a little more work than he's asked to — who takes a little more care than he's expected to — who puts small details on an equal footing with the more important ones — he's the man who is going to make a success of his job. Each little thing done better is the thin end of the wedge into something bigger.

Aren't these the same ingredients for success in our individual AA programs and in our new way of life? We have been given so much to work with, and on (ex-drinks), yet as we write this and take our inventory, we can see that there has been greater emphasis on what we have designated as some of the more important details, rather than giving equally prime time to some of the smaller.

In looking about it is felt most of us in the program have been emphasizing some of the wrong things, or at least side stepping some of our lesser responsibilities in favor of those which accomodate our individual wishes.

True, ours is an individual program, but the fellowship is one of a whole, which depends upon the universal emphasis by the individual to details of both important and lesser scope for survival and furtherance.

Is it sufficient to attend our one, or two, or three or even five meetings a week, thus compounding our individual sobriety and bask in its comfort? Or are we sharing the experience, strength and hope of that sobriety?

What small detail have we given equal footing to the important ones we have been emphasizing? Have we picked up an ash tray and emptied it after a meeting, or have we left that to a junior citizen?

In the comfort of our own sobriety have we failed to recognize that there are still thousands in the wilderness searching and seeking. Have we realized that as individuals we can't hope to reach each of them, but that as an individual giving unselfish support to our service entities the fellowship can carry the message of help?

If there is one thing that we don't need, it is to grow comfortable in our sobriety, for that can but lead to complacency and apathy. And these oftentimes produce disastrous ends, especially for the alcoholic.

To our way of thinking being comfortable in our sobriety and not emphasizing all things, large and small, that brought it to us and helped us attain and maintain it, is rank selfishness and ingratitude.

We need but to look into ourselves to determine if we are too comfortable, by George!

# WHOA!

He was mad; The day was dark and drizzly and his face darkened as he bruted his way into the heavy traffic. Impatiently he blatted his horn as the slow-moving cars obstinately got in his way and refused to open up for him in the other lane. He was in a terrible **tizzy** of frustration and anger when he finally found an open road and gave it the gun with complete disregard to traffic regulations.

As he eased his tight grip on the driving wheel, seemingly his tension relaxed a little and he was able to think over the rotten way the world was treating him. Even his wife had told him a half hour ago that she thought he was wrong. She-my wife--had agreed with THEM! Whatta wife he had! I'll fix her! I'll go out and get drunk! That'll fix her! What had that long year of sobriety brought him?

He had worked very hard that past year, proving to his boss and his wife that he was through with liquor forever. He had gone to AA meetings regularly and had done Twelve-Step work. He had made a really remarkable recovery, if he did have to say it to **himself!** And had he been appreciated? No!

The boss showed his "appreciation" by choosing another guy for that important job for which he had prepared himself. Why, the boss must have gone nuts! This guy whom the boss hired didn't know half of what HE knew. No personality! No nothing! And to think that HE would have to work under him! He'd fix him! Just let him come to HIM for advice!

### [Resentment and Frustration]

He'd make the job tougher for him! He'd put all kinds of obstacles in his path. He'd lay down on the job and get the others to do the same. He'd ridicule the boss's lack of knowledge and his obvious uncertainty. He'd boast to the others how this guy had the nerve to come to HIM for advice. Of course, he had exaggerated a little and maybe lied a little as well.

### [Add Envy to Resentment and Frustration]

Lay down on the job! Do as little as possible. Make mistakes-some tough ones that would cost money. Since the boss apparently didn't appreciate him, why should he kill himself working? Do just enough to get by! Let them tell HIM what to do.

### [Add Dishonesty to Envy, Resentment and Frustration]

Only God can explain why suddenly, in this welter of furious rage, a challenging "whoa!" crashed through to his mind. The discipline of the AA program practiced diligently over the year began to take effect. Easing over to the curb, he parked his car, and overcoming his stubborn resistance, he began his day as he should have an hour before. He counted his blessings. He prayed for forgiveness and for guidance.

He was more fortunate than he realized. Trailing him for the last half-mile was a cop who had been about ready to pounce upon him. The cop hesitated momentarily. Some Power made him go on.

When the whole blamed world seems wrong and gone to pot, let's just say "Whoa" to ourselves. Maybe we're the cause!

**WE SURRENDER TO WIN  
WE GIVE AWAY TO KEEP  
WE SUFFER TO GET WELL  
WE DIE TO LIVE**

## WHAT IS AN AA?

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

## AA CENTRAL BULLETIN

### ORDER BLANK

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

Date .....

Name .....

Address .....  
Street

.....  
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one Year at \$3.50 Amount enclosed \$.....

Mail to Central Bulletin One Public Square, Mezzanine #6  
Cleveland, Ohio 44113



Published by  
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Cleveland, Ohio 44113

VOL. XXXVI-NO. 5

Jan. 18th, 1978

Dear PIONEER;

I hope this Letter will find you in the best of HEALTH and SPIRIT. My name is CHARLIE B. and I am Sober ALCOHOLIC, of BROOKLYN Bunch. My Statistics are: Born Sept. 25th, 1891. A.A. Member since I met Our Cofounders, BILL W. In October 1935. and DR. BOB. In November 1935. I am from BROOKLYN, N.Y. Now reside in LAKE COUNTY CALIFORNIA. 1955.

Now a Bit of History, I was the sixth member of Alcoholic Foundation Movement. I met our two cofounders Bill W. and DR. BOB, In Oct. & Nov. 1935. The first (6) were, our two cofounders, then four helpers in this order, BILL D, HENRY P, FITZ M. then C.B. of Brooklyn, N.Y. Now: The other (5) are gone to A.A. Meeting above, and by the Grace Of God I am left on this earth to keep sharring my experience and hope with all alcoholic's. And with the help of my God I will do just that.

After International Convention In DENVER COLO. In 1975 . July. 4th. 6th. I started a project; To round UP the remaining FIRST (100) Pioneers Still Living to get together for a GRAND REUNION In 1976, But no luck: In 1977, GOD Helped me, to find, (15) Living PIONEERS, and I hope they can HELP my Dream come true. For A GRAND REUNION MEETING THIS YEAR?. 1978. The suggestion made to me by A.A. FELLOWSHIP OF CALIFORNIA that the MEETING Could be held In the City of Attraction, SAN FRANCISCO, CAL. Now: All I ask of you is to SET the MONTH and the DATE that you CARE. And able to COME, Please let me know as soon as possible, THANKS. I REMAIN YOURS IN SERVICE AND UNITY.

Charlie B.

P.S. YOUR HOUSING, AND FOOD, AND TRANSPORTATION WILL BE FREE.

NOTE: TRANSPORTATION IN SAN FRANCISCO. AND BAY AREA.

C.B.

### THE A A TRADING POST

#### I TRADED:

The morning drink for breakfast

Hangovers for good health

Frowns for smiles

Loneliness for friends

Fear for faith

Blackouts for wisdom

Doubts for decision

Dirt for cleanliness

Adultery for purity

Lying for honesty

Remorse for gratitude

Guilt for trust

House for a home

Cruelty for humanity

Make believe for reality

Broken heart for love

The bar for an altar

Drunkenness for A A

The bottle for God. . .

Donna S. . .

### THE POWER OF POOR EXAMPLE

A few nights ago, my wife asked, "What became of that red-haired insurance adjuster who came to one meeting two years ago?"

I replied, "That was his first meeting. When he left, his sponsor gave him a list of meetings and wished him luck. He has not been seen since."

"What about the one-armed man who came a little over a year ago?" she asked. His wife looked so hopeful.

"Oh, Steve brought him just that one time. I did see him at one other meeting, but he left early. He took a vacation a week or so later, and I heard that he has been drinking."

"That's too bad. I liked his wife. She must have been very disappointed."

After a short time, the dear girl spoke again: "Didn't Steve bring another new man to the meeting two or three months ago?"

"Didn't you know?" I answered. "Steve suggested a couple of other meetings, but he didn't go. Now he is facing a trial for traffic manslaughter. Liquor caused that to happen."

The conversation ceased, but my thoughts continued. These men had suffered cruelly from compulsive drinking, had excellent reasons for wanting to quit, and they possessed normal intelligence. The experience record of A.A. indicated that one or two of these men should have been able to solve this common problem.

Suddenly, my mind focused on one fact, Steve (that is not his real name) had been the so-called sponsor of all three. He had called on each, briefly, invited each to one meeting, then ceased to concern himself with the welfare of these men thereafter.

Why had Steve done such an indifferent job of sponsorship? He had been sober well over four years. Occasionally, he helped with the coffee and cakes, if requested. After three years, he consented to lead a meeting. After three and a half years, he reluctantly accepted a six-month term as group secretary. He attended only the one group, and his attendance record was about 90%. His performance had been far from outstanding, but he did satisfy the minimum obligations of membership in AA.

It did not take long to figure out the answer. Steve had been the recipient of the same kind of uninspired sponsorship. Miraculously he had survived . . . or so it seemed. Of course, right away he had become acquainted with some enthusiastic members who had compensated for the deficiencies of this shiftless sponsor, but Steve did not realize this fact. And so, Steve was guided by his limited experience and understanding.

Sometimes! a sick alcoholic has to be dried out in a hospital or nursing home. Your Hospital Committee keeps an eye on these institutions and exercises its influence to bring about better cooperation with AA. Conditions are observed, personnel is scrutinized, and rumors and reports are investigated. As a result, adequate beds are available to alcoholics of any sex, race, color, or creed. Your Hospital Committee is dedicated to maintaining and improving this situation.

The really important part of sponsorship, however, takes place when the patient is released. Seldom does a person succeed without reasonably good sponsorship. And poor sponsorship had a way of perpetuating itself.

Remember, we are far more apt to adopt the vices of others than their virtues, because disease is so much more contagious than good health.

—J. T. B.

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### MINUTES OF CENTRAL COMMITTEE

Meeting was called to order by Art Z., Moderator, who lead members present in the Serenity Prayer. Roll call showed that there were 42 members in attendance representing 39 groups. Vice Moderator, Warren M., read the Purpose of Central Committee and The Twelve Traditions of A.A. Secretary read minutes of January 3, 1978 meeting which were approved and accepted as read then Treasurer gave her report showing a balance in Central Committee Treasury of \$190.94. An additional report was read by the Treasurer covering the Central Bulletin showing that at the end of January 31, 1978 there was a balance of \$87.27 in this account. \*\*These reports also accepted as given. 10 speakers were supplied by the District Office to non A.A. groups for the month of January, 1978.

#### COMMITTEE REPORTS

**Action Committee:** Frank K., Chairman, reported that he is trying to increase attendance at these meetings and brought it up on the floor of the Advisory committee meeting last just before the drawing for the Intergroup tables. Has a couple of ideas of spreading the word but would like each of us here to carry this message back to at least one group, tell them what we do down here and why we are here and try to get them interested enough to send a representative.

**Areawide Committee:** We have no Chairman for this Committee at the present time. The man who was supposed to take this Committee found that he could not devote the necessary time needed to do a real good job for us and asked that we find a replacement.

**Central Bulletin:** Dick F., representative, stated that the reason that the funds from the Central Bulletin Foundation had not been turned over to the central Bulletin was that George M. has been ill again but there is a tentative date set for next week for him to come to the District Office and, hopefully, at that time this will be taken care of. Order blanks and a copy of the January Bulletin were sent out to all group Secretaries with an explanation of the change over to Central Committee. We have a writer who shows interest in helping with the Bulletin and things look promising. During the month of December, there were many expirations. We would like to see more subscriptions coming in so that we can build up the circulation once more since we are sure that these will be getting to you with regularity. At the present time, some interest is showing as subscriptions are beginning to trickle in. If anyone had been receiving the Bulletin and did not receive your January issue - that means your subscription has expired and a check in the amount of \$3.50 sent to Central Bulletin, Mezzanine #6, One Public Square, Cleveland, O. 44113 - will put you back on the mailing list.

**Rosary Hall:** Lou W., representative, reports everything quiet and normal but did go back to good sponsorship. If

anyone has a person in the hospital, visit them, don't just drop them off and forget them.

Bay View: No representative present.

**Brecksville:** Don E., representative, reported that last week they moved the alcoholic ward over to building 5 - they are going to remodel and renovate building 2 which will take some time then it will return to building 2 - meantime meetings are still being held in building 2, also the Alanon meeting which will be held in a different room. Continuing the four meetings per week. Admitting is still in building 2.

**Merrick Hall:** Minnie C., representative, everything going along nicely and would like to emphasize the Friends of Merrick Hall meeting. Many women do not even know about this meeting which is held the third Tuesday of every month at 1:30 P.M. Each month they have a very interesting program. This month Father Woods will be there speaking on the Spiritual side of A.A. Fellowship. Also announced that for the Women's Conference, Holiday Inn, Randall is tilled up but reservations can be made at Holiday Inn Beachwood Transportation will be arranged to get to Randall.

Metro: No representative present.

East Side Veterans: No representative present.

**NEW BUSINESS:** Representatives appeared before that Committee announcing the opening of two new groups:

Brown Bag Discussion is held every Wednesday at the District Office at 12 noon to 1:50 P.M. Informal discussion, bring your own lunch, anyone working in downtown area or in the downtown area at this time are welcome to attend. A.A. members and anyone who thinks they have a problem.

Saharid Thursday, meeting to be held at 8:30 P.M. Thursday evening at the Saharid Social Center, 15325 Brookpark Rd. This meeting to be a California style meeting and first meeting will be held on March 2, 1978. Coffee will be ready from 7:30 for fellowship before the meeting. Open meeting.

Committee wished these two new groups God speed and good luck. Hope to see representatives from these groups at more of our Central Committee meetings.

Short discussion was held regarding cancelling meetings without notice. Due to the very bad weather conditions and the inability of our meeting places to have access and parking areas clean, this is an "Act of God" situation. It was suggested that if there are such conditions, at least the group members should be notified. The office will also accept cancellation calls.

Also would like to remind any group that is disbanding to also let the District Office know. We are not in a position to pass along correct information if we have not been told of any changes.

**N.E. OHIO GENERAL SERVICE REPORT:** John B., representative, regaled the committee with a funny story then went on to report the next Assembly Meeting of General Service will be Sunday, February 19th in Brecksville at the American Legion Hall, southeast corner of route 21 and route 82 behind the bank. Mini Conference will be held March 18 & 19, 1978 starting at 8:00 A.M. Saturday, at the Ramada Inn on route 18 just east of I-77 (Akron City limits), registration is \$7.00. There is a meal in the evening for \$6.00 (optional). This conference will be a model of what our delegate experiences when they go to New York in April. You can either make arrangements to stay or you can commute - your choice.

Gene M., Brunswick member, complimented the service of the Bulletin and gave a good plug for our 1978 Fund Drive Campaign which, this year, is asking \$77,300.00 to help keep the doors open for the person who is seeking help.

Added to Gene's comment about the Central Bulletin Minnie C. also stated her pleasure with the Bulletin.

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

Imogene Z, Secretary

\*\*(with Treasurer's report) it was also stated in this report that the Central Bulletin Foundation funds had not been transferred to this date.

The highest we can go  
in AA is --  
SOBER.

CENTRAL COMMITTEE MEETING  
TUESDAY, MARCH 7, 1978 • 8:00 P.M.  
OLD STONE CHURCH, PUBLIC SQUARE  
PLAN TO ATTEND NOW

ADVISORY MEETING  
MARCH 23, 1978-8:00 P.M.  
THE CLEVELAND PLAZA  
EAST 12 & EUCLID AVE.  
ELECTION TO REPLACE  
MEMBERS ON OPERATING COMM.  
PLAN TO ATTEND THIS IMPORTANT MEETING.

# NORTH EAST OHIO GENERAL SERVICE MINI CONFERENCE

Theme

**"Recovery Through Service"**

Ramada Inn North West • 4073 Medina Rd.  
at Route 18 & I-77 Akron, Ohio 44313  
Phone (216) 666-4131  
March 18th & 19th 1978

Advance registrations must be mailed by  
**March 10, 1978.**

Registration can also be made at Conference  
Room Rates: Singles \$19.00  
Doubles \$23.00

REGISTRATION \$7.00  
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Address \_\_\_\_\_

City \_\_\_\_\_

Mail to: N.E.O. Mini Conference  
7009 Columbia Rd.  
Olmsted Falls, Oh. 44138

## Standards

It was quite a shock to hear a visitor argue quite sincerely that in his opinion, if AA kept an habitual drunk sober half of the time, it deserved just as much credit as if the patient remained sober all the time. He used such platitudes as "Better to have tried and lost, than never to have tried at all," and "At least he was sober SOME of the time."

The attitude of this member seems to be getting rather prevalent among too many people. It's something to think about for all of us. Are we relaxing too much in the maintenance of high principle?

Just because a man-or woman still has a home, a job, a car, and still has money is no excuse for countenancing occasional binges. Too many people in this class seem to think they're entitled to more chances, gambling with their lives and particularly their souls because they haven't, in their distorted minds, qualified as alcoholics yet.

Too many selfishly, have hitched themselves to AA, because they find among the membership so many who have become dangerously over tolerant. Or perhaps they have become lazy in their own thinking. Perhaps they themselves, even though they are not drinking, are setting a low evaluation of AA standards of absolute abstinence.

We believe that the greater percentage of AA's are constant. We believe too that they deplore the glaring disregard of the fundamental of AA-absolute abstinence and the important surrender to accepting the help of God. We believe there is a growing tendency in the part of some to minimize the utter importance of the latter with the consequent inevitable result in weakening the former.

We believe more and more emphasis should be made of the spiritual side of our program. It will not survive without emphasis, for the essence of each of the twelve steps is spiritual.

We believe there is a growing tendency toward making the AA groups into social clubs, emphasizing the entertainment and lessening the very reason for the group's existence. Going to extremes is so easy for all of us and if AA work is secondary, very soon that group will have a great number of casualties.

We remember when AA claimed 85% success in rescuing alcoholics from their personal hells. What percentage can we honestly claim now? 60% — 50% — 40%. Definitely we are slipping. We believe the cause is over-tolerance.

It would be interesting to take a census, and with honest answers, determine how many (or how few) have made a complete surrender and have not had a drink of wine, whisky or beer since they embraced AA.

We cannot lower our standards. If you have, rededicate yourself to "absolutism" and the twelve steps and we will be in a far better position to help the guy who is honestly seeking help with his drinking problem.

**ARE YOU PLANNING TO MOVE?**

If so, clip this coupon and mail to **One Public Square, 2nd, Mezzanine #6, Cleveland, Ohio 44113.** immediately. It is urgently needed before the next issue of the **Central Bulletin.**

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It will help you and it will help us.

LOGICAL ANSWER

One of the most over-worked and confusing expressions in the movement of A.A. seems to be: "I am just as close to the next drink as the man who has just come into the movement today."

What a promise! What dreadful anticipation for the man who has just made up his mind to get rid of the fears, the tremors, the sickness and the troubles brought upon him by the use of alcohol!

Such an expression is the direct antithesis of the A.A. promise of serenity and happiness in sobriety.

I can well remember the night one of our Cedar Group leaders was asked the following question in discussion: "Don't you, after five years of sobriety, think you are as close to the first drink as any of us in our first year?"

"No," he replied.

"Well," argued the questioner, "perhaps not normally, but under emotional stress you are, aren't you?"

Although I cannot quote the thoughtful answer verbatim, it was to this effect: "Emotional stress? During the five years I have been sober, I have been divorced by my wife, lost some near and dear to me and have had difficulties at work, but I did not feel close to the first drink. No; I would hate to think that I had not learned anything during the five years in this movement and that exactly would not be the case if I was as close to the first drink as a new man."

How much more sensible is this thoughtful evaluation against the bald, ugly statement that, "I am as close to the first drink as the new man."

Certainly, five, ten or 15 years of sobriety do not guarantee a lifetime of abstinence, but any man who has worked this program to the best of his ability would have to undergo a complete change of mental attitude before he could take his first drink. The decision to take that drink just as certainly would take a sober man longer to make than it would, for instance, the man whose nerves are screaming for an antidote the morning after.

You can forget A.A. principles and, in the doing, leave yourself wide open to temptation, but you never again can take a drink without weighing exactly what the drink is going to do to you mentally, morally and physically.

No, you newcomers can relax. There is no enduring hand-to-hand, fearsome struggle with John Barleycorn after you have accepted-without reservation-that second A.A. step.

God is on the side of right. If he wasn't, there would be an altogether different balance in this world. When you submit to a Power greater than yourself, you are on the side of right.

But submit, son, submit. Quit bargaining.

-Jack F., Social Center Chatter.

DOUBLE HEADERS

- A.A.-Actively Appreciative-doing something for our sobriety.
B.B.-Banishing Boastfulness-being absolutely honest-it is basic.
C.C.-Complete Confession-practicing the 4th, 5th and 10th steps with complete honesty.
D.D.-Dry Drunk-avoiding this by taking all the others.
E.E.-Earnest Endeavor-working earnestly for our sobriety.
F.F.-Friendly Feeling-getting the "feel" of the fellowship by being a friendly guy.
G.G.-Generous Gestures-giving of self in gratitude.
H.H.-Honest Humility-being truly humble, but never humiliated.
I.I.-Individual Inventory-"of ourselves" (4th step)-the other members of the group are qualified to take their own inventory.
J.J.-Joyful Journey-making our adventure in sobriety a happy experience.
K.K.-Kingly Kindliness-doing unto others as we would have others do unto us.
L.L.-Leading Learnedly-knowing what we are talking about when it is our turn to "lead" a meeting.
M.M.-Many Meetings-keeping in touch-this is a "must."
N.N.-Naked Naturalness-being ourselves.
O.O.-Orthodox Operation-doing things the right way, not our way.
P.P.-proving to others by each 24 hours of sobriety (power of example).
Q.&-Quality Quest-seeking the true value of sobriety.
R.R.-Realizing Responsibilities-assuming the obligations we have-to God, to ourselves and to others.
S.S.-Solid Sponsorship-being a good A.A. ourself-the first requirement for successful sponsorship.
T.T.-Total Trust-having the FAITH and keeping it by living it.
U.U.-Unnecessary Unkindness-avoiding all gossip and criticism, all of which are based on unkindness.
V.V.-Vacating Vanity-ridding ourselves of that foolish and false pride, which was a contributing cause to our downfall.
W.W.-Wholesome Welcoming-making the new members feel that at last they are "at home."
X.X.-XXXXXX-frames for the skull and crossbones which our alcoholic vision should picture on all containers of alcohol.
Y.Y.-Youth Yearning-having been "born again" our actions should be those to keep you young.
Z.Z.-Zeal Zenith-taking it easy-there's a limit to everything. We can't be "fire balls" without burning out. -Bob B., Lee-Wednesday.

An egotist is a person who cannot see anything good in the world without looking in a mirror.

We too often love things and use people, when we should be using things and loving people.

- Revel Howe

When you're through changing, your through.

- Bruce Barton

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

Date . . . . .

Name . . . . .

Address . . . . . Street

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One Year at \$3.50 Amount enclosed \$ . . . . .

Mail to Central Bulletin One Public Square, Mezzanine #6 Cleveland, Ohio 44113





Published by  
Cleveland Central Committee of A.A.  
One Public Square  
Mezzanine Room #6  
Cleveland, Ohio 44113

VOL. XXXVI-No. 6

### LIFE IS TOO SHORT TO BE LITTLE

This is a world filled with trouble for all of us. It doesn't matter who we are, how highly educated or uneducated we may be, we all see both bright and dark mental pictures.

Many people go through life wearing smoked mental glasses and never realize there are many happy hours to be enjoyed if they could change their thinking and learn how much unhappiness they cause for themselves because they cannot make others act or think the way they believe they should.

At times I feel disgusted; not only with myself, because of the way I sometimes think and act, but with the way other people think and act.

If we were wise enough to realize how little we know and stop trying to make others think we have more of what it takes to get along in this world than we really have, it would help us.

"The top" is never reached. When we feel we "have arrived" we soon learn we have just begun and the more we depend upon ourselves to reach our objective the steeper the hills and the more crooked the road we are traveling become.

How little we really are and how difficult it is for many of us to realize our weaknesses. Of course, many of us do, but we still put on the same old "phony front" and seem to enjoy making ourselves unhappy by trying to make a good impression. Many men and women who spread manure around the farm yard barn lot when young, saturate themselves with rank perfume because the manufacturer claims it is the "daintiest of daintiest" odor. Of course, they cannot be blamed. After years of cow manure all over one's clothes perhaps a change of smell really does some people good.

