



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

Vol XXXVII No. 4

APATHY

Apathy is the curse of society. Wherever it is found—in groups, church, clubs, committees, it acts like a huge gray and very wet blanket. It settles over the lives of people, who lose all the joy of living.

This is particularly evident in some groups whose members refuse to become active in carrying the message to others; attend meetings with closed minds; are ready to criticize the speaker for his long-winded recital of drunken orgies, or for his lack of understanding of the fundamentals of our program of recovery.

Apathy is a creeping disease. It is evident even among some members who have a considerable number of years of sobriety—which is commendable—but who have found other interests which, they say, makes it impossible to sponsor a candidate for AA and even impossible to visit him in a hospital, nursing home or even after he comes back home to re-adjust himself to a new life with *absolute sobriety* as his determined goal.

The group secretary can stand on his head to arouse the *apathetics* from their torpor, but the reaction is just “*blah!*” What can he do to change this attitude? Something dynamic?

One successful, dedicated secretary of our acquaintance told us of his method. It was by talking with several still-active old-timers and citing his frustrations. The secretary succeeded in interesting them in re-activating themselves and refreshing their memories of the thrills they had experienced in carrying the message to others.

These old-timers suggested greater emphasis on re-reading the Twelve Steps—one at each **meeting**—discussing, absorbing and practicing them in all their affairs. Guest speakers were selected by their interest and devotion to the Twelve Steps and Traditions as well as the Four Absolutes, each an integral part of the amazing impact they had and the resultant unbelievable acceptance and eventual continued sobriety.

Their new way of life brought joy into their lives, and enriched them. They developed self-respect, and in turn, regained the respect of many of whom they had forfeited all rights.

Having had a spiritual experience as the result of practicing the Twelve Steps, and as a result carried the message to others similarly afflicted, enduring the sneers of former saloon buddies, remaining steadfast to their new-found freedom from self-afflicted slavery, they found a way of life which to them was a miracle.

They soon came to realize that only a Power greater than themselves had made this possible. If the recipient recognized that he had been chosen to share this particular gift, and was truly grateful, he would be an ingrate not to develop his gift to shine brightly in his area of influence.

Esteemed lightly, it might be taken away from you.

* * *

TRADITIONS

For those who sometimes wonder why our 12 Traditions are often read at meetings, we suggest re-reading the Foreword in the “Big Book”. You will find the Foreword refers to the progress made by A.A. in the 16 years between the first and second editions of the book.

The concerns of **A.A.s** adolescent years are pointed out. “Could . . . erratic alcoholics successfully meet and work together? Would there be quarrels over membership, leadership and money? Would there be strivings for power and prestige? Would there be schisms which would split A.A. apart?”

Our 12 Traditions were evolved to meet the test of such problems. It was thought that no alcoholic man or woman could be excluded from our society; that our leaders might serve but never govern; that each group was to be autonomous and there was to be no professional class of therapy. There were to be no dues or fees; our expenses were to be met by our own voluntary contributions. There was to be the least possible organization, even in our service centers. Our public relations were to be based upon attraction rather than promotion. It was decided that all members were to be anonymous at the lever of press, radio, TV and films. And in no circumstances were we to give endorsements, make alliances or enter public controversy.

You’ll recognize the above as the substance of our 12 Traditions. The traditions