Man has found a formula for most everything learned men have discovered, but no man has discovered; way to carry on alone. We must have, and do receive, "outside" help. If not, we will stumble and fall and eventually be unable to rise.

Every mornmg, before I start out to "battle" for a living, in a world we know is filled with fakers, demagogues and "make believe" people, I thank my Creator for what little I know, the understanding He has given me and the many blessings with which He has showered me.

If I were to believe what little success I have had was accomplished because of my own personal knowledge or good judgment I would be assuming too much for myself.

I want to be myself-an individual. It doesn't matter how little I know, the fact that "Something" helps me is all that matters.-Author unknown.

### JUST FOR TODAY

"I am an old man and have had many troubles, but most of them never happened". This sentence was carved over a dilapidated mantel. It is the wisdom which comes from experience. Most of our troubles are imagined ones. They would have no existence without our permission. They only exist because we tolerate them. They rob us of sleep-upset our digestion-put furrows in our faces—and anguish in our hearts-in fact they are masters of our house. Small wonder in times like these we turned to booze-yet we know now-that no situation can be so bad but what booze cannot make worse. Contentment—and a longer and happier life-is ours if we live but for today. Today is all we are sure of-so let's live it to the full. It's not difficult to stay on the programme and thus stay sober, JUST FOR TODAY.-Lifeline, Vancouver, B.C.

### CREATION OF A DREAM

*The story so fir? A Central Committee meeting took place on the first Tuesday of November, 1944 when the project of an A.A. Downtown Office was first brought up. Sometime in December, 1944 a Nominating Committee appointed the first administrative body known us the District Office Operating Committee.*

The Cleveland Alcoholics Anonymous District Office was opened and began functioning on February 7th, 1945, located in the Williamson Building which is on the southeast corner of Public Square. It was, as it is today, easily accessible to East, South, and West Siders. The first Secretary was Laverne Hawkins. The telephone number was the same as it is today. CHerry 1-7387. The purpose of the office was to provide service to individual and prospective members, to serve as a source of information and to distribute literature to groups and individuals.

During the first month the office was in operation, it received 31 calls. Some of these were calls for help and others were Inquiries about location of meetings. At present the number of calls has increased to the staggering figure of about 175 per month. During last year, 1977, the office received 2440 calls for help of which 875 were from women.

For the benefit of anyone who may wonder what are the sources of these calls, doctors, hospitals, and social workers inform the office about many of the patients they have recommended to join A.A. because of their alcoholic affliction. Clergymen of all faiths also request many of their followers to contact A.A. through the office.. A very large number of calls for help come from wives pleading for help for their husbands, and vice versa. Many teenagers inquire as to what they can do to help their dads or mothers who they believe may have a drinking problem.

The office has an average of ten calls a week from out of town A.A. members inquiring about groups where they can go to a meeting. Probation officers send many of their parolees Into A.A. through the office when alcohol has been a contributing factor to their delinquency. It is almost Impossible to describe in detail the nature of all calls that come in, however, the major portion of phone service is answering the calls of members and groups who are in need of Information or assistance pertaining to some area of their much diversified A.A. activities.

The Downtown Office Is the center of communications for all the Cleveland area A.A. fellowship. It serves 370 groups and a membership of approximately 15,000.

Groups and individuals must feel a deep sense of satisfaction when we also hear members say, "And to think that all that was needed was a phone call to get into this grand brotherhood."

The Cleveland A.A. District Office

BE A BULLETIN BOOSTER



Published monthly by the Cleveland Central Committee of A.A., a non-profit fellowship dedicated to service. Address all letters to Central Bulletin, One Public Square, Mezzanine #6, Cleveland, Ohio 44113. Subscription price • \$3.50 per Year.

Harry D.. Founder and Editor 1892-1968

No. 36

MARCH 1978

No. 6

**Minutes of Central Committee Meeting** March 7, 1978  
**Old Stone Church** 8:00 P.M.

Art Z., Moderator, opened the meeting leading the representatives present in the Serenity Prayer. Roll call showed that we had 49 members present. Warren M., Vice Moderator, read the Purpose of Central Committee and the Twelve Traditions of A.A. Minutes of the February 7th meeting were read by the Secretary • minutes approved and accepted as read. The Treasurer gave the Treasury Report showing a balance in the Central Committee account as \$189.21 and \$228.25 in the Central Bulletin account as of February 28, 1978. To date, funds still have not been transferred. Treasurer's report also accepted as given. 15 speakers have been supplied by the District Office to non AA groups for months January and February, 1978.

**COMMITTEE REPORTS**

**Action Committee:** Frank K., Chairman, asked that each member here make an effort to go to at least one new group and try to get them to make a **commitment** to send a representative down to Central Committee.

**Areawide Committee:** Jean B., Chairman, thanked the Moderator for asking her to be the **Areawide** Chairman for the year and announced that the next **Areawide** Meeting will be held on Sunday, April 16th at 2:00 P.M. at Jordan Hall, Charity Hospital. Speaker will be Mary Jo H. from Newton Falls, Ohio.

**Central Bulletin:** Dick F., representative, reported that the Central Bulletin funds had not been transferred over to Central Committee as yet because George M. is still sick and has not been able to get out. Still looking for subscriptions • they are coming in which is a good sign and he would like all of us to promote the Bulletin in our groups. Also looking for people who would like to submit articles to the Bulletin • this would draw a lot of interest if members would contribute to the Bulletin.

**Rosary Hall:** No representative present.

**Bay View:** Barbara W. reported that Harry J. is no longer with the Hospital. They are trying to set up a committee of volunteers, six people plus the Administrator. They want to make some changes regarding sponsorship, outpatient programs, etc.

**Brecksville:** Don E., representative, reported that the Tuesday, Wednesday, Thursday and Saturday meetings are going on as usual. There is a good response on Wednesday and Saturday -the Saturday meetings are getting quite large; however, the Tuesday and Thursday meetings could be better supported by A.A. leads and chairmanship.

**Merrick Hall:** Minnie C., representative, things going along very nicely. They had a nice attendance at Friends of Merrick Hall meeting in February. The next meeting will be Tuesday, March 21st at 1:30 P.M. All A.A. women are welcome. They

have a new paper the MERRICK HALL QUARTERLY • if you **would** like to be put on the mailing list to receive this paper either call Merrick Hall or drop a note to Women's General Hospital, Merrick Hall, 1940 E. 101st St., Cleveland, Ohio 44106.

Metro: Regina D., representative, reported that she had lots of news • as of February 1st they have expanded the number of meetings they have for patients and their relatives each day, on the average of 4 per day. Three times a week, physical and occupational therapy and on the alternate days, 3 family therapy for 1 1/2 to 2 hours. Four or five A.A. members, some with 18 • 20 years of sobriety, are coming in on a weekly basis talking to the patients including one recovering alcoholic clergyman which patients **find** very helpful. The clergyman talks one week on Steps Two and Three and the following week • Steps Four and Five. In addition to the regular A.A. meeting on Friday, they have started an Alumni Group on Wednesday night and the Friendship **room** people have been having a new kind of meeting on Monday where they gather all the patients together. This is all keeping the patients very busy. She thanked all the groups once again who are responding to the calls from the District Office and getting sponsors out to the patients.

**NEW BUSINESS: TWO NEW GROUPS:** One in Mentor called the Big Book Study Group which meets on Friday at 8:00 P.M. at the Jill Ann Donut Shop, corner 306 and Lake Shore Blvd. Mixed group meeting.

Fellowship Group, Ezdozit Club, Market & Jackson Street, Sandusky, Ohio which meets on Wednesday night. It is a lead type meeting, main purpose is 12 step work and getting new people coming into the program active on the rotating plan or Chairing the meetings and other group activity.

Fund Drive Campaign: Goal for 1978 is \$77,300.00. On March 6 at the Victory Dinner. \$67,488.53 was reported in • not all groups accounted for • and today that figure has become \$68,128.53. Do not give up hope!

**N.E. OHIO GENERAL SERVICE REPORT:** Greg P., representative. State Advisory Meeting was held on March 4, 1978. The last General Assembly meeting was held Sunday, January 19th where they attempted to set up ground work for a Finance Committee. Mini Conference will be held Saturday and Sunday, March 18th & 19th at the Ramada Inn, routes 18 & 77, registration starts Saturday at 8:00 A.M. Phyllis M. of the New York General Service Office and Bob G. will be the principal speakers. At the mini conference they will be discussing topics that will come up at the General Service Conference in New York in April. The 22nd Ohio State Conference will be held in Toledo this year • July 21, 22 and 23, 1978. Theme will be Sobriety and Service. Conference will be held at the Commodore Perry Hotel in Toledo, Ohio. Next General Assembly meeting will be Sunday, May 21st at the American Legion Hall in Brecksville, corner of routes 82 and 21. They would like more representation at these meetings and GSR contributions can be sent to Greg P., Treasurer.

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

Imogene Z., 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 241-7887.

CENTRAL COMMITTEE MEETING  
 APRIL 4th, 1978—8:00 P.M.  
 OLD STONE CHURCH—PUBLIC SQUARE  
 IS YOUR GROUP REPRESENTED?

**AREA WIDE MEETING**  
 APRIL 16th, 1978—2:00 P.M.  
 JORDAN HALL—ST. VINCENT CHARITY HOSPITAL  
**SPEAKER:** MARY JO H. NEWTON FALLS, OHIO  
 PLAN TO **ATTEND** NOW

BE A BULLETIN BOOSTER. GET A NEW SUBSCRIBER  
 YOUR SECRETARY HAS SUBSCRIPTION BLANKS

**TAKEMYHAND**

Are you troubled, burdened, blue?  
 Take my hand.  
 I've been troubled, burdened, too,  
 I understand.  
 Where you've fallen, once I fell —  
 Oh, I know these pitfalls well.  
 Let me help the clouds dispel —  
 Take my hand.  
 Others helped when I was weak,  
 Took my hand,  
 Helped me face toward the peak,  
 Helped me stand.  
 What they did, now **let me do** —  
 Pass that kindness on to you.  
 Someday you'll help others, too.  
 Take my hand —



**IT** ISN'T THE incompetent who destroy an organization. The incompetent never get in a position to destroy it. It is those who have achieved something and want to rest upon their achievements who are forever clogging things up.

**ARE YOU PLANNING TO MOVE?**

If so, clip this coupon and mail to One Public Square, Mezzanine # 6, Cleveland, Ohio 44113. immediately. It is urgently needed before the next issue of the Central Bulletin.

Name .....

New Address .....

City ..... State ..... Zip Code .....

It will help you and it will help us.

**AA NEVER FAILS**

AA doesn't work on our own terms! Our guarantee of sustained sobriety can be achieved only if we study and apply the Twelve Steps thoroughly, and without questioning their validity and practicing the principles advocated in *all our affairs!*

Alcoholism is a lifetime disease. It is also a progressive disease. In the 43 years of AA existence, men and women in our fellowship of every degree of intelligence, education and social status, highly educated and hailing from well-respected circles, as well as those with little education have provided absolute proof that AA never fails-IF the candidate *completely* surrenders and follows the advice and examples of his successful advisors.

Sobriety is the beginning, not the end. The candidate must begin practicing a life of integrity in *all* his affairs. He must develop a faith in a Power Greater than himself, from faith in his successful sponsors to an ultimate faith in **God**. He must learn to trust Him completely, even when his pleas for material blessings are slow in coming.

AA doesn't work on our terms, but on the will of that Power greater than ourselves. Membership in AA doesn't guarantee great material wealth or success, but does guarantee continued sobriety if a candidate disciplines himself or herself to listen to his successful predecessors, has sustained faith, discards all of his bad habits, learns to obey the laws of the land (without cheating just a little), willingly accompanies his sponsor on visits to another applicant, and listening and watching his **technique**, learning in the meantime the method of carrying the message of others.

In our humble opinion, success can be accelerated by constantly reading the "Big Book", Alcoholics **Anonymous**—reading it, absorbing it, following its philosophy *daily* in all our affairs. **When** you've read it through once, read it again and again. On the second and third reading you will be amazed to discover answers to questions and doubts which infiltrated your **mind** on the first reading.

We would also recommend reading and *studying* much of the literature in pamphlet form which most groups have available at their meetings. They elaborate and explain many of the principles which have possibly been enigmas to you. Couched in simple language, they cannot but help you to fortify yourself against temptation, particularly when your faith has begun to waver.

We would also insist that you go to as many meetings as you can and finally select a group which lays particular emphasis on the program and less emphasis on social activity. Fun is fun, and the alcoholic always is ready for it. All too many groups tend to emphasize fun and often make it their goal rather than that which should *by-carrying the message!*

Your sobriety depends upon the sincerity of your desire.

**G I G G L E S**

A man decided to turn over a new leaf so he went home whistling, kissed his wife and children, then proceeded to shave and clean up for dinner. When the meal was over, he sang as he cleared the table, and then to the amazement of his wife, insisted on doing the dishes all by himself . . . when he had cleaned up the kitchen he went into the living room and found his wife in tears, "Why, what's the **matter** dear?" he asked.

"Everything has gone wrong today," she wailed. "The clothes line broke and the washing fell in the dirt. The boys got into a fight at school and came home with black eyes and Gaye fell down and tore her dress, to top it all off you come home drunk and don't know what you are doing!"

WHAT BAILEY DIDN'T KNOW

A book of proverbs compiled in 1721 by Nathan Bailey who added explanations of his own contains one that comes close to all members of Alcoholics Anonymous. It reads:

"After Sweet Meat comes Sour Sauce "

"This proverb is an excellent Monition of Temperance and Sobriety," adds the worthy Bailey, "for that whatsoever is excessive and unreasonable, either in our Actions or our Passions and Appetites, in either drinking or eating to Gluttony; either in point of Wit, Mirth, or Wantonness to Intemperance; of Lust, Lechery, or Lewdness to Iniquity, will certainly make the sweetest meat we can eat rise as sour as a Crab in our Stomachs; for that there is rank Poison in the Tail of all unlawful Pleasures, a bitter Sweet, or a deadly sour Dreg in the bottom of the Vessel, which will be Wormwood and Gall in the Belly."

We never belonged to the brigade of Half Way boys and girls. For us, whatever we did, it was all or nothing. Whole hog, the slang puts it, and with us it was with emphasis on the hog.

Therefore, what thii old compiler of proverbs says in hi pompous and formal way contains much truth. He cautions against extremism. Alcoholics are extremists. First in their thinking and then in their acting.

There were some aspects of this business of going to extremes in "either drinking or eating" that neither Bailey nor anyone else was aware of in the eighteenth century.

In those days they talked of "unlawful Pleasures." Alcoholics do not become alcoholics because it is an "unlawful Pleasure." We get that way because we suffer from an illness, an answer that might surprise Bailey and those like him who still think, in the twentieth century, along the archaic lines of two centuries ago.

Bailey would have been surprised had he been told that alcoholism was often (in most cases, in fact) an outgrowth of a defect in character or in the arrangement of our lives. He would have put us down for rattled-pated duffers had he been told that it was, in short, the result of twisted thinking.

Yet, these answers are commonplace to us. And because we recognize our illness for what it is and approach it on a rational basis we can with the help of a Higher Power, find the way to sobriety and health.

Yet Bailey and the people of hi time had no monopoly on ignorance. Some ignorance persists to this day even in the face of the enlightenment that has been brought to bear on the problem through the program of Alcoholics Anonymous.

There are some of us who think that leaving liquor alone is all that is necessary. Excessive use of liquor leading to alcoholism is just a manifestation of the deeper, basic problem: the tendency to carry anything we do to extremes. It is this tendency in all its manifestations, not just its alcoholic outcropping, that must be corrected. Too often the dried up alcoholic finds an outlet in some other way: cards, food, temper, any one of a thousand of life's myriad activities. It is to curb these excesses that emphasis is placed on the alteration of character which, at bottom, means a change in thiikiig. With God's help we can change our mental outlook and thus alter all other aspects of our lives so we will not incur the risk Bailey warned about of getting sour sauce after sweet meat.

\* \* \*

A well oiled alky walking along the street saw identical female twins approaching. Being aware of his condition, he felt, it necessary to take evasive action as they drew near. However, as the girls came abreast of him, they parted and walked past one on each side of him. The drunk stopped and scratched his head, and was heard to mutter, "I wonder how she did that."

ONE TOO MANY

This graphic photo was made of a man who was found dead in bed. 386 empty bottles were removed from the scene after the body was removed. We publish it for the tragic lesson it tells. We draw the conclusion that he probably prided himself in the fact that he wasn't an alcoholic because he didn't do his drinking in saloons. Poor soul.



IF YOU SLIP-DON'T BLAME, AA

If a diabetic fails to take his insulin and has another attack.

If an ulcer patient does not follow his prescribed diet and has another attack.

If a man with an arrested case of tuberculosis, fails to follow his doctor's advice with the result that the disease flares again.

If a person with heart trouble or high blood pressure ignores his physician's advice and has another attack.

We don't fire the doctor or say the medicine is no good, we send for the doctor and ask him to help us again.

If good church members sin, they don't fire the preacher, priest or rabbi, and say the religion's no good.

If you are an alcoholic and do "Slip", don't be so foolish as to drop out of AA and say it is no good. Do as the patient does. Remember how well you got along while you followed the AA prescription. Then get back into AA and start getting along well again.

—Alky Ally

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



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Cleveland, Ohio 44113

VOL. XXXVI-No. 7

## INDECISION

One of the greatest enemies of peace of mind is indecision. It steals sleep and troubles our waking.

Did you ever lie down at night and just after you turned out the light, you could hear two or three soft thuds against the ceiling. You knew some kind of flying bug was in the room. You try to drift off to sleep and there it is again-thud, thud. Should you get up and try to **find** the thing or run the chance of it lighting on the bed covers? You lay there waiting, hoping the insect will die a natural death, but there it is again-thud, thud. That is like indecision. You keep hoping the issue will just go away, but it doesn't, and there is no peace until you get up and do something about it.

Decision making beings each day as soon as we wake up. Indecision can result in anything from unnecessary discomfort to impeded progress to downright tragedy. We laugh a lot over the little things like taking too many clothes to a 3-day convention because we can't decide before we leave home; trying to decide whether to make the bathroom one more time before starting to work; whether or not to carry an umbrella. None of these too serious, but the trend to indecision is set.

As long as we straddle a fence, no progress can be made. We have to decide to get off on one side or the other to get on with the business of living. Trying to decide whether to change jobs, change locations, or move to a larger house are not matters of mountainous importance except that they can be quite disturbing to our peace of mind. There is no peace without commitment to one path or the other.

Many times we just let things slide; we get lazy and too comfortable in our little rut and let the years pass by. Whether we realize it or not, just drifting along the path of least resistance is a decision to accept the status quo, which often means settling for less than what we are capable of doing, or being or becoming.

A divided mind is a mind at war with itself. We who are sober in AA remember that torment-trying to decide which drink was to be our last before getting on with the new way of life that AA promised.

Ceaselessly the ocean tosses itself upon the shores and then runs back again. Why can't the sea lie down and be still? Because it is the victim of a divided mind. The voices of the sky are calling to it. The ocean is drawn upon by the magnets of the heavens. But the muddy old world holds on and demands, "Stay with me." The ocean can never completely decide, and neither can it stop its ears to the voices it hears from the earth and from the heavens. Thus it is always tossing; it never finds rest and peace.

Once a decision is made, we set our mind in that direction. The way may not be easy, but we have peace of mind because we know where we're going. We make a commitment and don't look back, mulling over the what ifs and what might have **beens** in the other direction.

We in AA who have known great mental anguish and great peace know full well the price of indecision and the healing power of decision and commitment.

M.C., Houston, Texas

Silent Rostrum

## AM I GRATEFUL ENOUGH?

As this is being written, the outcome of the 1978 Fund Drive is unknown. The amount of money needed to serve A.A. in the Greater Cleveland area may be **realized**, or it may fall short. Assuredly A.A. will survive and thrive in either case. A most important aspect of the annual drive is that it allows every member an opportunity to show his and her gratitude.

The word gratitude is heard a lot in A.A.. We often hear, "I can't tell you how grateful I am", and that is quite true. It would be quite a solution for my gratitude if it weren't so true. But gratitude for us can not be just saying it. In fact, it requires many things of us. It can not be fully expressed in just **doing** one particular thing.

Most of us are aware of the many jobs that have to be done by someone. Sometimes too many of us sit back and let someone else do a job when we should be assisting. Perhaps some of us feel we have done our part, and should step aside and let someone do it for awhile. That is true in some areas, but it is also true that it is sometimes a cop-out.

At the same time, we are aware that not everyone in A.A. should be called upon to undertake every necessary job which has to be done. If I feel my sobriety would be jeopardized by doing a certain job, then I should not do it.

There is one very important thing that every member can do which can only enhance the odds for sobriety—a contribution to the District Office. I have seen a few—a very few—who never found anything in A.A. for which to be grateful. Have I cause to be grateful?

I like to think I am grateful for being alive today. How about being reasonably healthy? Am I now enjoying at least some degree of sanity? I am aware that I have either recovered, or am developing, a sense of caring and sharing **with** my brothers and sisters, both in and out of A.A. and the feeling that many of them reciprocate. I like to think I'm grateful for an abiding faith that there is a Power greater than I who is responsible for my being out of the living hell of alcoholism.

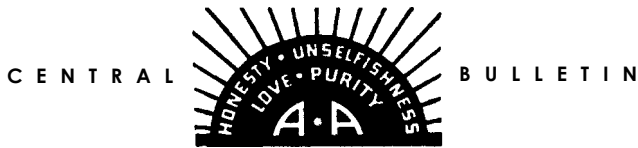
I like to think I'm grateful that this Power placed other men and women in my path to supply the strength and hope for helping me out of the fog of alcoholism—for people who would point the way, take my hand, give a gentle or not so gentle nudge, and who would speak words that would help to get me and keep me on the road to sobriety.

I am solidly convinced that I would be physically dead today were it not for A.A.. Or, perhaps worse, I would be so mentally and spiritually atrophied that I would be beyond recovery. For this alone, I think most of us agree we can never repay A.A. for what has been given to us—our very life.

What is my life worth to me? Can I afford to show my gratitude? Can I afford not to show my gratitude? I do not know of any person who ever contributed more than they could afford. I do not know any person who admits to giving more to A.A. in one year than was spent on boozing in one year. Supporting the District office **WITH MONEY** is an affirmative act of gratitude. An act every one of us can perform—any time during the year.

Am I grateful enough?

Anonymous



Published monthly by the Cleveland Central Committee of A.A., a non-profit fellowship dedicated to service. Address all letters to Central Bulletin, One Public Square, Mezzanine #6, Cleveland, Ohio 44113. Subscription price - \$3.50 per Year.

Harry D.. Founder and Editor 1892-1 968

No. 36

APRIL 1978

No. 7

MINUTES OF CENTRAL COMMITTEE MEETING  
OLD STONE CHURCH

April 4, 1978  
8:00 P.M.

Moderator, Art. Z., presided at this meeting which opened with all members present joining in the Serenity Prayer. Roll call showed that 43 members were present - 41 groups represented. Vice Moderator, Warren M., read the Purpose of Central Committee and the Twelve Traditions of A.A. followed by the reading of the minutes of the March 7th meeting by the Secretary. Motion made, seconded and carried that minutes be approved as read. Treasurer's Report showed that there is a balance in the Central Committee account of \$181.81 and in the Central Bulletin Account, \$180.90—through March 31, 1978. 32 speakers have been supplied to non AA groups for months of January through March, 1978 inclusive.

COMMITTEE REPORTS

**Action Committee:** Frank K., not present because of death in family.

**Areawide Committee:** Jean B., Chairman, reported that the meeting is set up for April 16th at 2:00 P.M. at Jordan Hall—speaker will be Mary Jo H. from Newton Falls, Ohio and she will be making arrangements for the June meeting to be held in Scott Auditorium at Metro - following the pattern of east-west meetings.

**Central Bulletin:** Dick F., representative, reported that he still hadn't received the funds from George, he was operated on last week. We have a financial statement but do not know how up to date it is, outstanding bills, etc. Still waiting for the first article to be submitted by anyone for publication in the Bulletin.

**Rosary Hall:** Lou W., representative, stated that everything there is going along fine and they are having very good attendance at the family meetings.

**Bay View:** Barbara W. reported that they do have their committee of six volunteers but, to date, no new Director has been named. . . when this is done they have plans for a very good program for the patients at Bay View.

**Brecksville:** Don E., representative, says that in spite of the upheaval due to renovation, business is still going on as usual. He, again, requested help for the Tuesday and Thursday evening meetings. All A.A.'s are invited.

**Merrick Hall:** Minnie C., representative. They are very busy at Merrick Hall. They have a stag Alanon meeting on Thursday evening at the same time they have the after care for former patients and its working out beautifully. Next meeting of Friends of Merrick Hall will be Tuesday, April 18th at 1:30 P.M. Dr. Greg Collins from Metro will be the speaker.

Metro: No representative present.

N.E. OHIO GENERAL SERVICE REPORT: Greg P., representative. On May 21st the General Assembly meeting will be held at 2:00 P.M. at the American Legion Hall in Brecksville, corner of routes 82 and 21. Our delegate will report on the General Service Conference in New York which is being held in April. The 22nd Ohio State Conference will be held this year in Toledo, Ohio at the Commodore Perry Hotel, July 21, 22 & 23rd. The Mini Conference which was held in March this year was the first that has paid for itself. Has Ohio State Conference registration forms with him. Still looking for donations until Dec. 31, 1978.

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

Imogene Z., Secretary

DATES TO REMEMBER

CENTRAL COMMITTEE MEETING  
TUESDAY, MAY 2ND, 1978—8:00 P.M.  
OLD STONE CHURCH-PUBLIC SQUARE  
IS YOUR GROUP REPRESENTED?

27TH ANNUAL  
INTER-GROUP DINNER DANCE  
MAY 6, 1978—5:30 P.M.  
CLEVELAND PLAZA-GRAND BALLROOM  
SPEAKER: SYBIL C., LOS ANGELES, CALIF.  
OUTSTANDING MESSAGE

LANGUAGE OF THE HEART  
6TH ANNIVERSARY  
SUNDAY, MAY 7, 1978—4:00 P.M.  
HOLY FAMILY CHURCH  
3845 E. 131 ST STREET, REAR ENTRANCE  
SPEAKER: REV. CLARENCE R  
COLUMBUS, OHIO

GRATEFUL GROUP'S 15TH ANNIVERSARY  
SUNDAY, MAY 14TH, 1978—2:00 P.M.  
SIGHT CENTER  
CORNER E. 101 & CHESTER  
SPEAKER: BARBARA C., OUR GROUP  
EVERYONE WELCOME

GARDEN VALLEY 32ND ANNIVERSARY  
MAY 14, 1978—4:00 P.M.  
BECKMAN DEVITO HALL  
13816 ST. CLAIR AVE.  
SPEAKER: BETH G., BRECKSVILLE, OH10

43RD ANNUAL AA FOUNDERS DAY  
AKRON UNIVERSITY  
JUNE 23, 24 & 25  
FOUNDERS DAY COMMITTEE  
P.O. BOX 12; AKRON, OHIO 44309  
\$39.00 PER PERSON  
FIRST COME-FIRST SERVED

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.

MILL ENDS AND REMNANTS

Not infrequently these days when we look over the funny pages of our daily newspaper, or at greeting cards in our favorite shop, or at billboards, we see sketches, usually of a child, with the theme that "Happiness is" this or that.

Never having been a mother it would be rather inconclusive for me to speak of the security needs of children, but as I thought of ideas for our effort this month, the "Happiness is" thing kept bugging me. So, I sought a young mother or two, especially those of the Dr. Spock school, to find out about this "Happiness is a blanket!" or "Happiness is a bunny's ear!" security bit.

It seems that most youngsters from the age of six months to seven years, maybe earlier, maybe longer, have the need for a blanket or a bunny's ear and a sturdy thumb if they are to be happy and feel secure, particularly the latter.

This gave way to the thought an analogy existed as between real babies and youngsters and babies and youngsters in Alcoholics Anonymous, for almost from our first day we latched on to something to give us a sense of security, and with grubby mental fingers and sturdy mental thumbs, we sought haven in "Easy Does It!", "Live and Let Live!", etc.

Your writer was one of these and a collector of handles ever since. So, in the mood of the day — "Happiness is in handles!", and it is some of these we share with you this month (there are hundreds and perhaps you will share some of yours with us).

THE MAN WHO WINS MAY HAVE BEEN COUNTED OUT SEVERAL TIMES, BUT DIDN'T HEAR THE REFEREE!

Sobriety doesn't come easy to most, it is something to be worked for and earned, and most of us were at the end of our ropes when we asked for help and at times have been on the ropes since we received it. But thank God we had the courage to not be counted out. And speaking of courage:

IMPREGNABLE COURAGE DOES NOT CONSIST OF FEELING NO FEAR, BUT IN CONQUERING FEAR. HE IS THE HERO WHO SEEING LIONS ON EITHER SIDE GOES STRAIGHT ON, BECAUSE THERE HIS DUTY LIES!

It isn't unusual as we go about our day-in, day-out existence that we don't come face to face with one kind of problem or another and some days there may be numerous such. These are good for us, for universally we are the better for having overcome them in demonstrating our responsibility, stability and our sincere purpose. And mentioning sincerity, how's this handle ?

THE ONLY CONCLUSIVE EVIDENCE OF A MAN'S SINCERITY IS THAT HE GIVES HIMSELF FOR A PRINCIPLE WORDS, MONEY, ALL THINGS ELSE ARE COMPARATIVELY EASY TO GIVE AWAY; BUT WHEN A MAN MAKES A GIFT OF HIS DAILY LIFE AND PRACTICE, IT IS PLAIN TO SEE THAT THE

TRUTH, WHATEVER IT MAY BE, HAS TAKEN POSSESSION OF HIM!

Isn't this the state we reach when we have completed and live within the framework of the Twelve Steps. "Rarely have we seen a person fail \*\*\*,." And the Arabs had a proverb:

HE WHO TRAVELS DILIGENTLY ALONG HIS PATH REACHES HIS DESTINATION!

As we pursue our daily living we have found it imperative that we do so not only diligently, but also vigilantly, and with energy and persistence, as in doing so it is possible we may qualify to be called:

A FRIEND IS ONE TO WHOM ONE MAY POUR OUT ALL THE CONTENTS OF ONE'S HEART, CHAFF AND GRAIN TOGETHER; KNOWING THAT THE GENTLEST OF HANDS WILL TAKE AND SIFT IT, KEEP WHAT IS WORTH KEEPING, AND WITH THE BREATH OF KINDNESS BLOW THE REST AWAY!

Which is the hallmark of true sponsorship. There is happiness in handles, grab one — by George!

I Didn't Have Time

I got up early one morning
And rushed right into the day!
I had so much to accomplish
That I didn't have time to pray.
Problems just tumbled about me
And heavier came each task.
"Why doesn't God help me?" I wondered
He answered, "You didn't ask."
I tried to come into God's presence
I used all my keys at the lock.
God gently and lovingly chided
"Why, child, you didn't knock."
I wanted to see joy and beauty,
But the day toiled on, grey and bleak.
I wondered why God didn't show me.
He said "But you didn't seek."
I woke up early this morning
And paused before entering the day,
I had so much to accomplish
That I had to take time to PRAY.

In Memory of
Sister M. Zgnitia

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WHO NEEDS OLDTIMERS?

Are so-called oldtimers a blessing or a problem in your group?

"An oldtimer," one frustrated groupmember exclaimed, "is someone who will travel 100 miles to speak at a big anniversary, but won't walk across the street to help a newcomer or make coffee!" Is this true of any oldtimers you know? Be careful. If you stay sober and don't die prematurely, you, too, will become an oldtimer. Will that description then fit you?

As more and more of us stay sober, the number of oldtimers is rapidly growing. In many -groups, they are a help, not a hindrance. Another middle-timer put it this way, "Newcomers may be the life-blood of AA, but if we had nothing but newcomers, what a sloppy mess we'd all be slipping around in! Old timers furnish the backbone and skin to hold us together. If they didn't stay around and share their experience, where would we all be?"

Problems with older members often stem from their acting like authorities, impatiently criticizing new members' mistakes, "and being intolerant of any change". The custom of rotating jobs in AA helps keep oldtimers from beginning to feel they own some particular AA position. It also insures that chances for service in AA get shared among many of us, not just a self-selected few.

Rotation is called "a real step forward in growth-a step into the humility which is . . . the spiritual essence of anonymity." That's from our pamphlet "The A.A. Group" (p. 19). A good look at it might help us all benefit from oldtimers' experience without encouraging them to turn into bleeding (or is it bleating?) deacons. At the 1977 G.S. Conference, there (was) a discussion on rotation.

One Australian member, sober more than 25 years, has suggested that his group hold an oldtimers' meeting every three months. In one Canadian province, members sober over ten years meet regularly for Sunday breakfast (newer members are never turned away). Other suggestions?

The following is the "Workshop report-back" from the 1977 G.S. Conference workshop on rotation which included these points:

1. Benefits of rotation are: a. To the group-keeping it alive and active, developing leadership, and providing action and attraction. b. To the Fellowship-making people aware of, and contributing ideas to, AA as a whole. c. To the individual—offering opportunities for personal growth and for humility, and developing a sense of responsibility.

2. Do trusted servants have trouble rotating? On the whole, no. But rural areas experience more problems than urban and suburban because of insufficient people.

3. Is there more rotation in the Third Legacy structure than in the AA Group? Yes, most agreed, because the rotation is built into our service structure.

4. What are spiritual aspects of rotation? "It is an exercise in humility and an opportunity for greater personal growth. It exemplifies the Twelfth Tradition of placing principles before personalities, and underscores the fact that our leaders are but trusted servants who do not govern."

5. In general discussion, it was agreed rotation is a key principle of service. "It teaches us to trust, and trust is the beginning of faith."

[Reprinted by permission of Alcoholics Anonymous World Services, Inc. from 1977 February-March Box 40509 Vol 22 #1 copyright 1977 by A.A. W.S., Inc.] [From the 1977 General Service Conference Report]

IT'S A GIFT

A question is bandied back and forth in our society year after year. If sobriety is a gift that we did not deserve and can never earn, then why must we work so hard to get it and keep it? And that question always creates doubt in the minds of a few, particularly the newcomer, still having a rough time!

It seems to this writer that we all forget a simple fact. A successful gift must have two indispensable ingredients aside from the gift itself. There must be a gracious, willing giver and a grateful, willing taker.

We need not take up the character of the gift. Sobriety we need. We are eager for it. The desire for it is the one and only requisite for membership in our fellowship. Beyond that, it is not theoretically, but literally a life and death matter for us all.

We need not discuss our Giver, nor His Grace, nor His willingness. Never did He turn His back on us. We turned from Him and deliberately desecrated and nearly destroyed our precious gift of life in the first place. But for His Grace we would not have been here in the first place, would not be here now and most assuredly would not be sober now.

No, we need not question the gift or the Giver of sobriety. Our attention should narrow down and be intensely concentrated on the taker. You and I need examination. Are we grateful, willing takers? If we are, then we are working this program to the absolute limit of our ability. Else we are not facing our Giver. Obviously we cannot turn our back again. We must face Him and say, "You made me, I face You, I am grateful, show me the way and the truth".

If your gratitude is in any sense comparable to the precious blessing of sobriety, then only through your deeds, only through your life's example as a whole, can you show that gratitude. Words without deeds are empty lip service.

And so we live this way of life, facing God as we understand Him, surrendering to Him, seeking His will and doing it, maintaining a constant check on the truth about ourselves through constant fearless self-inventory, admitting our mistakes promptly as we go along, seeking closer conscious contact with Him through meditation and prayer, and finally in His name trying help the other fellow.

That is living gratitude for the priceless gift of sobriety. That is what makes of us a grateful willing taker of a gift we did not deserve and can never earn.

THE ESSENCE OF A.A. FRIENDSHIP

Oh, the comfort • the inexpressible comfort • of feeling safe with a person, having neither to weigh thoughts nor measure words, but to pour them all out, just as they are, the chaff and the grain together, knowing that a faithful hand will take them, sift them, keep what is worth keeping and then with the breath of kindness, blow the rest away.

(Oregon Newsletter)

ARE YOU PLANNING TO MOVE?

If so, clip this coupon and mail to One Public Square, Mezzanine #6, Cleveland, Ohio 44113. immediately. It is urgently needed before the next issue of the Central Bulletin.

Name .....

New Address .....

City ..... State ..... Zip Code .....

it will help you and 'it will help us.



**IT'S A GIFT**

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**BENDING TRADITIONS**

Presently there is a letter sent to AA groups, asking for donations from an outside enterprise. This is in violation of our 6th and 10th traditions.

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**A PRAYER**

O Lord, grant me the wisdom to realize that there is nothing that is really mine, and I offer my humble thanks for the use of my portion. And forbid me Almighty God, from wasting my life in standing guard over that which I do not need.

Charles Harris

**HAPPY RIGHT NOW!**

Over the years I have heard much about all sorts of subjects. One that stands out to me particularly at this time is an A.A.'s birthday/anniversary. Whole meetings have been devoted to the discussion of the annual recognition of another year's sobriety.

At this writing I can think of three categories of thought which stand out in my mind:

1. Accomplishment of first year milestone,
2. Utilization of AA Concepts in daily life,
3. Hopes of achievement for the future.

It is an accepted fact that one's first year of sobriety is important; however, it was accomplished only by maintaining sobriety for 365 days at **24-hour** segments of time, one day built upon another.

In AA we have been given many tools with which we are to use in order to forge a new way of life. Our cliches, such as "ONE DAY AT A TIME" and "TWENTY-FOUR HOURS A DAY" can make today a lot easier and the next today a success too. Goals must be carefully set, they should be achievable, their accomplishment shows our progress. A good example of this is the man who was given the job to dig a ditch. Without being given a direction in which to dig, he only dug a deep hole.

Our AA Goal is sobriety, one day at a time.

The third and perhaps most dangerous thought is to play the "WHAT IF" game. Preplanning or anticipatory reactions to events or circumstances which may or may not happen can be very infectious. I have even managed to ruin tomorrow by getting a resentment from a projected response. What insanity!

As with most other learned experiences that I have received as a direct result of AA, this topic is no exception. Once remembered, a negative thought is erased as if it had never existed. This is my reason for giving the reader the **thought**—have a happy right now.

R.J.M., Fairview Park, Ohio

**OBITUARY**

WARREN F. CHISHOLM, SR. one of Cleveland's most loved, effective and active members for 39 years, passed away April 29, 1978. His passing is mourned by the entire fellowship of A.A. His memory will be alive for many years. Our sincere condolences to his bereaved family.

JOHN HILLARD, former devoted secretary of the district office, with 36 years of continuous sobriety. A very popular and enthusiastic member that was a power example to all who knew him, passed away in Sacramento, Calif., May 8, 1978. Our sincere sympathy to his family.

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Harry D., Pounder and Editor 1892-1 968

No. 36

MAY 1978

No. 8

MINUTES OF CENTRAL COMMITTEE MEETING  
WESTERN RESERVE ROOM, OLD STONE CHURCH

May 2, 1978  
8:00 P.M.

Art Z., Moderator, opened the meeting leading the members present in the Serenity Prayer. Roll call showed 40 groups represented. Warren M., Vice Moderator, read the Purpose of Central Committee and the Twelve Traditions of A.A. Minutes of the April 4th meeting of this committee were read by the Secretary. Motion made, seconded and carried that minutes be accepted as read. Treasurer's Report, with corrections, was given showing • at the end of April, 1978 there was a balance in the Central Committee treasury of \$171.93 and in Central Bulletin Account, \$224.32. Treasurer's Report accepted after corrections. To date, 50 speakers have been supplied by the District Office to non A.A. Groups.

**COMMITTEE REPORTS**

**Action** Committee: Frank K., Chairman, not present.

**Areawide** Committee: Jean B., Chairman, reported that she is trying to get Scott Auditorium at Metro for the June 11th meeting • even though we need confirmation on the hall the speaker has accepted. Speaker will be Bob S. Really would like good turn-out for this meeting • if everyone will bring a friend this will add to the attendance and inspire future attendance at these meetings. Jean thanked all those who came to the April 16th meeting at Jordan Hall. The speaker, Mary J. H., was very good.

**Central Bulletin:** Dick F., representative, reported that we are making progress. George is still in the hospital; however, a check was made out to the office from the funds that have been in the Central Bulletin • it has to be co-signed. A couple of articles have been submitted and will appear in the Bulletin. We need subscriptions • a lot have expired with the March issue and special reminders were mailed. Minnie C. commended the Committee on the Bulletin and asked about the deadline for articles • the 15th of each month will be the deadline.

**Rosary Hall:** Lou W., representative, stated that Rosary Hall was operating very well and corrected the April 4th Rosary Hall report in the minutes that both the family and after-care meetings are well attended.

Bay View: No report.

**Brecksville:** Don E., representative, continuing his request for outside A.A. participation with the Tuesday and Thursday night meetings in respect to Chairmanship and leads. The Saturday meeting is going very well • well attended by patients and outside A.A. members. They expect to be completing the renovation of the third floor soon which will mean that the alcoholic ward will move back from building 2 to building 5. The meeting room is going to be moved to the third floor. Contact Phil B. or Don E. if you want to help out.

**Merrick Hall:** Minnie C., representative. Merrick Hall has been filled to capacity for the past couple of months, reservations standing. Friends of Merrick Hall will meet Tuesday, May 16th at 1:30 P.M. at the hospital. Speaker will be the head dietitian of Woman's Hospital. Topic will be "The Diet for the Recovering Alcoholic". On June 12th the Friends of Merrick Hall in combination with the Junior League and the Regional Council on Alcoholism will have a luncheon at the Women's City Club. Speaker will be Dr. Susan Anthony. This is going to be the kick-off of a dream for a woman's residence • hopes the dream will become a reality. It will include all of Cuyahoga County, they will need lots of help. Merrick Hall's Third Anniversary will be held at the Sight Center on Sunday, July 9, 1978, at 2:00 P.M.

**Metro:** Regina D., representative, reported that they have been filled to over capacity. They do have one concern and that is getting A.A. sponsorship for their patients. The response time has been slowed down an awful lot, especially women patients • they need support before they go home as many of them are alone • wherever this slow-down originates • it seems that more people should be aware of the responsibilities of sponsorship. In some cases, members have traveled some distance to get to the hospital only to be told that the patient does not want A.A. help. This subject was discussed at great length • also the admission of patients to the hospital outside of the regular hours of the ARC. If the patient is that sick, they should be taken to the emergency room where they will be admitted. This goes for any sick alcoholic anywhere • if they cannot be admitted to a hospital, it is wise to get them to the emergency of the nearest hospital.

**East Side Veterans:** Gavin P. reported that he had been attending Saturday meetings there and everything seems to be going along very well • they have excellent attendance on Saturdays.

**NEW BUSINESS:** Lou W. was troubled about members who are appearing on T.V. and stating in newspapers that they are A.A. members which is in direct violation of our Traditions • the only thing we can do is ignore them and pray that some day they will know our program well enough to observe the ground rules.

New Secretary of East Side Young People's Group in Chagrin Falls which meets on Wednesday at 8:30 P.M. requested other groups send them their meeting notices.

Rental of our meeting room was discussed and it was decided that we send a check for \$25.00 to the Old Stone Church for use of this room.

It was also decided that requests be sent out to all group secretaries for a \$5.00 contribution for Central Committee operation. This was presented in the form of a motion. Motion made, seconded and carried.

**N.E. OHIO GENERAL SERVICE REPORT:** Greg P., representative. Announced that the next General Service meeting will be held Sunday, May 21, 1978, at the American Legion Hall in Brecksville, routes 82 & 21, at 2:00 P.M. Our delegate will be giving a detailed report on the Conference held in April in New York. The 22nd Ohio State Conference will be held July 21, 22 & 23 in Toledo, Ohio. He gave a brief report on the April General Service Conference listing the new officers and delegates and especially calling our attention to the fact that in the matter of contributions to G.S.O. our area falls very short in comparison with other areas.

AREAS IN OHIO:

N.W. Ohio: average 1.81 per member • 22% above state average.  
S.W. Ohio: average 2.89 per member • 92% above state average.  
N.E. Ohio-average 50c per member • 66% below state average.

This is not something to be proud of.

G.S.O.'s total income for 1977 was— **\$3,806,700.00**  
expenses **3,504,000.00**  
**\$ 302,700.00**

G.S.O. tries to keep approximately one year's reserve to operate on.

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

Imogene Z., Secretary

**DATES TO REMEMBER**

CENTRAL COMMITTEE MEETING  
**JUNE 6, 1978, 8:00 P.M.**  
OLD STONE CHURCH, PUBLIC SQUARE  
IS YOUR GROUP **REPRESENTED?**

AREAWIDEMEETING  
**JUNE 18, 1978, 2 P.M.**  
METRO GENERAL HOSPITAL, SCOTT AUDITORIUM  
AIKENS STREET OFF SCRANTON ROAD  
SPEAKER: ROBERT S., CLEVELAND, OHIO  
**Parking Lowman Lot**

43RD ANNUAL AA FOUNDERS DAY  
AKRON **UNIVERSITY**  
**JUNE 23, 24 & 25**  
FOUNDERS DAY COMMITTEE  
P.O. BOX 12; AKRON, OHIO 44309  
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AA CONVENTION, 30th ANNIVERSARY  
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**22nd ANNUAL OHIO STATE  
GENERAL SERVICE CONFERENCE-**

The 22nd Annual Ohio State AA Convention will be held in Toledo at the Commodore Perry Motor Inn. The first session will begin at 8:00 pm, Friday, July 21 and the convention will come to a close at noon, Sunday, July 23. Those who wish to attend this thrilling AA week-end may start arriving at the Commodore Perry anytime after 1:00 pm, Friday.

This important gathering is open to all members of Alcoholics Anonymous; also to their spouses, Alanons, Alateens, guests and friends of AA. Registration fee is \$7.00. A banquet is being served on Saturday night. For those who wish to attend, banquet tickets are 58.00. Since banquet seating's limited, tickets are available to those who have registered for the convention, only, on a first-come, first-served basis.,

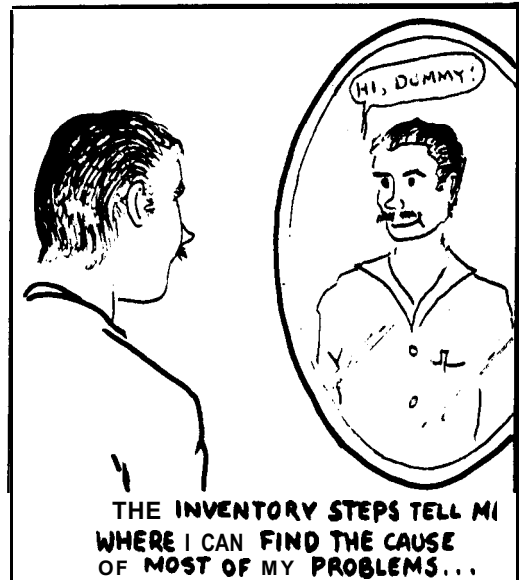
Registration forms are available from the district office, group General Service Representatives, District Committeemen, and from your trusted servants of Northeast Ohio General Service: Fred B., Terry L., Joan A. and Greg P.. Hotel rooms may be reserved by calling or writing the Commodore Perry Motor Inn.

Come to Share, to Enjoy, to make and renew Friendships, to Grow.

22nd. Ohio General Service Conference  
P.O. Box 6115, Heartherdowns Station  
Toledo, Ohio 43614

**AA DISTRICT OFFICE**

The Cleveland AA District Office will be closed on Saturdays during June, July and August. Any calls however to the office will be recorded and processed the same day.



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

Dear person:

Please begin a subscription at earliest inst. to AA named in accompanying blank. Please consider enclosed check as sufficient to pay for issues up to and including December, 1980. If not enough, then just two years' subscription and balance to ink fund, or whatever.

Thank you for continuing Hank's good work.

Steve C.  
Euclid-Wade 1948

P.S. Have visited with John G. in Albuquerque, New Mexico this year, as well as John H. in Sacramento, California. Hello to any and all of the pinochle players who frequented Stevenson's at 79th and Euclid.

**THE HURDLE**

When I was in Boot Camp, while I was in the service, we had to jump the hurdles every morning. Oh, how I hated to jump that first one. Several times I ran around it, but I always got caught and back I had to go and jump all of them again.

Every AA member who is staying sober has had to face that hurdle--the First Step. Many new members are facing it for the first time today. Many, who are still drinking, will face it in the future. Many will never be able to take that hurdle, the First Step, and will die an alcoholic death.

Why is this? We know and they know that alcoholism is a disease so cunning and insidious that it does not allow the one who has it to admit that it exists. But rather it forces him to go on and on, always searching for a way out. Perhaps he will reluctantly admit that there is such a thing as alcoholism and others may have it, but not him.

I had a terrible time with that First Step. I admitted I was powerless **after** the first pint, but not after the first drink. I will never forget what my sponsor told me. If you didn't have the first drink, you wouldn't be able to drink that pint. Naturally, I thought he was nuts or had a wet brain. Twice I tried it and I found out he wasn't nuts nor did he have a wet brain.

Those of us who have been able to accept the first step, should renew our faith in the AA program, always remembering that if we allow ourselves to relax in our quest for true #physical and emotional sobriety, we will dim the hopes of many **who** have yet to face their problem and who surely need our help when the time comes.

Don't try running around the first hurdle as I did and jump only the other eleven. The Sarge may not catch you, but I'm dam sure old man **booze** will!

Leo R., The Silver Dollar

**THE WORD IS HELP:** When someone is around and in trouble, we may want to help but not know exactly what to do. We need to know when to offer our assistance and when to let a person work things out on his own. One thing is certain: doing so much for another that we make him feel that he is not capable (but that we are) is not the best kind of help we can give. Even when another comes to us asking for help, the best formula is to communicate with him on the basis of "Help me to help you to help yourself."  
(The Silver Dollar)

STAY -DUMB  
LISTEN-LEARN  
STAY-SOBER

GET-SMART  
DONT-LISTEN  
GET **DRUNK**

**MORAL COURAGE**

As we move around the ever-widening circle of AA membership, we are impressed by the gallant courage that lies deep in each individual who lives the program. Being an AA is not like being an Elk or an Eagle, a K. C. or a Mason. These are fine organizations, but it takes no particular courage to be a member. To be an AA requires the highest **type** of courage . . . moral **courage**. Moral courage **is** the kingly **consciousness** in the **individual** that there is something within him that makes him greater than all the forces that can be ranged in battle array against him.

Don't let anyone tell you that alcoholics who practice the **principles** of AA haven't courage. The life of an AA is a-constant struggle, hopeless **but** for that courage.

It takes courage to live boldly by the truth, to speak the truth we know, to live the truth we speak. It takes courage to live squarely, honestly, in accord with our **p.rinciples**, to move forward bravely along the road of right, when the by-paths are alluring with the roses of desire, and the joy we crave tempts our obsession-seared minds, and when that which we crave could be ours for the taking.

But taking it would **be** a wrong done to ourselves, to another, a sacrifice to principle, a wound inflicted on our self-respect, a failure to live up to our conception of what is right.

Even a coward may have temporary courage when there are bugles and cheers to bolster him, but it takes a real man to fight on alone, unnoticed, uncheered, with no inspiration but the voice of his own **soul** urging him to stand fast.

Those who have lived the program of AA, no matter how long or how short a time, have demonstrated the necessary moral courage. And they are grateful. When **they** give thanks for their home and family, their good **health** and good fortune, they should not "forget to be grateful for the moral courage that made all these things possible.

**THERE'S A REASON**

For every pain, that we must bear,  
For every burden, every care,  
There's a Reason.

For every grief, that bows the head,  
For every tear drop that is shed,  
There's a Reason.

For every hurt, for every plight,  
For every lonely, pain racked night,  
There's a Reason.

But if we trust God, as we should,  
It all will work out for our good.  
He Knows The Reason.

**ARE YOU PLANNING TO MOVE?**

If so, clip this coupon end mail to One Public Square, Mezzanine #6, Cleveland, Ohio 44113. immediately. It is urgently needed before the next issue of the **Central Bulletin**.

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It will help you and it will help us.



## How and Why A.A. Grows

*Some reasons for A.A.'s accelerating growth, and some challenges A.A.'s new size now brings, were pointed out at the Conference by Bob P., general manager of G.S.O. Excerpts follow.*

It's tremendously exciting to see that in 1977, 2,595 new groups in the U.S. and Canada were listed at G.S.O., a net increase of 1,258.

Also, many existing groups are bursting at the seams with new members. One group has four members with flashlight batons directing the parking of cars in a huge **parking** lot, and inside the meeting place, coffee is served at six stations around the hall.

A.A. is evolving. Our program of recovery remains unchanged, but the number and variety of groups and meetings, compared with a few years ago, are astonishing. All that is needed for a new group is a resentment and a coffeepot.

A healthy group may grow so large it becomes unwieldy, participation of members becomes-difficult, or it outgrows its quarters. Then, by agreement among members, it may divide into two groups. A new group may also be started to meet a need for a new **time** for a meeting • at luncheon or after work. A new group may start to meet the need for a new place • at Grand Central Station, Kennedy Airport, or the South Pole.

A new group may start because a new kind of meeting is wanted • Step, beginners, Big Book study, workshop, Eleventh Step. Alcoholics may band together because of some other commonality: in men's groups, women's, young people's, gay, "slippers," doctors', lawyers', priests', sailors'.

If we study where new groups are forming, we observe that where A.A. is strongest and most populous, it tends to grow stronger, faster.. Conversely, where there are fewer groups, growth is slower and harder. California, with 2,454 groups in 1976, added 366 new groups last year. Quebec, with 834, added 142. A state that had only 72 groups added only eight. Two states with 73 and 60 were able to add only 14 groups between them.

Other factors have also encouraged A.A. growth in the past few years. Perhaps most significant has been the proliferation of rehabilitation and treatment centers.

With growth have come growing pains: **busloads** of patients; young people bringing with them other addictions, not to mention explicit language and free discussion of sex; court-referred drunk-driving offenders wanting attendance slips signed. These have strained the serenity of many an old timer.

The continuing miracle is that Alcoholics Anonymous weathers every storm and flourishes. One reason it flourishes is that it is girded about by the Twelve Traditions Another is that our service structure — loose, anarchistic, based on responsibility rather than authority • seems to resist change at the core but to be amazingly resilient to temporary tempests that might tear apart other organizations.

But the main reason A.A. flourishes, I believe, is simply that it works. Today, there are a lot more meetings; but when the newcomer gets there, he finds exactly the same love caring I and every other drunk have found in A.A. for 43 years.

From Box 4-5-9

## BULLETIN ARTICLES

At a recent meeting of the Central Committee I heard an announcement that was somewhat surprising and **disturbing**. Although there had been previous requests for our members to submit articles to the Central Bulletin, there had been no response.

This was not too unexpected nor disturbing after **giving** it some thought. I do not believe that one person failed to heed the request with the intent to escape responsibility. In fact, I'm sure that many of us felt that the response would and should be positive. After all, the Central **Bulletin** is our organ of written communication in the Greater Cleveland A.A. district. Surely there would be much response from **within** the circle of Sandusky-Wakeman-West Richfield-Ashtabula-Willoughby. But there wasn't.

I suppose that our individual positive feelings could be part of the cause of the lack of response. The feeling that "he" could submit a short article that would really carry a message. After all, "he" is well educated, a good speaker, a fine writer, and "he" can **just** do a better job than I can. Yeah, much better to let "him" do it.

Oh, and then there "she" is — the one on the front row. A real educated "Jane". I've heard "her" Lead — beautiful! "She" could submit an excellent article. "She" has all the attributes that "he" has, and she can add the woman's touch, which would be welcomed by our sister **A.A.'s**.

No doubt about it, "**he**" and "**she**" are much more capable than I am. Besides, "**he**" and "**she**" are more the leader type. Much better for all of us if I let "them" take care of it.

I honestly believe that this attitude is not formed with any intent to shirk responsibility. Most of us sincerely feel that "he" and "she" can do a better job because of their qualifications. Admittedly, if the articles are being graded by a professor of english composition, "he" and "she" would knock off an "A", while you and I would settle for "D".

Fortunately for us, we aren't here to improve our writing ability (or Disability). We are here to obtain, maintain, and improve our sobriety-day by day. What you say, not how you say it, is the test. I believe that every article, **like** every lead, will have at least one thought that will help at least one person. And that, my friend, is what it's all about. We call it twelfth step work!

Who is capable of helping with our bulletin? Anyone who has truly walked the twelve steps to sobriety is capable. Having done this, you now know that you have a new way of life. And being in this new way, you have some thoughts that are worth sharing.

I would like to see article submitted by "he" and "she" — also by you and me.

And if the response is **too** great?, then you'll **just** have to renew your subscription so you can read your article in the next issue.

*Anonymous*



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Harry D., Founder and Editor 1892-1968

No. 36

June 1978

No. 9

**MINUTES OF CENTRAL COMMITTEE** June 6, 1978  
**WESTERN RESERVE ROOM OLD STONE CHURCH**  
 8:00 P.M.

Moderator, Art Z., opened the meeting with the Serenity Prayer. Roll call showed that there was a total of 41 in attendance representing 39 groups. Vice Moderator, Warren M., read the Purpose of Central Committee and the Twelve Traditions of A.A. Minutes of the May 2nd meeting were read by the Secretary. Motion made, seconded and carried that these reports be accepted as read. Treasurer's Report showed a balance in the Central Committee account of 8402.60 and the Central Bulletin account \$402.62 as of May 18, 1978. 77 speakers were supplied by the District Office to non A.A. groups for months January through May, 1978.

**COMMITTEE REPORTS:**

**Action Committee:** Frank K., Chairman, reported that the matter of a non A.A. attending closed A.A. meetings had been looked into and matter concluded satisfactorily. This could be a precedent for all closed groups who have outside visitors • they have the right to ask the person to leave.

**Areawide Committee:** Jean B., Chairman, reported that the next Areawide Meeting will be held on Sunday, June 18th at Scott Auditorium at 2:00 P.M. Bob S. will be the speaker and she would like to have a good crowd in attendance.

**Central Bulletin:** Dick F., representative, reported that George M. is out of the hospital • home convalescing • that as soon as the doctor releases him, he will get together with the office and take care of whatever matters that have to be done. Meantime, we are still publishing and hope to get more subscriptions and more articles. The articles seem to be coming in. We do need subscriptions, do whatever you can to stimulate interest.

**Rosary Hall:** No representative present.

**Bay View:** No representative present.

**Brecksville:** Don E., representative. To correct minutes, renovation is taking place in building 2, they are now temporarily in building 5. When work is completed they will be back at building two with meetings as usual . . . on the third floor. Meetings are held on Tuesday and Thursday at 7:00 P.M., Wednesday at 8:00 P.M. and Saturday at 1:00 P.M. Again made request for outside participation at meetings.

**Metro:** Reglna D., representative. Response time has improved on people who are in the hospital calling for A.A. sponsors. Since they are discharging on Saturdays now • they are doing a lot of admitting on Sunday • they would like the patient to have a couple of A.A. meetings behind them and have a sponsor when they come in. If anybody has any overwhelming medical problems they should go to the emergency of the nearest hospital. In addition to people they detox, they see twice as many people as consultation or referrals. The message is being carried.

**Merrick Hall:** No representative present.

**Woodruff Hospital:** Dena P. was present asking for outside cooperation for the meetings they are held at Woodruff Hospital • especially Chairmen and speakers • since it is quite a work load for her to arrange for all these. Please pass the word out to the groups you attend.

**NEW BUSINESS:** Jack B. appeared before the committee at the request of the Operating Committee to let people know what the Operating Committee is undertaking. Central Office was contacted by WKYC-TV3 which is sponsoring a HEALTH FAIR 78 in conjunction with Blue Cross, Blue Shield and Cuyahoga College Association. It will be a public information service in which approximately 80 health oriented organizations in the Cleveland area will be involved giving information, testing and education about health involving physical and mental health.

A.A. is going to operate a booth passing out information. The Operating Committee will handle this. There are three different dates and locations: Downtown Tri C Campus June 24 and 25; West Side Tri C, July 22 and 23 and East Side Tri C, August 18 and 20. We will have 5 or 6 volunteers and the information passed out will be A.A. identification, signs of Alcoholism • pamphlets on A.A. program and how it works. We are planning to reach approximately 1,000 people. We will have "44 Questions", "Alcoholism and the A.A. Program", "What is A.A.", "A.A. and the Young People". They will supply the booth and table and chairs and a sign. This literature was decided on because of the budget we will have to work with and feel it will give the basic information.

Representative from Madison, Ohio reported that they are in the process of working with the Northeast Ohio General Hospital in Madison in the hopes of having a de-tox center in that hospital. They are meeting next week for a final O.K. and will have more information at the next meeting.

**N.E. OHIO GENERAL SERVICE REPORT:** Greg P., representative reported on the May 21st meeting where the delegate gave a report on the General Service Conference held in New York in April. On Sunday, June 18, 1978 at the American Legion Hall in Brecksville at 2:00 P.M. there will be an open house. Speaker will be from Columbus, Ohio. All are invited. Flyers available for the Ohio State (22nd) Conference to be held at the Commodore Perry Hotel in Toledo, O. The Chicago Area 1978 Illinois State Conference will be August 18, 19 and 20. Registration forms are also available for this conference tonight. Deadline will be August 4, 1978.

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

Imogene Z., Secretary.

**CENTRAL COMMITTEE MEETING**

JULY 11, 1978 • 8:00 P.M.

OLD STONE CHURCH • PUBLIC SQUARE  
 IS YOUR GROUP REPRESENTED?

**PARMA SATURDAY 31st ANNIVERSARY**

JULY 15, 1978 • 8:30 P.M.

PARMA COMMUNITY HOSPITAL • CAFETERIA  
 SPEAKER: CHARLES K. HAKEWOOD MEN'S

**22nd ANNUAL OHIO STATE  
 GENERAL SERVICE CONFERENCE**  
 JULY 21, 22nd and 23rd.

COMMODORE PERRY MOTOR INN.  
 TOLEDO, OHIO

KEEP MOUTH SHUT -EARS OPEN

One of the first recommendations made to a new man in AA is to keep his mouth shut and his ears open. This is good advice which is seldom followed. There is something about, the movement that loosens a man's tongue. The longer he is in AA, the more he is suffused with the miracle of sobriety, and the more anxious he is to pass it along-mostly by the sheer weight of words, with little logic or understanding.

It isn't that he is talking through his hat, or that he doesn't know what he is talking about. It's simply that he is overwhelmed.

How come ?

Well, his sobriety is a miracle; and who can explain a miracle ? The dictionary tries thusly: "An event or effect in the physical world deviating from the known laws of nature, or transcending our knowledge of these laws." Mary Baker Eddy makes it more understandable for us alcoholics by explaining that a miracle "is divinely natural, but must be learned humanly."

Time and experience has proven that all alcoholics can't be rescued by AA at the whim of sponsors. Prospects who have had the best of sponsorship have at times proved to be the least tractable. For this, there must be some explanation ; and the writer chooses to believe that no alcoholic is a good prospect until God has taken a hand.

Sooner or later in every alcoholic's career, he is divinely gifted with an insight into his own problem. He is not given the strength to correct it but he is given the option of asking for that strength. Failing this, there is absolutely nothing in his future but continued ignominy.

We choose to believe what Jesus said: "Suffer sinners to come unto me," he meant that and nothing more. He meant to give the sinners an insight into their own lives -an opportunity to clearly distinguish between right and wrong-and the choice of how to continue. For the penitent he offered forgiveness; for the unrepentant, despair.

AA follows this policy right down the line, without deviation. AA distinguishes between right and wrong, gives a prospect his choice and demonstrates that he is forgiven. It adds only in providing a material fellowship to bolster the spiritual development.

Perhaps this is why we talk in circles when trying to explain how we got and maintain our sobriety. We can explain the known factors, such as the four absolutes of AA and the twelve steps, but we simply can't cope with the intangibles.

But we can be thankful. That's why we open all AA meetings with prayer. Jack F.-Social Center Chatter.

DON'T SPOIL YOUR DAY

Every habit we have came about by cultivation. If we want good ones, we can get them in a similar manner. How often we hear the enjoiner, "take it easy". In other words, "keep your composure". Well, try to keep your composure, make a study of it, too often we allow ourselves to be upset by small things--things we could afford to despise and forget. Lots of little things can spoil our day-some one has spoken ill of us-some one unappreciative of a favor-some reward we thought we had earned has been denied us. We feel the disappointment strongly-it spoils our work for us and disturbs our sleep and so we start to brood. When we stop to think of it--isn't it absurd? When we look back now over the things we had worried about, none of them really mattered and those benders we went on as a result, couldn't and never did help. So let's keep composed and enjoy what's left for us in worth while feelings-in high ideals and great thoughts. Life is too short to worry-and worry only spoils your day.-Lifeline, Vancouver, B. C.

WATCH YOUR STEP

There are some things in AA which, at times, we are apt to forget. One is the effect our attitudes and actions have on us-and the other-the effect our actions and attitudes have on others. Especially should we be mindful of the effect of our actions and utterances on the newcomer, for first impressions, (more often than not,) are lasting. Our attitude with regard to slips is important. True, to most it may be only a passing departure-but if we treat it lightly we may plant impressions in others that may be permanent. Some of us have progressed far enough in AA to feel that we ourselves have well anchored standards. But that does not give us license to condone or condemn, or for ill chosen words or off colored actions. In AA there is no such thing as maturity or seniority, so none of us had better presume such privileges. Yet., there are those who because of their record are looked upon as leaders and to set the pace. Here, then, is a responsibility for those who hold such records and of which they must be ever mindful. The newcomer is influenced by their opinions and actions-influenced by them -just as much when they are at their worst-as when they are at their best. Because of this, and if for no other reason, it is important that all of us watch our step.-Lifeline, Vancouver, B. C.

THE LITTLE WHITE LIE

With one strong back and \$25, I hitchhiked to California where I had been accepted by a small college. I obtained a night job but it wouldn't start until school opened in two weeks. My remaining money went to pay school fees, there was none for food or a place to stay. An old auto on a used car lot served as my bedroom.

The foreman of a large nursery agreed to put me to work for two weeks. Each noon the workers congregated under the trees to eat their lunches. With no lunch the first day, I lay down in the shade. I heard the foreman muttering, "That darn wife of mine. She must think I'm an elephant. I can't eat all this. Who wants a sandwich and a piece of cake?"

I was only too happy to help the foreman out. Every noon thereafter the foreman muttered about the food his wife was wasting as he passed the excess along to me. At the end of two weeks I picked up my check and looked for the foreman to thank him for giving me the job. He was not around so I asked the office clerk to thank him for me. "And ask him to tell his wife that she makes very good sandwiches," I added. The woman looked surprised. "He lives alone in Azusa," she replied. "His wife died five years ago."

-from Guideposts.

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ALMOST!

How often do you check up on your work? And when you do check up, do you see to it that you are hewing to the line? Or are you satisfied with "almost"?

The danger in the feeling that "almost" is good enough is that the "almost" may become the new standard -to yield again to a new "almost".

It is said that the road to Hell is paved with good intentions. We might add that good intentions become nothing more than intentions because of our "almonds". Our intentions ooze away, little by little.

When we came into A.A., we took a fearless moral inventory. We identified our faults, admitted to God, to ourselves and to another person the exact nature of our wrongs, and we asked God to remove our defects of character.

A child makes a wish and expects it to be fulfilled immediately. Some of us are like that. We ask God to remove our shortcomings and our defects of character, and then expect to see the change made immediately, without trouble to ourselves.

We have spent too many years building on error; too many years of making our defects of character the major part of our lives-, and too many years of high (and low) living and thinking evil!

So, we have just barely made our good resolutions when we have a hand-to-hand struggle with the Devil and with our deeply seated bad habits. We have developed automatic ways of responding to suggestions. The urges we have succumbed to so many times demand satisfaction. The faulty ways of thinking, which have opened to us so many times in the past, open all too readily for us now when we succumb to self-pity.

The path we have to follow is rough and rugged. Wish— fulfillment demands effort, particularly when the wish is contrary to our alcoholic natures. Later on, after we have grasped the hand of God, the path becomes easier. But it still is a narrow path! It still skirts the edge of the precipice, and it still faces obstacles.

Most of us have learned how to deal with the big problems and how to meet big crises. The big problems usually carry their own warning signals. With the urge to escape, we who have done that before, get strong reminders of what happened before! The Twelve Steps become alive, and the Third Step becomes our cornerstone of sure help.

Yet, some who have met big problems successfully, fail when the problem is small. And some even fail when they seem to have no problem at all!

The great dangers comes in neglecting to take the daily inventory and from feeling that "almost" is good enough. When we neglect the daily inventory, the daily check-up of our work., we allow errors in our conduct which may lead to grief.

The Devil is a sly creature. When he fails in a hand-to-hand struggle with us, he tries deceit, and slips up on us unawares! One of his surest deceptions is self-satisfaction. And that starts with feeling that "almost" is good enough.

Man: Yes, for a while, after our marriage we were nearly eaten out of the house by visiting relatives and friends.

Friend: How did you manage to stop it?

Man: It was quite simple. I lent money to the poor visitors and borrowed from the rich. and I haven't been troubled with a visit from either since.

\* \* \*

Six-year-old Johnny awoke about two o'clock in the morning.

Johnny: Mommy, tell me a fairy tale.

Mother: Hush, darling. Daddy will be home soon and tell us both one.

\* \* \*

Al: Your wife used to be very nervous, but now she doesn't show a sign of it. What did you do for her?

Dick: Found a new doctor who cured her in a hurry. He just told her nervousness is a sign of old age.

A PICK-ME-UP . . .

On our introduction to A.A. most of us feel an exhilaration due to the fact that here at last we have found a solution to our alcoholic problem. This feeling does and may last for varying periods; with some a few months; others a year or more, but unless we do something about our A.A. there is bound to come a time when a certain staleness creeps in.

The repetition of meetings began to produce a little staleness and boredom. We have heard it all so often before; so-and-so is speaking tonight, and his personal story is so well known to us that we could tell it ourselves. We know this is true, but personal stories are directed at the newcomer, and once upon a time we were newcomers. But maybe this is a long time ago, and we have forgotten the state of hopelessness we were in.

We can, for a time, pull ourselves out of this staleness by a quick flash back to our drinking days. But there comes a time when, after a year or two, even this method loses its efficacy, and then we are on dangerous ground. We are ripe for those odd thoughts about A.A.; about our sobriety; about attending meetings. We require something stronger to really jerk us into facing the reality of our being an Alcoholic.

In our opinion, there is no finer means for doing this than Twelve Step work. Go and find a drunk of your own and work on him, the worse he is the better for you. Give him A.A., but do not drive it down his throat or preach to him. Give him A.A. as it was given to you. Your own drinking story, told simply and sincerely, will sink in. It may not help him, but it will help you and your feeling of staleness will not last long.

Who is qualified to do Twelve Step work? We would say any member of A.A., who knows anything about our recovery program. The man or woman you are trying to help knows nothing about it, so, in comparison, the A.A. member of only a few weeks has something to give him. Believe us, the benefits of Twelve Stepping have to be experienced to be believed. You change places with the drunk, and his plight brings you out of your staleness with a very decided jolt, and the phrase, "There but for the Grace — becomes a living thing."

—The Brighter Side, Waterloo, Ia.

A missionary traveling thru the jungle met a lion. Flight was hopeless; he fell to his knees in anxious prayer. A few moments later he was greatly comforted to see the lion on its knees beside him.

"Dear Brother," said the relieved missionary, "how delightful it is to join you in prayer when a moment ago I feared for my life."

"Don't interrupt," said the lion. "I'm saying Grace."

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VOL. XXXVI-No. 10

## WALK, BROTHER, WALK

We are all familiar with the admonition not to walk until you can crawl and not to run until you can walk. Like all general statements, the validity of this one depends on how it is applied. It is indisputable if we are thinking of the physical act of locomotion. But if we think in spiritual terms, and we do, it is open to question. Especially is this so if the person to whom it is applied is an alcoholic.

The idea was well expounded the other day in a talk we heard. This was the theme:

In the course of growing up mentally and spiritually men are like little toddlers whose every step must be watched. They must be held by the hand and guided.

But with each faltering endeavor the toddlers grow stronger, more skilful and more confident.

Then comes a **period**, in childhood, when, happy over the new found ability, the neophytes gambol. They start to run and jump beyond their ability. They stumble. They skin their shins, bruise their knees and bump their heads. They sometimes learn by experience. Sometimes they do not and **keep stumbling** and **falling** through life.

But if they have learned to handle themselves properly in their prime, the time still comes in old age when again they must be guided. Someone must hold them by the arm, direct their steps and prevent them from toppling.

The point is that all of us need guidance through our lives. Often we repel it or shake it off in the overconfidence that we can get along alone. But no man, whatever his **#belief**, has ever been **able** to get along without the help of a Higher Power. Least of all are alcoholics capable of putting their faith in nothing but their own mortal strength. Sooner or later it fails them. They **stumble**—slip, if you please—and have to be picked up and guided again.

It is foolhardy in the extreme to cultivate the idea that we are a power unto ourselves. Especially in the early days of sobriety must we lean heavily upon a Power greater than **ourselves**. But at no time, while we are conscientiously practicing sobriety, can we dispense with that guidance. To do so is to court a fall that may leave us badly bruised in our hearts and in our spirit.

In Alcoholics Anonymous there is a saying that covers this very well. "Easy does it," should **be** a motto for all of us who wish to grow in spiritual strength. We should forsake all foolish ideas of running, jumping or even walking alone.

None of us is really capable of walking alone in anything we do. On the job we rely on others. In every aspect of daily living we are dependent on others for the elementary needs of existence. It is twice foolish to think that in our spiritual life we do not have to depend on the Source of spiritual power. The reliable, the truly confident man, the man who insures his sobriety is the man who humbly admits his need for a Power greater than himself at all times.

## FOOLISH PRIDE

Pride is a wonderful thing in any person's make-up. The presence of it in our soul caused many of us to seek and find AA. It can be a terrible thing too and be his undoing, bringing in it's wake such misery and a stalemate where, but for it, a solution was possible.

We in AA see many examples of this latter **type—self-righteous** people, hurt people, disillusioned, humiliated and shaken people whose "pride" blinds them to what probably was the underlying **basic** cause of their disturbed condition—alcohol.

In most cases these proud people can't (or won't) admit that alcohol and the abusive absorption of it was the cause of the maze of trouble they are in.

We have in mind a proud person we met in Skid Row some time ago. He had **been** a prominent banker in a small town and was considered quite wealthy. He had been a member of Rotary, a country **club** and the town's civic committee. In fact he had been president of several of these organizations.

However, he drank quite heavily. He was a sociable cuss, **loved to sing** in impromptu quartets (which he organized) and many, many times was poured home by his pals, who many times were greeted with torrid abuse instead of gratitude, **by** our friend's scandalized and **highly** indignant wife.

One eventful night, this righteously indignant wife decided to **teach** this errant husband a lesson. She had used every device to make him listen to reason in the past. She saw the looks of derision aimed at her husband which he was entirely oblivious

to when he was "six and seven-eighth," and she was tired of it.

She was hurt from many aights she had suffered because of her **husband's** unconventional behavior.

She missed the social functions they weren't invited to any more. She was tired of denying, defending, lying and covering up for him. So she made a decision. On this eventful night she called the police and had him locked up as a common drunk in the local calaboose.

He was so shocked and so horribly hurt when he faced the judge and heard his wife's bitter revelation of his drinking past, he scarcely heard the judge's advice as he placed him on probation **and** warned **him** that in spite of his prominence, no leniency could **be** expected if he **appeared** before him again.

Upon leaving the courtroom he refused to talk to his wife. He went directly to his attorney's office, wrote letters of resignation to the various posts he held, placed his **bonds** and properties in trust, withdrew a considerable sum of money and promptly disappeared.

Two years later, detectives hired by his family found him in Skid Row—a bum. They tried to persuade him to return, as did his beloved daughter and haughty, yet tearful wife and many friends. But he was adamant! "You put me here and here I'll stay until I die! I'll never return! I'd rather **be a bum** among friends here than ever

Your conscience  
does not lead you  
... it merely  
points the way.

(Continued on page three)



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Harry D., Founder and Editor 1892-1968

No. 36

July 1978

No. 10

MINUTES OF CENTRAL COMMITTEE JULY 11, 1978  
WESTERN RESERVE ROOM OLD STONE CHURCH  
8:00 P.M.

Meeting was opened by Moderator, Art Z., leading the members present in the Serenity Prayer. Roll call showed an attendance of 28 members. Warren M., Vice Moderator, read the Purpose of Central Committee and the Twelve Traditions of A.A.. Elvira A. read the minutes of the June 6th meeting. Motion made, seconded and carried that these minutes be accepted as read. Treasurer's report shows a balance in the Central Committee account of \$657.66 and in the Central Bulletin account of \$477.57 as of June 30, 1978. 81 speakers were supplied by the District Office to non A.A. groups for months January through June, 1978.

#### COMMITTEE REPORTS:

**Action Committee:** Frank K., Chairman, reported that he had visited the hospital that has been using the Secretaries list for matters other than A.A. and was told that from now on, they would refrain from using the list and also would try to arrange for a representative at our meetings.

**Areawide Meeting:** Jean B., Chairman, thanked all those who attended the Areawide Meeting in June. The speaker was very good but we are still disappointed in the turnout. The next Areawide Meeting will be held Sunday, September 24, 1978 at 2:00 P.M. at the Euclid Square Mall in the Community Room next to the May Company. Perhaps with changing the location, it will get more of the groups and members from that area interested. Speaker will be Herman A. of the Garden Valley Group.

**Central Bulletin:** Dick F., representative, says that he has not been able to contact George M. but he did refer to the Treasurer's report stating that only 377 subscriptions were sent out which means we need more subscriptions—if anyone has any new ideas on this, use them so that we can get our Bulletin subscription increased. We have had many new subscriptions but also have quite a number whose subscriptions have run out and even with notices are not too prompt in renewing.

**Bay View:** Barbara W., representative, says that Bay View now has a new Director who has many plans for the betterment of the program out there, counseling, group therapy and aftercare program. He wants to have more literature available for the patients.

**Brecksville:** Don E., representative, stated that the move from building 5 back to building 2 would take place by the middle of the month. This will bring patients and the A.A. meetings closer together. The Saturday meeting is going very well, a lot of involvement from outside A.A.'s. They expect patients to attend the meetings and encourage the

A.A. members to talk to them. Still need support for the Tuesday and Friday meetings.

**Metro:** Regina D., representative, said their census is low now although the hospital itself is running about 100% capacity. With so much in the papers today about the female alcoholics, she checked at Metro and found that from July '77 to July '78 • 112 females had been treated. 58 of those directly to the ARC department and 54 from referrals from the medical division.

**NEW BUSINESS:** James R. appeared before the committee to acquaint all there with the Hayden Institute in North Royalton, its purpose and a full description of the services they are going to provide, premises, etc. but his main purpose was to state that they are going to have an A.A. meeting there on Sunday afternoons at 2:00 P.M. called the HAYDEN FAMILY GROUP. It will be an open meeting—primary purpose—concern for the alcoholic and the concerned person.

Another new group was announced—the MIDDLEFIELD GROUP which will be held on Wednesday at 8:30 P.M.—primary purpose to help the suffering alcoholic.

Regina D. expressed an interest in the possibility of having a closed women's A.A. Group during the day at Metro as there are no women's groups in the immediate area.

These groups will inform the office of the name, time, secretary, alternate and location of the new groups so that they can be made ready to appear on the Secretaries list.

It was mentioned again that the Woodruff Hospital Groups could use some outside help with their meetings, Chairman to get speakers, speakers, etc.

Dick P. stated that he had attended a meeting at Harbor Light on a Saturday afternoon and the purpose was to try to get men and women to come and take the patients out for meetings and return them to Harbor Light. They are not on any medication and since most are destitute men and women their only way of getting out to various meetings is by other A.A. members. There is not much for them to do there with only one meeting a week.

Further discussion about the Areawide Meeting for September: It is off E. 260 & Babbitt and the parking is good. East side groups are going to provide the coffee and they are going to have donuts. It is going to be just like a regular A.A. meeting. In discussing ways to promote interest—the matter of running a notice in the paper is going to be checked into—sort of a public service announcement.

**N.E. OHIO GENERAL SERVICE REPORT:** Greg P., representative. They had their open house on Sunday, June 18th and had a real good speaker. Ohio State Conference will be held in Toledo, Ohio at the Commodore Perry on July 21, 22 & 23rd. In the Chicago area, the Illinois State Conference and tri-state regional conference will be August 18, 19 & 20 at the Sheraton-O'Hare Motor Inn, 6810 North Mannheim Rd., Chicago, Illinois. He has information if anybody wants it. The next General Service meeting will be Sunday, September 17th at the American Legion Hall in Brecksville. At the October 1st meeting they will elect a new delegate and panel officers. On November 19th, Gratitude Sunday will be in Cleveland this year. Further information to follow.

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

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**DATES TO REMEMBER**

**CENTRAL COMMITTEE MEETING**  
 AUGUST 1, 1978 • 8:00 P.M.  
 OLD STONE CHURCH, PUBLIC SQUARE  
 IS YOUR GROUP REPRESENTED?

**AREA WIDE MEETING**  
 SUNDAY, SEPT. 24, 1978 • 2:00 P.M.  
 EUCLID SQUARE MALL • COMMUNITY RM.  
 SPEAKER: HERMAN A., GARDEN VALLEY  
 COFFEE & DONUTS

All A.A. members must call ahead for a pass to visit A.A. patients at Woodruff Hospital. Obtain pass from Alcoholic Coordinator, '7953700, Ext 332.

**FOOLISH PRIDE**

*(Continued from page one)*

mingle with you-especially my wife again."

We AAs can understand this attitude. This man will not permit us to reach him. His "pride" won't permit him to shed his martyr's mantle and crown. So he wallows in his sack cloth and ashes and withers away.

We haven't seen him for years. Maybe he has. What a price to pay for "the right to drink"! For independence!

Fearless, searching, moral inventory  
 Like Charlemagne . . . and John Wayne I'm taking  
 But where I am big and in my glory  
 Is in my spiritual awakening  
 I think the Serenity Prayer's sublime  
 Plus other cliches used to quench my thirst  
 Like "easy does it," "one day at a time"  
 And I don't want to forget "first things first"  
 The program is like going back to school  
 The steps I took to restore sanity  
 But far and away my most useful tool  
 Is my comprehensive humility

To keep it simple and avoid disputes  
 I preach the twelve steps and four absolutes

-John H.

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To the "Anonymous" who wrote the piece about "Bulletin Articles"—

Before reading your article, it never occurred to me to send anything in, but I can tell you this, I would have had those negative thoughts about "He" and "She". It's because of your article that I would like to share what I have learned about self-pity. Don't get me wrong! I have a lot to learn, but what I have found out has helped me.

I've been sober for two years and in that time I have been "in" more than "out" of self-pity. At the beginning of my sobriety, I attributed self-pity (of a natural amount) because of the adjustment to life . . . but for the most part I was "in" self-pity because of a bad, bad self-image.

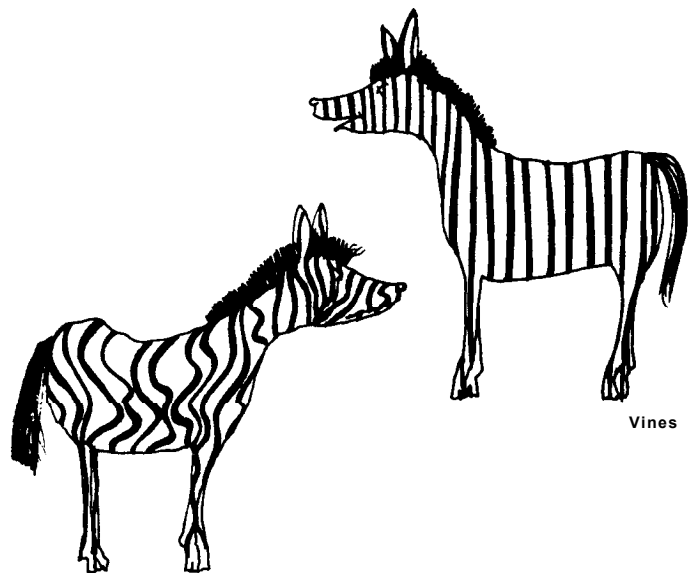
I am thirty-two and drank for about ten years. I can remember when I was five years old-feeling those terrible feelings we all have of fear, an inferiority complex, and a feeling of just not belonging. When you start out in your life as I have with those feelings, you begin to believe that you are really no good. It seems that I convinced myself. I believed it.

One day I was talking with my husband and was "in" self-pity, as usual, and he said to me, "Tell me what you are thinking-right now!" I didn't realize it but I was downgrading myself. It was as if my subconscious mind was my enemy. I slowed down my thoughts and paid attention to them. They were taking me apart. Doing this for years without being aware of it was a big contributing factor in the constant self-pity I was going through.

I still have self-pity, of course, but at least I can stop it. When I feel it coming on: first, I pray; then I do something. If I still can't get rid of it, I talk to someone. I feel that I have begun to do something for myself.

For the newcomer or anyone else who has had a bad self-image, just don't drink. You will start to understand yourself and you will have hope that life isn't that bad-once you've given yourself a chance to live without being your worst enemy.

-Sally P.



"Have you been drinking again?"

THE THIRD LEGACY (Conclusion)

Those of you who have been following this series of articles on the Third Legacy have seen that as AA grew over the years, more and more services have been added — some believe to the point where it has become too complex. Therefore, it might be asked, "Has AA really kept faith with Dr. Bob's warning, 'Let's keep it simple' "? How can we square today's Twelve Steps, Twelve Traditions, Twelve Concepts, General Service Conference, and International Conventions with our original "coffee-and-cake AA"?

Let's quote Bill W. on this subject, as follows: "For myself, I do not find this difficult to do. Genuine simplicity for today is to be found in whatever principles, practices, and services can permanently insure our widespread harmony and effectiveness. Therefore it has been better to state our principles than to leave them vague; better to clarify their applications than to leave these unclear; better to organize our services than to leave them to hit-or-miss methods, or to none at all.

"Most certainly a return to the kitchen-table era would bring no hoped-for simplicity. It could mean only wholesale irresponsibility, disharmony, and ineffectiveness. There would be no definite guiding principles, no literature, no meeting halls, no group funds, no planned sponsorship, no stable leadership, no clear relations with hospitals, no sound public relations, no local services, no world services. Returning to that early-time simplicity would be as absurd as selling the steering wheel, the gas tank, the tires off our car. The car would be simplified all right, but it wouldn't go any place. "A formless AA anarchy, animated only by the "let's get together" spirit just isn't enough for AA's here and now. What worked fine for two score members in 1938, or 8,000 members in 1941, won't work at all for more than a million members in 1978. Our added size and therefore greater responsibility spell the difference between AA's childhood and its coming of age. We cannot possibly turn back the clock, and shouldn't try."

Bernard Smith summed it up in "AA Comes Of Age", when he said "It is because we know of the tremendous impact that AA can have on generations that will follow us that we have been so painstaking in building a structure of service in AA in the General Service Board, the General Service Conference, and the many service agencies that perform the essential daily tasks of carrying the AA message throughout the world. It is with good reason that Bill has described this structure of service as a legacy, deserving the same attention and understanding accorded the First Legacy of the Twelve Steps and the Second Legacy of the Twelve Traditions.

"But this Third Legacy of Service has a string on it." And the string is that we are granted the use of this Legacy for our lifetime upon the condition that we will not only look after it, but increase its spiritual content for the generations that will follow us. Each succeeding generation, as it receives this legacy, must similarly protect it if they wish to employ it and gain life by it and pass it on to the next generation with an enriched spiritual content.

"The General Service Conference of AA is, of course, the practical instrument for preserving, enhancing, and administering this great Third Legacy of Service. The concept of the Conference from the beginning has been simple and compelling. It is grounded in the belief that all of us who have been associated with AA — owe an obligation to society. That obligation is to insure that this Fellowship survives, that this flame of faith, this beacon of light of hope for the world, must never be extinguished."

— Dean K. Panel 27 Delegate  
—from Good News-San Francisco, Calif.

THIS MOMENT

I may never see tomorrow; there's no written guarantee,  
And things that happened yesterday belong to history.  
I cannot predict the future, and I cannot change the past.  
I have just the present moment; I must treat it as my last.  
I must use this moment wisely for it soon will pass away,  
And be lost to me forever as a part of yesterday.  
I must exercise compassion, help the fallen to their feet,  
Be a friend unto the friendless, make an empty life complete.  
I must make this moment precious for it will not come again,  
And I can never be content with things that might have been.  
Kind words I fail to say this day may ever be unsaid,  
For I know not how short may be the path that lies ahead.  
The unkind things I do today may never be undone,  
And friendships that I fail to win may nevermore be won.  
I may not have another chance on bended knee to pray,  
And thank my God with humble heart for giving me this day.  
I may never see tomorrow, but this moment is my own.  
It's mine to use or cast aside; the choice is mine, alone.  
I have just this precious moment in the sunlight of today,  
Where the dawning of tomorrow meets the dusk of yesterday.  
—Paul F.

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It will help you and it will help us.



## MEDITATION

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

—Eckhart

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

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

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

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

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

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

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

## PASSING THE BUCK

'Buck-passing is not a sport for us alone. It is a **devastating** inclination that pervades most of the human race. The importance of **disciplining** against it is simply more pronounced in our way of **life**. Our anti-buck-passing suggestions **are** found in the Tenth Step, and in our **alertness** to the fact that self-pity is the most corroding of human vices.

Basically there are two general classifications of **buck-passing**. One is suggested by the inclination we have to "let George do it." Looking closely, we can see that **George** is the happiest guy in the whole fellowship. He gives **the** most of himself, and he receives the most in return.

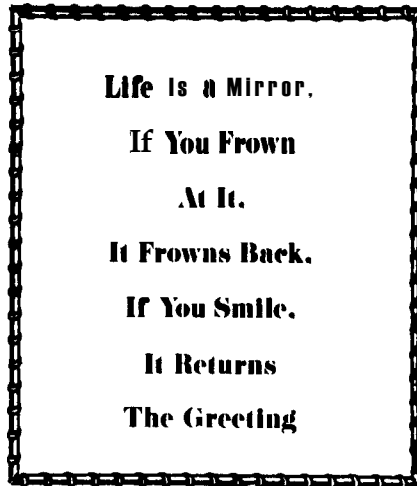
Conversely the one who holds back, the one who is not eager to do anything he can to help, is the one from whose ranks most relapses come. For that is what it is, purely and simply. It's a relapse to the ravages of an incurable disease which comes **about** because we have not done to the best of our ability, that which the Doctor ordered.

Then there is the broad area of buck-passing **represented** by **self-pity**. It's hard to love a whiner. When we **feel sorry** for **ourselves** we are not admitting our own mistakes. We are not **admitting** that something we did is wrong. We are not admitting our failure to do that which we should have done. We are passing the buck. We blame someone else or we blame circumstances, and we usually end up saying "why did this have to happen to me?" Reeling under the impact of some unforeseen occurrence, this question seems to be triggered very naturally.

**Once we** were called long distance by the wife of an alcoholic friend who was out of the city because of her mother's death. In her absence our friend had gone beyond limits in his drinking and had beaten and seriously injured a young daughter because she had told him he was drunk. We raced out there and in a jittery, **crying** jag, he greeted us with these very words. "Why **did** this have to happen to me?" and we said, "Why did what have to happen to **you**?" And he said, "Why did Mary have to be out of town just when I need her so much?"

That's extreme, of course, and in our sobriety we have made a lot of progress from that ludicrous behavior. But surely self-pity and the instinct to "let George do it" are still very much alive and deserving of alert attention. So let's follow the Doctor's suggested therapy. **Let's** look at ourselves honestly and admit our mistakes frankly. **Let's** assume responsibility for **ourselves** and what we do and not blame **things** on other8 or the age in which we live or the special circumstances of the moment.

If we pitch in without being asked to help George and accept our lot with grace, we will avoid passing the buck and hang on to our sobriety. At least we shall be doing a better job on the Tenth Step and our whole way of **life**.





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Harry D., Founder and Editor 1892-1 968

No. 36

August 1978

No. 11

**MINUTES OF CENTRAL COMMITTEE AUGUST 1, 1978  
WESTERN RESERVE ROOM  
OLD STONE CHURCH 8:00 P.M.**

Art Z., **Moderator**, presided over this meeting which had 38 in attendance and 37 groups represented. The meeting was opened with the **Serenity Prayer**, followed by roll call and the reading of The Purpose of Central Committee and the Twelve Traditions of A.A. by **Vice-Moderator**, Warren M. Minutes of the July 11th meeting of this Committee were read by the **Secretary**— corrections made in the N.E. Ohio General Service Report: The Illinois Conference is a Bi-State Conference and the meeting in Brecksville will be the third Sunday in September. After corrections, minutes were approved as read. **Treasurer's Report through July 31, 1978** showed a balance in the Central Committee account of \$738.21 and the Central Bulletin account of \$311.83. There are now 422 current subscriptions to the Central Bulletin. Fifty that had expired in June have yet to be renewed. 81 speakers were supplied by the District Office to non A.A. Groups for months of January through July.

**COMMITTEE REPORTS**

**Action Committee:** Frank K., Chairman, nothing to report.

**Areawide Committee:** Jean B., Chairman, reported that the next Areawide Meeting will be Sunday, September 24, 1978 at 2:00 P.M. in the Euclidian Room (Community Center) of Euclid Square Mall. Announcements for the meeting will be going out this month. The speaker will be Herman A. of the Garden Valley Group. She is going to contact all the group asking them to please announce this meeting and try to encourage attendance at this meeting. Coffee and donuts will be served.

**Central Bulletin:** Dick F., Chairman, still has not been able to contact George M. who must be on vacation. Still in dire need of subscriptions.

**Rosary Hall:** Lou W., Chairman, reported that things are going along in a pretty normal way at Rosary Hall but they would like more attention from the sponsors to the patients.

**Brecksville:** Patients have been moved into Building 2 on the third floor. The A.A. meetings are still being held on the second floor -they hope to move up to the third floor conference room very soon. The Tuesday night meeting is in need of outside A.A. participation in respect to giving leads. The Thursday night meeting also needs help. Meetings at the hospital are: Tuesday, 7:00 PM. Wednesday, 8:00 PM, Thursday, 7:00 PM and Saturday, 1:00 PM.

**Merrick Hall:** No representative present. We were sorry to hear that Minnie is in the hospital. We all wish her well and look forward to her return.

**Metro:** Regina D. was unable to attend but called a report in that things are going smoothly and all beds are filled at the present time. Getting good cooperation on sponsors through the calls to District Office.

**NEW BUSINESS:** Announcement of a new meeting the TURNING POINT, St. Bartholomew's Church, 435 SOM Center Rd., Mayfield Village, Ohio. Will meet on Friday at 8:30 P.M. Hope to have their first meeting September 1st.

**N.E. OHIO GENERAL SERVICE REPORT:** Greg P., representative, reported that the Bi-State Conference will be Aug. 18, 19 and 20th in Chicago, Illinois. On September 17th the General Assembly meeting will be held at the American Legion Hall in Brecksville corner routes 82 and 21. On October 15th there will be election of new officers--this will be a very important meeting. There will be a State Planning Committee Meeting in Columbus in October. Greg did not have information on Gratitude Sunday but it was announced by another representative that it will be held in Jordan Hall at St. Vincent Charity Hospital. 12 Noon to 7:00 P.M. on Sunday, Nov. 19th. Announcements have been sent to Groups.

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

Imogene Z., Secretary.

**CENTRAL COMMITTEE MEETING**

September 5, 1978

Old Stone Church, Public Square

**IS YOUR GROUP REPRESENTED?**

**AREA WIDE MEETING**

SUNDAY, SEPT. 24, 1978 . 2:00 P.M.

EUCLID SQUARE MALL . COMMUNITY RM.

SPEAKER: HERMAN A., GARDEN VALLEY  
COFFEE & DONUTS

**HELP SUPPORT THIS MEETING**

**SHEFFIELD LAKE 16th ANNIVERSARY**

Sept. 27th -Food 7:30

**OPEN MEETING 8:30 P.M.**

Speaker: "Vic the Barber":  
from Mt. Carmel Group, Wickliff  
at St. Thomas School-Harris Road

**SUBSCRIPTION LIST FALLING!**

"We have just gotten word that the Central Bulletin is 'hurting' and that made us sad. However, we feel that if the word is passed along to the groups, the secretaries could give it a boost. We will give one or two subscriptions as prizes for our weekly drawings, so that they get into the hands of some new people."  
The Bulletin is for *your* benefit. We need every group's co-operation.

## THANK YOU!

My dear Friends,

There are no words to express the gratitude I feel for the massive support you have given to me since I walked thru the doors of A.A. and **especially** over the past two years since Bruce became ill.

The caring, understanding, and love gave not only me, but my family extra strength to meet each day with happiness in spite of it all.

I thank my God as I understand Him for this way of life, and for each one of you, as my family does also — and as Bruce certainly did.

God bless you special and may your days be full of sunshine and as special as you are.

I love you.

Beth G.  
July 27, 1978

P.S. Take time to smell the flowers.

## RESTLESS

I've been having depression lately. I couldn't focus in on what exactly was causing these depressions until one day I felt it coming on and noticed the symptoms. They were fatigue, irritability, restlessness, a general dissatisfaction **with** the life, and a goodly amount of guilt — mostly because, basically, all is well: I'm working, and my health and that of my family is good.

Still there were days when the above mentioned feelings would haunt me and ruin a perfectly good day. I would quietly scream to God, "Why am I so restless?"

I wasn't in the mood to read but was searching for an answer. Impatiently I skimmed through the book *Sobriety and Beyond* and came upon the word "serenity". I found, as I read on, the reason for my restlessness was, in essence, because I was not accepting God's will for the day.

"My usual daily routine is so boring!", I kept thinking to myself. To be honest, I don't know what I would have planned for the day. I was fighting "His Will". It really comes down to trust. I do believe I am capable of it now.

In a prayer I recently read, it said that God knows what we want before we do. He also knows our talents and capabilities. Now all I need is patience or, as the Big Book says, "willingness to be open and let Him direct me."

Sally D.

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## BACK TO BASICS

More and more people are being referred to AA by courts, agencies, and other professional sources. We are growing steadily, and with growth there does have to be change in accommodating our larger numbers. This is why we must put more emphasis on AA service structure. Our administrative needs may change, but the program does not change. Thus, there is a greater and more urgent need for AA Groups and meetings to get back to basics. Should there be within one agonized individual a mere spark of wanting, maybe (God willing) help will come through Alcoholics Anonymous. Help could come through some other program: some alcoholism facilities are having good results. But in the years since Bill discovered the key — helping another alcoholic — we have found through the AA program much more than dryness. We have found a way of life.

Those of us who have "given ourselves to this simple program" are convinced that AA contains all the ingredients for a complete, satisfying way of life. Constant searchers for "more" to enhance their program always seem to end up in trouble. Could there be a lesson here when we tend to wander away from our basics? Do we forget this is a spiritual program? Talking to the newcomer, often we soften or even eliminate words about God, in effect saying God had nothing to do with the newcomer being there. Is this actually a denial of the validity of our 12 Steps?

Within our meetings are we telling newcomers exactly what AA is? We read at meetings from books, which may be good, but are not AA. We include prayers with religious connotations. We promote social functions, but skip reading the 12 Traditions. We see people come to AA alone, without a sponsor, and remain without one. Because members are arriving from other sources, we dismiss our obligation. If the 12th Step is weakened, the other eleven may be in jeopardy.

Are we still trying to incorporate different or experimental ideas of others into our program? At meetings often we hear about "addiction" to the "drug" alcohol. These terms come from the medical profession. Our Big Book refers to our malady as a "disease" or an "illness". We may soon be but a step away from identifying ourselves as "drug addicts". Let's not take that step! Our disease concept may seem old-fashioned, but it has worked. Let us keep our basics unchanged. This also applies where we try to incorporate religious, self-improvement, or group therapy ideas. In the process we lose the simple program which has proven itself over and over again.

We can all start getting back to basics by revitalizing the spirituality of our God-given program.

Dean K Area Delegate  
GOOD NEWS

## THE BILL W. -YALE CORRESPONDENCE

In 1954 Bill W declined an honorary degree offered him, as AA's co-founder, by Yale University. By this action he set an example of personal humility to the Fellowship as a whole. Bill's letters declining the honor, along with letters from the secretary of the university, constitute a powerful statement of the spiritual basis of our anonymity Traditions.

It was Bill's wish that this correspondence not be published during his lifetime, as he believed that such publication would be an "ego manifestation on my part". "I think the principle of anonymity will be so invaluable to us, especially in future time," he went on, "that one in my position should really fall over backwards in trying to demonstrate this principle. By way of example, it might help in the years' to come."

Now, seven years after Bill's death, the AA Grapevine is proud to share this correspondence with the Fellowship in the February issue. This is in the belief that, again in Bill's words, "The Tradition of personal anonymity is our protective shield". Look for this article in the February issue of the AA Grapevine.

### THE CONTAGION OF CRITICISM

Alcoholics Anonymous is a fellowship composed of imperfect people. None is without faults, but the amazing thing is that God has been able to work wonders through fellowship of the imperfect. In fact, HE has never had a chance with any other kind.

If any AA member ever finds a perfect AA group. . . one in which there is no fault, . . . he will come to the place where there is nothing for him or the membership to do. It is the imperfections of the membership and prospective members which constitute the task.

If any AA group ever finds the perfect leader, he will seem unreal, completely without understanding of the difficulties under which the members struggle.

It is the imperfect working together, wrestling with their weaknesses and forgiving one another's faults which makes the "perfect" group.

The AA member who has become infected with the contagion of criticism is one who has lost sight of the major cause. He has become engrossed in details and missed the supreme design. His eyes have wandered from the alcoholics who need help and focused on the faults of those whom the program has helped. This inevitably has the effect of drying up the great aspirations of his life and substituting animosities and jealousies.

There can be no serene sobriety, unity, strength, progress or fellowship in any AA group or individual AA member that is cursed with the contagion of criticism.

THINK BEFORE CRITICIZING

Paul G.

♦ ♦ ♦ ♦ ♦

IF YOU FIND JOY IN LOOKING FOR  
FAULTS IN PEOPLE - START WITH  
YOURSELF IT WILL BE A RIOT'

-from Good News-San Francisco, Calif.

## AA DANGER SIGNALS OR TWELVE STEPS TO A SLIP

1. Start missing meetings for any reason, real or imaginary.

2. Become critical of the methods used by other members who may not agree with you in everything.

3. Nurse the idea that someday, somehow, you can drink socially again and become a "controlled" drinker.

4. Let the other members do the 12th Step work in your group. You are too busy, and you've been told this is a "selfish program", anyhow.

5. Become conscious of your AA seniority and view every new member with a skeptical and jaundiced eye.

6. Become so pleased with your own views of the program that you consider yourself to be an "elder statesman".

7. Start a small clique within your own group, composed only of a few members who see eye-to-eye with you.

8. Tell the new member in confidence that you yourself do not take certain of the Twelve Steps seriously.

9. Let your mind dwell more and more on how much you are helping others, rather than on how much the AA program is helping you.

10. If an unfortunate member has a slip, drop him at once, announce his slip whenever possible, and analyze his nonreadiness for the program.

11. Cultivate the habit of borrowing money or mooching favors from other members, and then stay away from the meetings to avoid embarrassment.

12. Look upon the 24-hour plan as a vital thing for new members, but not for yourself. You have outgrown the need for that long ago.

### ARE YOU PLANNING TO MOVE?

If so, clip this coupon and mail to One Public Square, Mezzanine #6, Cleveland, Ohio 44113. Immediately. It is urgently needed before the next issue of the Central Bulletin.

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City ..... State ..... Zip Code .....

It will help you and it will help us.





### SELF-CENTEREDNESS FRIENDSHIP AND LOVE

Many of us on the program have wondered at times why some people aren't more friendly. It isn't that they are unfriendly, or openly hostile to us; it's more like we feel neglected to some extent, or that surely we should receive more attention than we do.

Well I have found out that to have a friend, I **must** be a friend. The AA program has taught me that, and I must say it did not come easily. The second step says, 'We came to believe that a power greater than ourselves could restore us to sanity'. One of the most flagrant defects of character I had, and still have to some extent is that of excessive self-centeredness, which is willing to manifest itself cunningly in many of the thoughts, words and deeds. It has made me an island among men and women many times over, and has caused me considerable anguish. Just like the booze, anything that takes away my peace of mind, I call insane, or if you will, a lack of sound thinking.

When we first come to AA we are profoundly awed by the immensity of the trip we are about to take. Many of us are befuddled from whatever period of drinking that has brought us to AA. We are only asking, 'How can I learn to maintain continuous sobriety on a daily basis like these other people?' We are not even aware of whether or not we have other shortcomings, much less what they are. And this is okay, because at the beginning to stay away from that **first** drink one day at a time is an appalling task for most of us. But we do it because we see evidence of **success** all around us; and we now have a Power greater than ourselves, and many AA friends, who welcome us and are willing to extend a helping hand. Those of us who learn to become rigorously honest begin to put together a period of sobriety on a daily basis.

In our efforts to be friendly we should remember we can never be all things to all people. Our intentions to be kind can be misconstrued, or even rebuffed, but these things don't happen often. When they do, if our intentions are honest and sincere, we must consider that the other person has not grown sufficiently to accept our friendly overtures. In any case, we will never appeal to everyone, and that is not important as long as we are pleasing ourselves and God.

The thing I am talking about is true love for my fellow man through the elimination of self-centeredness. AA has taught me what true love is, and how to strive for it. Love means no severe judging, no resentment, no malicious gossip, and no destructive criticism. It means patience, understanding, compassion, and helpfulness.

Trying to incorporate these ideas into my daily AA life, has brought me true peace of mind, not all, but most of the time; and more important has moved me further away from again taking that first drink.

Tom P.

From HERE'S HOW Chicago, 111.

### PRAYER

In the precious stream of newcomers one still **finds** many without any basic religious training or faith. Such ones often have problems not experienced by those with the benefit of such an education and belief which is reborn to help them **in** our way of life. If you **gain** the intimate confidence of such a person he will **frequently** confess **difficulty** with prayer. We are of **this** group and **reflections of ours** on **beliefs gained** in the small progress we have made, might help others.

Generally we think of prayer as talking to God, either aloud before or with others, or silently **when alone**. **Many have trouble** concentrating and have a guilt complex usually evidenced by questions which persist when they try not say more than once, 'please, God, help me!?' Was not that prayer answered? Just compare yourself now with any fellow hunched over a bar stool with his entire world wrapped up in a little glass.

But we must remember that God knows our thoughts and feelings even before we express them, perhaps better than we do. Anyway, prayer is not just talking to God, it is "talking with God," and that involves a lot of listening too. When we are talking with a person whom we love and respect, do we not do quite a bit of listening? In the worst throes of agony during drinking days did you to pray, such as, "**Do** I mean this?" "Am I sincere?"; "How could I be?"; and so on.

Is that surprising in view of our past? We are embarrassed. Is that bad? Are we not like any returning errant son or daughter who has flouted the father's will? In such circumstances is it not almost more embarrassing when we find on return a kindly, forgiving father? Is it unusual if we cannot express all that we feel and express it well? Not at all.

Being with God is also prayer, as is looking at God. The spirit of God is in each of us. When we give of ourselves to help another, we are giving expression to the spirit of God within us. Is that not prayer? Our basic foundation for prayer is Step Eleven. It is prayer when we meditate and try to improve our conscious contact with God. **The** reason for closing our eyes is not so much reverence as it is the effort to shut out earthly things which tend to distract and move closer to God as we pray. But could anyone alone look at the starry heavens without a sense of communion with the Higher Power that keeps the vast mysterious Universe in balance? Can we **look** at any wonder of nature without a sense of oneness with God as we understand Him? We are reminded of the last verse of a poem Perhaps the most eloquent prayer for us is to simply pause, and

"For I must look at God **all** day,

In truth it is the only way

I keep this sober life of Grace

Amid the earthly ills I face."

Perhaps the most eloquent prayer for us is to simply pause, and shutting out all earthly things for a moment, say "God, here I am, do with me what you will."

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Published monthly by the Cleveland Central Committee of A.A., a non-profit fellowship dedicated to service. Address all letters to Central Bulletin, One Public Square, Mezzanine #6, Cleveland, Ohio 44113. Subscription price • \$3.50 per Year.

Harry D.. Founder and Editor 1892-1968

No. 36 September, 1978 No. 12

**MINUTES OF CENTRAL COMMITTEE  
WESTERN RESERVE ROOM  
SEPTEMBER 5, 1978  
8100 P.M.**

Moderator, Art Z., opened the meeting by leading the members present in the Serenity Prayer. Roll call showed that 32 members were in attendance at this meeting representing 30 groups. The Purpose of Central Committee and the Twelve Traditions of AA were read by Vice Moderator, Warren M. Minutes of the August 1st meeting were read by the Secretary—these minutes approved and accepted as read. Treasurer gave her report showing that as of August 31, 1978 there was a balance in the Central Committee account of \$763.28 and in the Central Bulletin account, \$399.32.82 speakers were supplied by the District Office to non AA groups during the period-January through August, 1978.

**COMMITTEE REPORTS**

**Action Committee:** Frank K., Chairman, brought up the matter of the Secretaries list being used to promote something that is not an AA function and asked suggestions from this Committee on the best way to handle this matter. This has come up time and time again and with no results. One suggestion was that each Secretary should use their own discretion as to whether these announcements are read at a meeting. So many people just naturally think that, since these announcements are sent to them, they are considered AA functions. It was suggested that a new Secretary taking office should be briefed by the outgoing Secretary and if that person is not knowledgeable enough • someone who understands should do the explaining. At the top of the first page of our Secretaries list it is stated "This list is for the purpose of helping Group Secretaries to contact each other and for general welfare of AA and its MEMBERS, IT IS AGAINST THE EXPRESSED WISHES OF OUR AA TRADITIONS IF USED FOR ANY OTHER MAILING PURPOSE. Please cooperate and notify the District Office IMMEDIATELY OF ANY CHANGES regarding GROUP or SECRETARY". The office has copies of some letters that have been sent by some of the Group Secretaries and some members of the groups stating that they sympathize 100% with the activity and purpose of the facility and to prove that, sent a donation; however, they do state that they do protest, as members of AA, that they are using the Secretaries

list to promote their facility . . . and would appreciate very much if they would refrain from doing that. This is the only practical avenue that AA could resort to in this matter. Other announcements, also, from various groups who are holding picnics, anniversaries where you buy a ticket, dances or any other social activity for AA members should be up to the discretion of the Group Secretary. A lot of groups merely put such announcements on the table and if anyone is interested, they can check it for themselves. This is AA people giving a non-AA function.

**Areawide Committee:** Jean B., Chairman, announced that the next meeting is going to be held on Sunday, September 24, 1978 at 2:00 P.M. at the **Euclidian** Room of Euclid Square Mall. Speaker will be Herman A. from Garden Valley. Warren M. drew a map on the board giving directions on how to reach the Mall.

**Central Bulletin:** No report.

**Rosary Hall:** Everything is just fine.

**Bay View:** Barbara W. reports that things seem to be going along well.

**Brecksvffle:** Don E., representative, reports that the patients have been moved back to Building 2 on the third floor. Still meeting in Room 264 on the second floor. We are still requesting help in respect to outside AA leads at Tuesday and Thursday night meetings. Other than that we have had a significant increase in patient attendance at our meetings since the AA ward came back to Building 2 which is gratifying.

**Merrick Hall:** No report.

**Metro:** Regina D., things are sort of quiet at the hospital. She has talked to the women from the Metro Group about a closed Women's AA meeting during the day in that area and they are convinced that one is needed. She has talked to administration about this and they are in favor as soon as a room is assigned, plans can get under way.

**OLD BUSINESS:** Moderator had outlines from New York showing us how to submit an announcement for an AA meeting to the papers. Warren has done some research on this • he has contacted newspapers who are willing to insert the release as a public service announcement • no names will be mentioned. This is in regard to our **Areawide Meeting** which we would like to announce in the newspapers throughout our area. Lengthy discussion was held trying to separate "promotion" and "attraction". The original purpose of the **Areawide Meeting** was intended to be a service that all of us members of AA are willing to render to the community. It is a public meeting to diffuse information on alcoholism. At one time these meetings were announced in the newspapers but it has not been done for such a long time that it was brought to this Committee for approval before doing it again. A motion was made, seconded and carried that a public announcement be made for this meeting. There are many who do not understand the Purpose of Central

Committee and the **Areawide** Meetings so an explanation will be drafted and sent out to the groups. Mean-time, the press release will be **drafted** by War&n M. Another matter was brought up and discussed quite thoroughly at this meeting and that was • what are the feelings about having a non AA speaker at an AA meeting. Although there are no specific guidelines governing this topic • It was felt, by the Committee, that an AA meeting should have an AA speaker. Our primary purpose at an AA meeting is to carry the message.

N.E. OHIO GENERAL SERVICE REPORT: No representative present.

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

Imogene Z., Secretary.

CENTRAL COMMITTEE MEETING  
October 3, 1978, 8:00 P.M.  
OLD STONE CHURCH-Public Square

**HELP SUPPORT THIS MEETING**

**SPECIAL** ELECTION MEETING  
October 10, 1978, 8:00 P.M.  
Cleveland Plaza Hotel  
E. 12 & Euclid Avenue  
Two members to be replaced on  
the OPERATING COMMITTEE

**ACCEPT**

ACCEPT the world. (Creation was no accident.)  
ACCEPT other people. (They too are searching for happiness and meaning.)  
ACCEPT the other person's opinions (To deny an opinion is to assume infallibility.)  
ACCEPT yourself as you are. (Don't try to live in a make-believe world.)  
ACCEPT change. (The earth turns on its axis . . . to stand still is stagnation.)

— Akron (0.) intergroup News

— *Be a Bulletin Booster* —

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**THE TWELVE PROMISES.. .**

1. We are going to know a new freedom and a new happiness.
2. We will not regret the past nor wish to shut the door on it.
3. We will comprehend the word serenity.  
We will know peace.
4. No matter how far down the scale we have gone, we will see how our experience can benefit others.
6. That feeling of uselessness and self-pity will disappear.
7. We will lose interest in selfish things and gain insight in our fellows.
8. Self-seeking will slip away.
9. Our whole attitude and outlook on life **will** change.
10. Fear of people and economic insecurity will leave us.
11. We **will** intuitively know how to handle situations which used to baffle us.
12. We will suddenly realize that God is doing for us what we could not do for ourselves.

IT WAS NOT MY WIFE.

IT WAS NOT MY BOSS.

IT WAS NOT THE WORLD.

IT WAS LITTLE OLD ME.

and when I say little I mean LITTLE.

A MAN ALL WRAPPED UP IN HIMSELF IS A SMALL PACKAGE INDEED.

**STILL HEARING LITTLE VOICES!**

I definitely am hearing little voices, and they're not saying anything good. They have been saying things like . . . It's too hard to stay sober, life is boring. . . **There** is no hope for happiness and the most "destructive" voice of all is the one that tries to turn you against AA.

In my opinion those little voices that I have been hearing come from the Devil himself. I know this much, since God created me a good person, these thoughts that have been nagging me are from "the Master of Deceit."

Who else can make a person turn on themselves like he can? People have a natural instinct for survival. He makes you want to give up in very clever ways. In forms of resentments, losing hope and generally taking apart what is good and useful.

God of course is stronger but on the other hand. "The Liar of Liars" will never rest. He wants us drunk, hating AA and useless, unable to do GOD'S WILL.

At least now I know these little voices do not come from me, which relieves me of a lot of guilt. I believe God Made this clear to me, because I went to him and asked him what it was that was constantly **after** me. Since I have been going to "OUR FATHER" with my problems I have been hearing voices of hope, love and "I am here, do not be afraid."

Anonymous

### SPONSORSHIP!

SPONSORSHIP is both a privilege and an obligation. The book and experience are in agreement "that nothing will so insure immunity from drinking as intensive work with other alcoholics".

Hence, **the** admonition in the 12th step to carry this message to others.

The one about to embark on this course has in store for him some of the richest dividends this program, or life itself, can offer. To reap the greatest benefits, he must, however, heed the suggestions outlined in the book.

#### What You Asked For

Remember well what you wanted when you adopted this design for living. You wanted not to be a salesman of philosophy, a reformer, a fanatic zealot of any type, but to subscribe to a plan of sane living proven by others to be a safe vehicle for a sober passage through the day-a-lap on the journey through life.

We must not make glowing promises, nor quibble with truth, nor make concessions to social standing. No deviation from the simple plan is necessary to offer to a man such a great reward for so little effort.

You cannot safely ignore the precepts of the preceding eleven steps in order to present what you consider a better sales approach to someone who needs no selling about something that needs no touting.

Remember that you do this for yourself. If you tell a simple, truthful, straightforward story-the acceptance or refusal by your prospect is immaterial to your sobriety.

#### Obstacles Lie Ahead

Insure yourself against disappointment and heartache. Many alcoholics will not be ready to accept AA without further experiments. Many will be constitutionally unable to be honest with themselves and consequently will not be successful. Others will want to delete parts objectionable to themselves and will do some skidding around before they accept the program.

Some will take refuge behind the expression that this is an individualistic program and each fits it to **himself**—and having stated their alibi, proceed to profess an entirely different philosophy.

When these things come to pass-as they will-don't say your time has been wasted. If you have kept dry yourself you have accomplished what you started out to do. Be prepared for recriminations, to be misquoted. Do not guarantee infallibility.

#### Don't Make Token Calls

Don't accept with ill grace an opportunity to make a call and feel your obligation is discharged by a token call. Better not to deny someone else the privilege of the contact.

Don't accept too lightly the ramifications of sponsorship and become over-burdened with too many. One at a time is a big order if handled properly.

Urge your protegee to try his own wings as soon as possible and act with him as a bulwark, but let him carry the ball.

Do not be a party to the policy of an armchair general directing, and the field men doing the leg work. Handle the complete job.

Do not second guess another sponsor nor feel badly about the ill-advised person who attempts to criticize what you considered the proper thing to do.

Do not hesitate to say "I don't know-but others do. Let's explore the answer to this together."

Do not delude yourself by rationalizing your procrastination in entering upon sponsorship by the feeble excuse you are not well enough grounded in the program. If Bill had waited, the program might have never come into existence.-Edw. J. D.

From HERE'S HOW Chicago, Ill.

#### CLEVELAND AA CENT. BULLETIN

Lest I forget, where I got my "inducement" to "try" God and AA (Instead of putting 'em on trial), and in memory of that love that I lost two years ago, that so impelled me towards "doing something about my drinking", and with a sense of gratitude, I'd like to pass on or share with you all, some of the results of her loving efforts.

Because I became willing to actively **seek** a "God of my understanding", I found not only God-but love! A love of and for life and a love of and for my fellow man. (And I better say woman too now-a-days). A love that transcends the mere animal instinct of "I want", all the way up to a desire to, yes, even an eagerness, to meet the challenge of each new day and the blessings that are to be found in the experience-good and otherwise. And to meet the God that my "Bigger Book" says dwells in the spirit, in all man. My Bible says, "God is a spirit". And "God is love". So I try to keep it just that simple. I don't expect to find a "man • like" God-but I do expect to find the spirit of God in all mankind, no matter how deeply that person may bury it under all their guilt and fears. Perhaps--God willing-and that person is ready and willing-I can show that his, or her, problems are but really opportunities to have God's power demonstrated in their lives, as it was in mine.

As a result, I no longer have a "habit of praying"; I have a "need" for prayer. Whether I am asking for His guidance, or thanking Him for the results of it.

Every day I thank God, not just for saving my life, but for bringing my faith to life!

It is now almost twelve years that I have been sober. Thanks to an Al-Anon wife and a praying mother and sister!!

A grateful AA Ed. W.

#### ARE YOU PLANNING TO MOVE?

If so, clip this coupon and mail to One Public Square, Mezzanine #6, Cleveland, Ohio 44113. immediately. It is urgently needed before the next issue of the Central Bulletin.

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Cleveland Central Committee of A.A.  
One Public Square  
Mezzanine Room #6  
Cleveland, Ohio 44113

Vol. XXXVII No. 1

## I DON'T WANT TO BE AN ALCOHOLIC ANYMORE!

I actually found myself saying these words, even cried about it just like I did in the beginning.

I find myself wavering, kind of hoping that I'm not. These feelings came about when someone very close to me said "I don't believe you're alcoholic" this shocked me to say the least, it did many things to me, like take a good look at myself as far as my drinking goes.

I had to ask myself the questions I did when I joined AA; like did it change my personality and did it interfere with my life. What made it very difficult to come in to AA for me was that I hadn't really lost anything, that's what made the decision hard.

I came to the conclusion that YES I am a alcoholic. Then I cried some more, why cry I thought. What's really so bad about it? Sometimes life is tough and I can't cop out in a bottle, true but there is a lot of good things in life too.

As far as AA goes and me, I can tell you that I'm not "In Love" with the program but I know I need it. After all they didn't tell me I had to love it just not to take the first drink.

Anonymous

## LIP SERVICE NOT ENOUGH

No man can consider himself a real member of AA just because he doesn't drink. There is such a thing as having a sober body, and a mind that retains drunken stupidity. The body will express lip service to the AA program, but the mind still wallows in an alcoholic quagmire. The physical sobriety is used only as a cloak to cover the same corruptive thinking and conniving that was always present in the mind. Dishonesty of thought and action is just as vicious in the sober man as in the drunken man. In fact, it has a more foul odor in the sober man, because the sober man has not the excuse of befuddled judgement.

Anyone addicted to this form of **hyprocrisy** is still controlled by alcoholic thinking. He still retains his false pride, his complete selfishness, his super ego. He seeks no advice and rejects any that might be offered. His moral and ethical standards are fabricated on a loom built to suit his own perverted specification. And the cloak he weaves is as transparent as daylight. No one is deceived, except the deceiver; and even he must have his moments he must admit his life is a sham. The solution for his problem is the same as it is for all of us; "We practice these principles in all our affairs."

\* a t \* \* \* \* \*

## THE BEAUTIFUL 34

On August 4th, another year will be added to my sobriety which makes it thirty-four years of complete sobriety for which I am sincerely and honestly grateful to God and AA. I am humbly grateful to all my AA friends for their sincere friendship, their help and their encouraging words when the going was tough.

I have been asked what are the things I have learned and acquired in the last thirty-four years. Let me say first that if we do not **find** a purpose in life, then longevity is of no value to us. Without a purpose, no life has any value. This was the **first** lesson that I learned in AA. I have learned that there is joy in sharing my blessings with the less fortunate. It gives me a deep sense of satisfaction when I can pass on to another alcoholic, this message of sobriety and see him grow and prosper in health and happiness. By attending meetings and reading good literature, I have acquired a philosophy of life which gives me an inner serenity that has kindled a zest for a more abundant life.

AA has taught me to adapt to any situation with a minimum of stress, strain or irritation. It has taught me to accept adversity and how to rise about it, instead of using it as an excuse to go on a spree. I have achieved the emotional stability which enables me to meet daily stress and disappointment unflinchingly. I am now able to accept the things I cannot change and I have accepted the will of God. I no longer look for miracles. I am honest with myself, admitting my limitations and adapting myself to those limitations. I have acquired an honest attitude of appreciation for all my life's blessings, the greatest being the simple fact that I am sober and alive, not yesterday or perhaps tomorrow, but today. I **find** life to be simple and pleasant when lived one day at a time.

I have learned that it takes time to grow old. By helping the alcoholic with his problems, by giving a life to those that are heavily burdened and by encouraging those that are disappointed and wanting to quit, I find that I do not have time to grow old.

When a plant stops growing it begins to decay and die. When I am no longer willing to give a helping hand to one of God's creatures, when I would refuse to work in God's vineyard and not be willing to help gather in life's harvest and save it from decaying in the alcoholic field, then my mind and body will fail and die. It is only when I run God's errands that God favors my life with that strong zest for living, adding a little sugar to the cup of life. AA has taught me that my mental attitude and physical ability is the determining factor in measuring age, and if I daily acquire new knowledge and keep my interests alive, I will not grow old. It is not the years that make one old, but the old ideas that one persists in carrying around with him.

Continued on Page 4

CENTRAL BULLETIN



Published monthly by the Cleveland Central Committee of A.A., a non-profit fellowship dedicated to service. Address all letters to Central Bulletin, One Public Square, Mezzanine #6, Cleveland, Ohio 44113. Subscription price - \$3.50 per Year.

Harry D.. Founder and Editor 1892-1968

No. 37 October, 1978 No. 1

MINUTES OF CENTRAL COMMITTEE  
WESTERN RESERVE ROOM  
OLD STONE CHURCH  
OCTOBER 3, 1978  
8:00 P.M.

Moderator, Art Z., opened the meeting by leading the members present in the Serenity Prayer. Roll call showed that 50 members were present representing 45 groups. The Purpose of Central Committee and the Twelve Traditions of A.A. were read by Warren M., Vice Moderator. Minutes of the September 5th meeting were read by the Secretary. Minutes approved and accepted as read. Treasurer's report through September 30, 1978 shows a balance in Central Committee of \$783.42 and in Central Bulletin \$477.42.84 speakers were supplied by the District Office to non A.A. groups during the period January through September, 1978.

COMMITTEE REPORTS

Action Committee: Frank K., Chairman, reported that he is in the process of drafting a letter to all Secretaries explaining the purpose of the Central Committee and Areawide Meetings.

**Areawide Meeting Committee:** Jean B., Chairman, thanked all those who attended the Areawide Meeting on September 24th—it was a very nice meeting and had an increase in attendance. She thanked all who helped. The final Areawide Meeting of the year will be held on Sunday, December 10th at 2:00 P.M. at Scott Auditorium of Cleveland Metro General Hospital. The speaker to be announced.

**Central Bulletin:** Dick F., Chairman, reported that they had just completed the 37th year of publication of the Central Bulletin. Need more subscriptions and articles submitted. He tried to contact George M. again today with no success so he doesn't know the status at this particular time. The office can be contacted for the purpose of the various groups submitting announcements pertaining to A.A. to be published in the Bulletin.

Rosary Hall: Lou W., representative, had a suggestion that those who are sponsoring a patient into Rosary Hall explain to the patient that he is going into semi-isolation with no outside contact and that the stay is 14 days. Some patients are not aware of this when they are admitted to the hospital, then when they discover the rules are discouraged and sign themselves out.

Bay View: Barbara W. reported that Bay View has hired two new alcoholic counselors so they are starting to increase their staff. Question was asked as to when they are going to separate the men from the women.

**Brecksville:** Don E., representative, would like to continue request for outside A.A. leads for the Tuesday and Thursday meetings. Some dedicated members are giving their leads over and over.

**Merrick Hall:** Minnie C., representative, still going strong at Met-rick. On October 17th there will be a closed meeting for A.A. women, Friends of Merrick Hall, at 1:30 P.M. It will be a very interesting program.

Metro: Regina D. stated that they are offering the same program to their day care patients as their in-patients. A new women's A.A. closed discussion group is meeting on Monday at 11:30 A.M. in the Friendship Room in the basement of the Clinic Building. They will be able to provide child care-10 months to 10 years-except on days the clinic will be closed. (Holidays).

**NEW BUSINESS:** Jack B. from the Operating Committee reported on the success of the Health Fair that was held in conjunction with WKYC-TV3 and Blue Cross and Blue Shield in which we participated two days in each of the months of June, July and August. This had been discussed at our meeting of June 6, 1978. Many people stopped by to pick up literature and some to talk. The affair was a success as far as carrying the message and very gratifying for those who worked the booth.

**NEW BUSINESS [CONT'D]:** To correct minutes of 9/5/78 meeting • Jack B., speaking as a member from the Parma Heights Group, referred to the last paragraph of the September 5th meeting: "Although there are no specific guidelines governing this topic • it was felt, by the Committee, that an A.A. meeting should have an A.A. speaker. Our primary purpose at an A.A. meeting is to carry the message." In doing some checking, there are guidelines • that we may have a non A.A. speaker at an A.A. meeting. (Secretary's handbook, 1949). Typical open meeting variation is the inclusion of a non A.A. speaker-for example-physician, psychiatrist, clergymen or author who is usually put on the program as the last speaker before the leader closes. More up to date, the pamphlet THE A.A. GROUP: (Under public meetings) "There are speaker-type meetings, with emphasis on informing the nonalcoholic public about A.A. Doctors, Clergymen, and public officials are invited. Often a prominent guest speaker is heard, in addition to A.A. members. (then refers to the Public Information Kit)." Such a meeting is an excellent way to celebrate group anniversaries. Further on: "Informed guest speakers-such as doctors, psychiatrists, clergymen, other alcoholism workers, public officials, Al-Anon Family Group and Alateen members, and authors-ften give helpful new insights and knowledge. Some groups like films and filmstrips. Tapes of A.A. talks are sometimes played, especially in areas that need a wider variety of speakers. And the intergroup representative, institutions representative, G.S.R. of GvR can provide meetings based on A.A.

services. Most A.A. members usually appreciate being kept informed." It is recommended as a change of pace as a matter of getting more information about the disease of alcoholism.

In the matter of "promotion vs. Attraction"-Jack quoted, "From A.A.'s earliest days, small newspaper notices and radio announcements of meetings have been used effectively . . . As long as they demonstrate recovery, or **just** give information and do not **boast** about A.A., these methods of carrying the message seem well within the spirit of Tradition 11."

Concerning these topics, Dick P. pointed out that to have a non-A.A. speaker, must be decided by a majority of members of the group-but never in a closed meeting which is for alcoholics only. Then he suggested that if all read "A.A. Comes of Age" you would have an entirely different opinion about the issue. There would be no A.A., according to Dr. Bob and Bill Wilson, if it hadn't been for the contribution of all religions, of science and masters of humanity-then the news media-the radio and T.V. Because of that, we have A.A.

Warren G. stated that he has started a group at the Workhouse and asked the committee's blessing. Needs literature, if possible. Information on the group will be sent to the office.

Ben Z., Mentor Sunday Group, announced that Northeast General Hospital in Madison will have seven beds for the treatment of alcoholism as of October 15, 1978.

**N.E. OHIO GENERAL SERVICE REPORT:** Greg P., representative. Last month we had our September meeting in **Brecksville**-discussing the Third Legacy procedure and planning our meeting of October 15th which will be election meeting-to be held at the American Legion Hall at **2:00 P.M.**, routes 82 & 21. October 7th will be State Planning meeting in Columbus. November 19, 1978 will be Gratitude Sunday at Jordan Hall . . . **2:00 P.M.**

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Ben Z. reminded those present that there will be a special meeting of the Advisory Committee on Tuesday, October 10, 1978 for the purpose of electing two new members to the Operating Committee. This meeting will be at 8:00 P.M. at the Cleveland Plaza, Windsor Room.

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

Imogene Z., Secretary

**CENTRALCOMMI'M'EEMEETING**

Nov. **7th**, 1978 8:00 P.M.  
Old Stone Church Public Square

**AL-ANON Gratitude Night**  
Jordan Hall-Charity Hospital  
Friday, Nov. **17, 1978 7:30 P.M.**  
Sponsored by Cleveland Area  
World Service District  
Refreshments

**GRATITUDE SUNDAY**

Nov. **19th**, 1978  
Jordan Hall-Charity Hospital  
Sponsored by Northeastern  
General Service Representatives

**SOUTHWEST SUNDAY'S 15th Anniversary**

Sunday, Dec. 3rd 1978 **8:30 P.M.**  
Berea High School Cafeteria  
**Bagley & Eastland Roads**  
Jack B. Kansas City, Kansas Speaker

**OBITUARY**

**BETTY TABOR** long time member of the Borton Group passed away in August of 1978. She was a very active member of the Fellowship and will be missed by all her many friends. Our sympathy to the family.

**The word is ZEST.. .**

To live with zest for life, it is necessary to work with a fundamental principle: the world outside us can only be improved by expanding the world inside us. This need not be a heavy, boring process. The truly zestful person learns to look for every sign of personal progress in his feelings, attitudes, and reactions, and he is always ready to exclaim: "This is great! I am making progress. I am understanding myself better. I feel better about life, and my life is getting better!" You can never get bored with life if you learn to enjoy each slightest sign of progress.

**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.

By my association with my alcoholic friends at meetings and in their homes, I have acquired a rich knowledge of life. The last years of my life will be a privilege and a continuing adventure. My physical ability has been lessened somewhat, but the spirit has grown serene. Those years shared in friendship have become more sacred, memories have become hallowed and life is garnished with a calm and a peace unknown before.

Again, I say that longevity is not measured by duration but by donation. Thoughts and deeds are the blossoms of donations.

These are the things a sober life has taught me.  
Edward B., Akron, Ohio  
(Akron Intergroup News 6/78)

### 'Breaks' Threat to All

When well-known people publicly break their AA anonymity, some AAs express delight. "Helps erase the stigma attached to being an alcoholic," is the most often heard defense of such tradition-breaking.

And isn't that just dandy!

If such breaks become prevalent, people may even forget their ever was a stigma attached to alcoholism. Of course, they may also forget there ever was AA as we know it—the most successful program ever for helping alcoholics recover from the mental, physical, emotional and spiritual depravity of their disease.

What some seem to forget is that the anonymity tradition is there for those who have not made it to AA yet, as well as for those who have. And surely it is one of the most appealing "attractions" AA has.

It would be interesting to know how many of those who think anonymity breaks are a good thing would have wanted it spread about that they were alcoholics when they first came to the program. Or even now.

"But that's different," they'll exclaim. Bull!!!

If breaking anonymity publicly became common-place and acceptable within the Fellowship, there would be no reason to retain that tradition, would there? Not at any level, neither for the oldtimer or the newcomer. And that, in turn, would eliminate the "protection" we all have against OTHERS breaking our anonymity at will, because the basic principle of anonymity itself would no longer be a part of a AA program.

The traditions are either good, or they are not. They apply to all, or they apply to none. Not just in "special cases," but in all cases. If it became acceptable to break any one tradition, they are all in danger.

People who break their anonymity at the level of press, radio and TV certainly have the "freedom" to adhere to tradition or to ignore it. They are not to be condemned—but neither are they to be commended and idolized.

There may be something to the claim that knowing about them and AA may encourage others to try the program. However, there is a preponderance of evidence that the opposite is true.

Conceded, AA may not be perfect. But it is a damned sight better than whatever is second best. The "program of recovery" and the Traditions make it so.

Merl M.

Let me please quote to you from Bill Wilson's last written message to US, written October 10, 1970, less than EIGHT YEARS AGO:

My Dear Friends:

"My thoughts are much occupied these days with gratitude to our FELLOWSHIP and for the myriad blessings bestowed upon us by God's Grace. If I were asked which of these blessings I felt was most responsible for our growth as a Fellowship and the MOST VITAL to our continuity, I would say 'the concept of anonymity'."

"Anonymity has two attributes essential to our individual and collective survival: The spiritual and the practical. On the spiritual level, anonymity demands the greatest discipline of which we are capable: on the practical level, anonymity has brought protection for the newcomer, respect and support of the world outside, and security from those of us who would use AA for sick and selfish purposes."

"AA must and will continue to change with the passing years. We cannot, nor should we turn back the clock. However, I deeply believe that the principle of anonymity must remain our primary safeguard. As long as we accept our sobriety in our traditional spirit of anonymity, we will continue to receive God's Grace."

"And so once more I salute you in that spirit and again I thank you for your lives. May God bless us all, now and forever.

Bill"

From HERE'S HOW Chicago, Ill.

### HOW TO START A GARDEN

- First plant four rows of peas . . .
- Presence, promptness, preparations, and perseverance.
- Next to these plant three rows of squash . . .
- Squash gossip, squash indifference, squash criticism,
- Then plant five rows of lettuce.
- Let us obey that beautiful inner voice,
- Let us be true to our obligations,
- Let us be faithful to duty,
- Let us be loyal and unselfish,
- Let us love one another,
- No garden is complete without turnips,
- Turn up for meetings, turn up with a smile,
- Turn up with new ideas, turn up with determination
- To make everything count for something good and worthwhile. (Via Australia and Chit Chat, Robesonia.)

### ARE YOU PLANNING TO MOVE?

If so, clip this coupon and mail to One Public Square, Mezzanine #6, Cleveland, Ohio 44113. immediately. It is urgently needed before the next issue of the Central Bulletin.

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It will help you end it will help us.





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Vol. XXXVLL No. 2

## HE WORKS IN MYSTERIOUS WAYS

No doubt many of us have heard some speaker or individual member say, "I came into AA just to get my wife off my back, but after attending meetings with some regularity and staying in dry places, I decided that this is what I wanted."

Undoubtedly, there are many men and women who found sobriety through this fellowship, who have never paused to let their minds run back to the chain of events which brought our fellowship up to its present status, or to the events which brought them into AA, where they found the very thing they were looking for. We cannot find an adequate explanation that it was only by chance that an alcoholic from New York City came to Akron, Ohio and found a church directory in a hotel lobby which got him in touch with another alcoholic in Akron and together they formed a world-wide fellowship to help all alcoholics, who want and need help. Is it only a coincidence that today there are thousands of AA groups throughout the world and about a million alcoholics who found sobriety through this fellowship which these two men formed?

God works in mysterious ways and it is beyond the human mind to fully understand how a blind chance can shuffle the material of the earth and mold from it the right men and women at the right time, for the right purpose. To know God's work and His love for man by reason alone is not enough. Just as it is impossible to know courage, love and sympathy merely by reading the definition of them. The real knowing requires personal experience.

Surely, it was not just coincidence that brought the man into AA just to get his wife off of his back. No doubt there was a combination of events which caused him to want what he saw. Such as, attending, the example of others and most importantly, the prayers of some loved one. God's guidance comes in various ways and there are many men and women sober today, who came into AA by different routes. Some to get their wife and their boss off of their back, or to get into good grace with the family, but the prayer of a loved one was what made them face reality and follow God's direction.

We, who have found sobriety through this fellowship, should never forget that God selected us from among millions of alcoholics and our value to our fellowship will be determined by our gratitude and by the way we follow God's direction. The road which God points out to us may not be an easy one and it may involve some pain and sacrifice, neither do we know what lies ahead, but definitely we know that those who follow God's guidance, will grow in character.

Whatever we think of our founders and the men and women who helped build our fellowship, we cannot deny

Continued on Page 4

## CONCERN FOR OUR INHERITANCE

While AA is alive and well in the majority of North Eastern Ohio communities, the apathy and growing irresponsibility in some localities is alarming. We have noticed that more and more AA meetings no longer use the "Big Book", or for that matter, any **Conference-**approved literature. More and more AA groups are discussing aspects of alcoholism, rather than recovery in AA, and some groups are beginning to show commercial films on alcoholism in place of a recovery meeting. The challenge of dual addictions has become **accute** in some groups and meetings and discussions are being held on "substance abuse." Disciplines other than the Twelve Steps and Twelve Traditions are being discussed. In some communities, AA groups have been evicted from their meeting places because no one would take the responsibility to clean up after the meetings.

In some rural counties, government-funded community centers, rehab houses and other non-AA facilities have become such strong leaders in the community, that AA members are substituting the use of these facilities for the therapy of an AA group meeting. In some towns such facilities are known as "AA Centers," provide an answering service for 12-Step calls, and at least one even advertises "AA Counseling."

General Service Representatives are constantly encountering indifference, negative responses, and even hostility in making reports and announcements to their groups; and this carries over even into Intergroup business. The ignorance of Service is deliberately encouraged in a few AA groups by some oldtimers and this creates an insurmountable challenge.

We are concerned at the increasing emphasis on social activities for AA members as opposed to AA meetings. Discos, dances, dominoes, card playing, clubs-these are the only so-called "AA contacts" that more and more suffering alcoholics experience, and in more and more instances this has become what being a member of AA means to these individuals.

We guess some of us try to find "an easier, softer way." At the 1977 General Service Conference the statement was made more than once that "We have met the enemy, and it is US!" Are we truly squandering our inheritance?

*Anonymous*

**"YOU CAN'T GET WELL UNTIL YOU KNOW  
YOU'RE SICK!"**

## CENTRAL BULLETIN



Published monthly by the Cleveland Central Committee of A.A., a non-profit fellowship dedicated to service. Address all letters to Central Bulletin, One Public Square, Mezzanine #6, Cleveland, Ohio 44113. Subscription price - \$3.50 per Year.

Harry D., Founder and Editor 1892-1968

No. 37 November 1978 No. 2

MINUTES OF A MEETING OF  
THE CLEVELAND CENTRAL COMMITTEE OF A.A.  
WESTERN RESERVE ROOM  
OLD STONE CHURCH  
November 7, 1978  
8:00 P.M.

Vice Moderator, Warren M., opened the meeting by leading the members present in the Serenity Prayer. Roll call showed that 44 members were present, representing 42 groups. The Purpose of Central Committee and the Twelve Traditions of A.A. were read by Amos L., Acting Vice Moderator.

Minutes of the October 3rd meeting were read by Elvira A. Minutes approved and accepted as read. Treasurer's Report through October 31st, 1978 shows a balance in Central Committee of \$803.56 and in Central Bulletin \$536.44. 98 speakers were supplied by the District Office to non A.A. groups during the period January through October, 1978.

COMMITTEE REPORTS:

Action Committee: Frank K., Chairman, reported that the letter proposed at the last meeting had been drafted. The letter was read, and will be sent to all Secretaries in the next mailing of notices of the meeting of the Central Committee.

Areawide Meeting Committee: Jean B., Chairman, reported the final Areawide Meeting of the year will be held on Sunday, December 10th, at 2:00 P.M. at the Scott Auditorium of Cleveland Metro General Hospital. The speaker will be Jack B. of the Shaker group. Coffee and do-nuts will be served.

Central Bulletin: Dick F., Chairman, reported that 573 Central Bulletins were sent out last month. As always, we need more subscriptions. Dick F. said that George M. is in the hospital and that we should say prayers for him.

Rosary Hall: Lou W., representative, reported everything is quiet.

Bay View: No report.

Metro: No report.

Brecksville: Don E., representative, reported the meeting room has been moved from the second floor to the third floor, which makes it easier to get patients to meetings. The Staff is going to stress more A.A. activities.

Merrick Hall: Louise T. reported that Merrick Hall is sponsoring its Fourth Alcoholic Seminar, November 14, 1978 at the Holiday Inn located at 1111 Lakeside Avenue. It will be open to the public. For more information call Minnie C. at Merrick Hall.

NEW BUSINESS: Frank K. reported a new group will start soon at the Justice Center. More information later on this as well as two other groups which will be starting.

Terry L. announced that she is the new Northeastern Ohio General Service Delegate. If she can be of service please feel free to call her.

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

Elvira A., Acting Secretary

SOUTHWEST SUNDAY'S 15th Anniversary  
Sunday, Dec. 3rd 1978 8:30 P.M.  
Berea High School Cafeteria  
Bagley & Eastland Roads  
Jack B. Kansas City, Kansas Speaker

CENTRAL COMMITTEE MEETING  
December 5th, 1978 8:00 PM  
Old Stone Church Public Square  
Election of a Vice Moderator

AREA WIDE MEETING  
December 10th, 1978 2:00 PM  
Scott Auditorium Metro General Hospital  
Aikin Ave. at Scranton Rd.  
Speaker: Jack B., Shaker Group

OBITUARY

LORETTA CHISHOLM, wife of the late Warren F. Chisholm Sr. Passed away Oct. 30, 1978 after a long illness. Our deepest sympathy to the family in their loss.

HARRY R. HERBSTER, long time member of Berea Friday Group, passed away on Nov. 13, 1978. Our deepest sympathy to the family.

*Give every man thy ear, but few thy voice;  
Take each man's censure but reserve thy  
judgment  
Costly thy habit as thy purse can buy  
But not expressed in fancy; rich nor  
gaudy;  
For the apparel oft proclaims the man.  
Neither a borrower nor a lender be,  
For loan oft loses both itself and friend  
And borrowing dulls the edge of hus-  
bandry.  
This above all; to thine own self be true,  
And it must follow as the night the day,  
Thou canst not then be false to any man.*

—Shakespear (Hamlet)

ALWAYS CAREFULLY TO INVESTIGATE OTHERS' NEEDS

**"NONE ARE DENIED"**

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

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

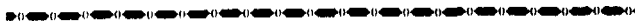
Not even disbelief or a belief there is no God need be a barrier in finding this Power. A high I.Q., education, talent, or social standing are not requisites, nor will the lack of these be a bar to recovery. The real stumbling block in choosing the AA way of life are EGO, FALSE PRIDE, INTELLECTUAL ARROGANCE,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

All that is required to start is a sufficient degree of humility to accept himself as he really is, in all his powerlessness and want to change. If he only wants to want to change, he won't. There is no way the alcoholic can recover if he tries to hang on to his old ideas, nor is there any short-cut. Only when he is willing to sweep away the wreckage of the past, the shame and the guilt, can he make a beginning. The dilemma of the alcoholic is his lack of power. No matter how strong-willed, intelligent or philosophically inspired, he is powerless to manage his own life or refrain from drinking.

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



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

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

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

The rewards of submitting to AA's 12 Steps are inevitably • HAPPY SOBRIETY! The alternative is inevitably fatal! Half-measures avail nothing. Anything almost right is wrong. If he wants to keep on suffering, he can and will. If he wants to recover, he can and he will through the 12 Steps • by the GRACE OF GOD!

(Les V., in RAILBEAMS)

\*\*\*\*\*  
REMEMBER-"NOTHING IS SO BAD A DRINK  
WON'T MAKE IT WORSE."

"Gimme a double whiskey!" the little boy yelled to the barmaid as he entered the bar.

"Do you want to get me in trouble?" she asked.

"Maybe later", the lad replied, but right now I just want a drink.

He: "I'm keeping a record of all the good times we ve had together."

She: "Oh, how nice. In a diary?"

He: "No. Stubs in a checkbook."

As the doorman at an exclusive men's club ran down to open the limousine door, he tripped and rolled down the last few steps.

"My goodness, George, be careful," cried the club manager. "They'll think you're a member."

As the time drew near, the patient asked her obstetrician. "Will my husband be permitted to stay with me during the delivery?"

"Oh, yes," answered the physician. "I feel that the father of the child should also be present at its birth."

"I don't think that would be a very good idea," the woman said. "He and my husband don't get along too well together."

Nurse, talking to patient on the telephone: "Yes, the doctor will consider a house call. What time can you be at his house?"

HE WORKS IN MYSTERIOUS WAYS

the truth that they were people who believed that there is a Higher Power presiding over the world. They were convinced that God rules the affairs of man and they were certain if they followed His direction, they would never fail and as a result of their faith, the Fellowship of Alcoholics Anonymous has spread across the world and over a million men and women are sober today.

Looking back over the years and the progress of Alcoholics Anonymous up to this point, we cannot say that all those events which made AA strong came about coincidentally. Alcoholics Anonymous was built on a spiritual foundation-with the bricks of love and service by men and women who faithfully followed God's instructions. They translated love and service into action and established a true understanding between God and man.

[Edward B., Akron, O. in Akron Intergroup Newsletter]

MODERATE DRINK FOR ALCOHOLICS IS DEPLORED

Chicago - A specialist in alcoholism says he deplors attempts by some physicians to teach alcoholics to drink in moderate amounts. Dr. Marvin Block of the school of medicine of the State University of New York at Buffalo said such treatment "undermines the prime objectives of those of us who have worked in this field for many years."

Writing in the May 10 issue of the Journal of the American Medical Association, Block said the treatment "seeks to elevate an addictive drug to a king of sovereign social status so that certain of its victims may try to circumvent its deleterious effect.

"Instead of combatting the drug culture that incubates alcohol abuse and helping us to erect sound defenses against it, these comparative newcomers in the field tend rather to regard alcohol as a social necessity whose drug effect is acceptable, even though dependence already has been established in its victims," he said.

Block cited current estimates that there are nine million alcoholics in the nation, but said he thinks the real figure is probably double that number. He said those scientists who say alcoholics can drink moderately in effect maintain that "alcohol use cannot be separated from certain ways of life and must, therefore, be looked on as a necessity."

Block said he is not opposed to drinking by persons who can do so without harming themselves or others.

(St. Paul Dispatch via LIFE LINE, St. Paul Area Intergroup)

\*\*\*\*\*

A fellow was driving his car the wrong way down a one-way street in a rather drunken condition and was stopped by an officer who asked where he thought he was going.

"I'm not really sure, said the driver, "but wherever it is, I must be late because everybody seems to be coming back already."

Sign in a gift shop: "For the man who has everything - a calendar to remind him when the payments are due."

A PICK-ME UP

On our introduction to A.A. most of us feel an exhilaration due to the fact that here at last we have found a solution to our alcohol problem. This feeling does and may last for varying periods; with some, a few months; others a year or more, but unless we do something about our A.A. there is bound to come a time when a certain staleness creeps in.

A repetition of meetings begin to produce a little staleness and boredom. We have heard it all so often before; so-and-so is speaking tonight, and his personal story is so well known to us that we could tell it ourselves. We know this is true, but personal stories are directed at the newcomers, and once upon a time we were newcomers. But maybe this is a long time ago, and we have forgotten the state of hopelessness we were in.

We can, for a time, pull ourselves out of this staleness by a quick flash-back to our drinking days. But there comes a time when after a year or two, even this method loses its efficacy, and then we are on dangerous ground. We are ripe for those odd thoughts about A.A., about our sobriety, about attending meetings. We require something stronger to really jerk us into facing the reality of our being an alcoholic.

In our opinion, there is no finer means for doing this than Twelve Step work. Go and find a drunk of your own and work on him, the worse he is the better for you. Give him A.A., but do not drive it down his throat or preach to him. Give him A.A. as it was given to you. Your own drinking story, told simply and sincerely, will sink in. It may not help him, but it will help you and your feeling of staleness will not last long.

Who is qualified to do Twelve Step work? We would say any member of A.A. who knows anything about our recovery program. The man or woman you are trying to help knows nothing about it, so, in comparison, the A.A. member of only a few weeks has something to give him. Believe us, the benefits of Twelve Stepping have to be experienced to be believed. You change places with the drunk, and his plight brings you out of your staleness with a very decided jolt, and the phrase, "There but for the Grace of God" becomes a living thing.

...The Brighter Side, Waterloo, Iowa

REMEMBER-"IF WHAT YOU'RE DOING ISN'T WORKING, TRY SOMETHING ELSE!"

ARE YOU PLANNING TO MOVE? If so, clip this coupon and mail to One Public Square, Mezzanine #6, Cleveland, Ohio 44113. immediately. It is urgently needed before the next issue of the Central Bulletin. Name . . . . . New Address . . . . . City . . . . . State . . . . . Zip Code . . . . . It will help you and it will help us.



Published by  
Cleveland Central Committee of A.A.  
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Cleveland, Ohio 44113

Vol. XXXVII No. 3

## WHAT IS THE DIFFERENCE BETWEEN WANTING A.A. OR NEEDING A.A.?

When I first came into the program, I heard leads say, "This is a program for people who want to stay sober."

All I can account for is my opinion, but I didn't join A.A. because of Wanting to, I NEEDED to. Maybe it sounds like I'm being petty about these words. I don't believe I am because when I first came in I was hoping I was not an alcoholic.

Because of needing A.A. I built a strong foundation "Against my Will." This was done "in spite of myself" by listening to my sponsor, going to many meetings, and having daily contact with A.A. who had at least two years sobriety behind them and of course daily prayer.

If your having a problem with God. Don't let that get in the way. If you don't believe in God who you cannot see, go to many meetings and you'll believe what you can see and that is people who don't drink but can show you how to live with hope for the future. How to handle fear and most important to have at least a peace with your own worse enemy, Your-Self.

Anonymous

### JUST AN OPINION

Occasionally in AA we come across an obnoxious individual who is the one rotten apple who spoils the whole barrel! He is easily identifiable, because he takes a fiendish delight in creating disunity and confusion. He is against everything . . . he likes to throw his weight around and impress people with his importance . . . he is never willing to cooperate with others he never has anything constructive to offer for the good of the whole . . . He refuses the little humble tasks that are so necessary, because he would receive no acclaim . . . he is too good for the dirty little jobs he is not willing to do ANYTHING he can . . . he is guided only by HIS selfish wants . . . he is the guy who greets the newcomer with "Well--here it is--take it or leave it!" . . . he really has no compassion for his fellow man, and no understanding of an alcoholic . . . if he does take on a customer, you can be sure he lets the newcomer understand that HE (not AA) is responsible for any success (if any) the new man may have . . . and obligates the poor man unfairly to the egomaniac sponsor . . . he twists weird and peculiar meanings from the 12 Steps anti 12 Traditions . . . he bullies and blusters and pushes other people around . . . he is easily identifiable for he is in the center of every hassel . . . he is easily identifiable . . . because he usually is the only one to oppose ALL the rest he is no HERO . . . and he isn't fighting for a principle . . . he is a misfit in life itself, and it could be God had directed him into our midst merely to test our tolerance . . . but it is possible to push too hard anti too far . . . for even Jesus, in righteous anger, drove the money changers from the Temple . . . AA is our Temple . . . and we must preserve it for all those yet to come . . . if you know a man like this . . . beware! for the only thing that can EVER destroy AA . . . is the one bad apple on the inside.

-High & Dry, Seattle, Wash.

## WHAT HAPPENS WHEN YOU HAVE A RESENTMENT TOWARD GOD??

I have been in that position more than once. First of all its a very lonely place to be.

NOBODY understands us like God does. His main concern is our souls in spite of knowing this fact, I most definatly had a resentment anyway, about my feelings and so I did just that . . . I said to him I'm hurt, I don't believe you care and I feel abandoned by You. I was discouraged by my mistrust and anger. I foundout that God does care. I learned many things from my resentments toward Him. If you go to Him, even angry, He'll take you and show you the way.

Trust isn't something you aquire and keep forever, to me it is something you lose time and time again, but thats alright, because He is THE REAL WAY. If anyone is having trouble with trust go to Him, He'll listen and guide you, because NOBODY understands us like God does . . . Hope is a Prayer Away.

Anonymous

### IT'S NECESSARY

A candidate for AA membership said to his sponsor, "look here, old chap, I've read the "twelve steps" from cover to cover. I guess I understand it thoroughly but I don't see yet how it's going to keep me perpetually sober." "Well," answered the sponsor, "just pick up that book on my desk and open it at any page and read to me whatever is written there." The man opened the book and said, "But this page is just a recipe for a chocolate cake." "Read it aloud." The fellow did --"Now read it again," demanded the sponsor. When the chap had done so he asked him to read it yet once again aloud. When the reading of this recipe had been completed for the third time the sponsor said, "Right--you have studied and read this recipe for a chocolate cake three times. But you haven't got a chocolate cake, have you? You have read the twelve steps from cover to cover, but you haven't got sobriety either--both need practical application. You certainly won't get the cake unless you obtain and use the ingredients and make the cake and you won't obtain sobriety unless you do the same."

--Via South Africa and Chit Chat, Robesonia, Pa.

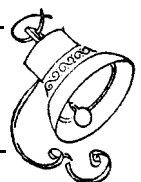
### THIS IS TRADITION NUMBER SIX OF ALCOHOLICS ANONYMOUS:

"A.A. groups ought never endorse, Finance, or lend the A. A. name to any related facility or outside enterprise lest problems of money, property and prestige divert us from our primary purpose."

It has been brought to the offices attention that groups have given money to outside enterprises. Groups with extra money could give more to the office or help another group less fortunate, but not to a outside enterprise.



# Season's Greetings





Published monthly by the Cleveland Central Committee of A.A., a non-profit fellowship dedicated to service. Address all letters to Central Bulletin, One Public Square, Mezzanine #6, Cleveland, Ohio 44113. Subscription price • \$3.50 per Year.

Harry D.. Founder and Editor 1892-1968

No. 37 December 1978 No. 3

**MINUTES OF CENTRAL COMMITTEE DECEMBER 5, 1978**  
**WESTERN RESERVE ROOM OLD STONE CHURCH 8:00 P.M.**

Art Z., Moderator, opened the meeting by leading the members present in the Serenity Prayer. Roll call showed that 45 were present representing 43 groups. Warren M., Vice Moderator, read the Purpose of Central Committee and the Twelve Traditions of A.A.

Minutes of the November 7th meeting were read by the Secretary. A motion was made, seconded and carried that these minutes be accepted as read. Treasurer's Report through November 30, 1978 shows a balance in the Central Committee account of \$793.59 and in the Central Bulletin account of \$560.38. Motion made, seconded and carried that Treasurer's Report also be accepted as given. 103 speakers have been supplied by the District Office to non A.A. Groups for the period January through November 30, 1978.

**COMMITTEE REPORTS:**

**Action Committee:** Frank K., Chairman, nothing to report.

**Areawide Meeting Committee:** Jean B., Chairman, announced that the last **Areawide** Meeting of the year will be held Sunday, December 10, 1978 at 2:00 P.M. at Scott Auditorium, Cleveland Metro General Hospital. The announced speaker, Jack B., had to cancel out because he was scheduled for surgery and Jim C., an old-timer from the Akron area, will be the speaker. Jean asked all to pass the word back to their groups so that we can have a good attendance at this meeting. At this time, she thanked all who had helped her this year in her duties as Chairman of the **Area-wide** Committee and she was grateful to have been given this opportunity. Warren M. announced that a press release had gone out to the newspapers about this meeting. Dick P. also stated here that at this meeting we are going to try to make it like the old-fashioned **Areawide** meetings that we once had in our area. The purpose is to inform the public. Here, it was suggested that we all take time to contact our church and tell them about the meeting, its purpose, etc. and invite a representative from the church. All clergymen could benefit from a meeting of this type-to help them deal with some of the problems of their parishioners.

**Central Bulletin:** Dick F., Chairman, everything going along fine. We do need more subscriptions so that we can keep the Bulletin going. Articles are welcome from anyone who might wish to contribute.

**Rosary Hall:** No representative present.

**Bay View:** Barbara W. reported on the various programs that are being conducted at the hospital for the recovering alcoholic.

**Brecksville:** Don E., representative, reports that they are fully settled in their third floor meeting room. All meetings are being very well attended-they have had volunteers for leads for the Tuesday and Thursday meetings and they are very much appreciated.

**Merrick Hall:** Minnie C., representative, announced the opening of the women's **residency** which is going to be called Hitchcock House at 10917 Magnolia Dr., University Circle area. A phone call to Hitchcock House • #421-0662 • in early January will give you information as to when they are holding their open house. On behalf of Jayne M., Minnie extended thanks to all who had helped Merrick Hall, for the co-operation they have received and extended Christmas Greetings.

**Metro:** Regina D., representative, reported that the hospital is extremely busy • many have been put on waiting lists because of the many medical and surgical problems • however, if you need help and there is a serious medical or surgical problem, you can go to emergency and they will probably admit you. The women's group that started at the Friendship Room at 11:30 on Monday morning is getting off to a slow start. It was too late to get the meeting listed in the meeting schedules.

**EAST SIDE VETERANS:** Representative announced a new alcoholic treatment program that they have there • called A.T.P. Also announced a schedule of their meetings and their Anniversary on Wednesday night at 7:00 P.M.

Edie H. announced the name of the group at Woodruff Manor on Wednesday night at 7:00 will be Wednesday Night Unity. Also announced the Christmas party that will be held on Wednesday, December 20th.

Frank K. announced that the Justice Center Group had been going for a month now and it has been very well received by the residents-they have run into no interference at all with the people at the Justice Center. The residents are brought down to the meeting and left with the group.

Gail C. invited all to drop in to the new Rap Room in Painesville, Lake County area, near I-90 & 2. (Route 20 and Chestnut, Painesville.)

The new de-tox center at Northeast General Hospital is going well • have 14 beds filled.

**N.E. OHIO GENERAL SERVICE:** Terry L., representative, thanked all who supported Gratitude Sunday which was held on November 18th. Announced first assembly meeting to be held on Sunday, January 21, 1978 at the American Legion Hall in Brecksville, routes 21 & 82 at 2:00 PM. On March 16, 17 & 18 there will be another mini conference to be held at Ramada Inn in Akron. More information to follow.

**NEW BUSINESS: ELECTIONS** • the procedure is that the Vice-Moderator alternate between the east

and west side • this year we need to have a Vice Moderator from the West side. Warren M., present vice moderator steps up to Moderator for the coming year.

The name of Don E. was put into nomination and having no opposition a motion was made, seconded and carried that Don be the new vice moderator.

The office of Treasurer is also a voted on position and Isabel G. was unanimously voted in to carry on in her present position as Treasurer.

The office of Secretary of the Central Committee is an appointed one. Due to the fact that she has been in office for five years now, Imogene has decided to step down and Elvira A. will be the new Secretary of the Central Committee. All positions effective January 1, 1979.

Dick P. offered a word of thanks to the officers that are retiring and Art. Z. announced that it had been a pleasure and an experience to serve the Central Committee • thanked all who helped him • and announced Warren M. as his successor.

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

Imogene Z., Secretary.

CENTRAL COMMITTEE MEETING  
January 2, 1979, 8:00 P.M.  
Old Stone Church Public Square

**Advisory** Operating Committee **Meeting**  
Tuesday, January 23, 1979, 8 pm  
Cleveland Plaza  
Intergroup Dinner-Dance Ticket Sale

The highway patrolman stopped a speeding car and, noticing the motorist's inebriated condition, delivered a stern lecture on the dangers of drunken driving. "Do you realize that you were going over seventy miles an hour?" the officer demanded.

"I know," the driver explained. "I want to get home before I have an accident!"

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SPONSORSHIP

The A.A. concept of "sponsorship" is a dramatic illustration of the growth and acceptance of a principle which has developed spontaneously within our Society. It has come about without direction or promotion. The idea of sponsorship is not new, but A.A. has given it a unique meaning. In most societies which man has formed the sponsor is the person who goes on record that the newcomer possesses certain qualities and adheres to certain standards considered desirable. But in A.A. the emphasis is not on the newcomer, but on the sponsor, himself. No one asks the newcomer what qualities he may possess or what standards he may choose to live by. The sponsor is the one from whom certain qualities are sought. He is asked to demonstrate that the A.A. recovery program has worked for him; he is asked to lend his time, interest and his experience to the newcomer. Thousands of men and women now in A.A. are richer in their sobriety for having both received and given the great gift of sponsorship.

Sponsorship, as it is practiced in A.A., is an intensely personal thing. The form it takes is determined not by any set rules, but in nearly all cases by the personalities of the sponsor and the newcomer, themselves. Recovered alcoholics being only human, no single A.A. member is likely to combine all the virtues of an ideal sponsor. However, there are a number of factors on which nearly all sponsors, whatever their approach, can agree.

For example, they agree that sponsorship is most successful when it is looked upon as a positive, constructive activity, rather than a burdensome one. A member who is asked to act as a sponsor should reflect enthusiasm in his contacts with newcomers without trying to "sell" them on A.A.

A clear-cut distinction should be made between so-called Twelfth Step work and sponsorship. Twelfth Step work involves delivering the story of A.A. to the problem drinker who has asked for help. Essentially it is one specific assignment and it can be considered complete when the A.A. member has described the Society and what it has meant to him.

By contract, sponsorship is a long-range activity with no fixed termination date. A sponsor, in effect, assumes responsibility for helping the newcomer develop and grow in A.A. He retains his interest in the A.A. welfare of the newcomer for as long as may be necessary. It is not uncommon for men and women who have been in A.A. for many years to turn to their sponsors for guidance and counsel when a disturbing problem arises. In sponsorship, as in parenthood, there are no separation dates in the special relationship binding two people together.

Also there is general agreement that sponsorship work helps an A.A. member preserve and strengthen his own sobriety, and it is even more helpful in assuring the continued growth of an A.A. Group. Without sponsorship, an A.A. Group can wither and die on the vine. Have you ever visited an A.A. Group consisting entirely of old-timers, who meet once a week to swap the same old stories time and again? Indeed, the newcomer is our lifeblood. Sponsorship is an active process of sharing

Continued on Page 4

“ Know the truth, and the truth shall make you free.”  
.. John 8:32

Around the tables of AA we often talk about the fringe benefits of sobriety and share our experiences to strengthen and encourage those of us who may still be wondering if the struggle is worthwhile.

Improved relationships with family and friends head the list of sobriety rewards for most of us when we cease to be the “eye of the storm.” Following in close order are situations involving the job, the bank account, personal health and well being, the bill collectors, the neighbors, the relatives, the preacher, the doctor-the list goes on and probably winds up with “On the eve of my first sober Holiday, it felt so great not to have to worry and fret about getting in a supply of booze.”

A common experience is that we have totally unexpected rewards. Like finding out what a good friend really is. Those are the gems you can feel in your bone marrow. Then there is enjoying a meal, even breakfast! And clouds, stars, grass, trees, flowers, sunrise, or maybe a rainbow!

Because I was one of the “last ditchers” that crawled out of the “pits”, I have had a hearty appreciation of the rewards of sobriety. However, there is one that I am privileged to enjoy, but never recognized until a few short years ago. At birth we are endowed with a free spirit, or free will, a gift from our Creator.

“The greatest gift which God in His bounty bestowed in creating, and the most conformed to His own goodness, and that which He prized the most, was the freedom of the will, with which the creatures that have intelligence, they all and they alone, were and are endowed.”

... DANTE “Divine Comedy”

I gave away my free spirit to a bottle of booze and survived for years in the slavery of addiction, compulsion, and obsession---chained beyond my power to escape. With sobriety, my free will, my free spirit, was restored to me. And what precious gift it is! As Americans, we are privileged to inherit political freedom, as well as religious freedom and the other specific freedoms listed in our Constitution's Bill of Rights,-but without a free spirit, we cannot exercise ANY freedom.

Throughout the centuries, mankind has considered FREEDOM more precious than life itself. And we so innocently ditched our free will! BUT WE GOT IT BACK! From whence it came, of course. Truly, we are, among me, most richly blessed.

*Milly L, Bismarck, N.D.  
Silver Dollar*

To cut down on expenses, the two secretaries decided to vacation together and to share a hotel room. On the first night, one turned to her friend and rested her hand on her shoulder. “There is something about myself I've never told you,” she admitted. “I'll be frank---”

“No,” her friend interrupted, “I'll be Frank.”

After several unsuccessful advances, the bachelor asked his alluring but standoffish date, “Do you shrink from making love?”

“If I did,” she signed, “I'd be a midget.”

Sponsorship

sobriety. In A.A., both individuals and groups protect their assets best when they share **them most freely.**

Sponsorship has developed and continued in A.A. because it fills a special need. It provides the special friendship, help and guidance the lonely newcomer needs when he first turns to A.A. for help - whether he comes from a detox or treatment center, rehab house, is referred by the court, or arrives simply from his own desperation. At the same time it gives the older member (the sponsor) a feeling or worth, of new interest, and a unique opportunity to reinforce his own sobriety. It is no coincidence that in most groups the members who seem to have achieved the greatest serenity are those who work continually with newcomers.

But sponsorship is not limited to old-timers. Length of sobriety is not a vital factor in sponsor-newcomer relationships - although the experience of the older members naturally is a valuable reserve upon which the newcomer can draw. Occasionally an A.A. who has been dry for only a few weeks, by his very proximity to recent drinking disasters, will be extremely effective in working with people who have followed him in seeking out the recovery program.

*From: Good News, Dec. 1978*

FROM THE “UNITY SEARCHLIGHT”-Redding, CA.

It always upsets me when I hear a fellow alcoholic advise a newcomer “not to worry if you have a slip, it will help convince you of your problem.” In the time I have been in A.A. I have learned the seriousness of slips. Two fellow A.A. friends experienced such slips, whether deliberately or not, neither were ever lucky enough to experience sobriety again. THEY DIED. God forbid the day I ever need to take that next drink to CONVINCE myself I have an illness called alcoholism. May I always remember what brought me through the doors of A.A. The utter hell alcohol gave me, both while I was drinking and the first few months without it. My Higher Power might not offer me another chance- another miracle.

###

If we fail to give as we have received—We will have turned from humility to futility.

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It will help you and it will help us.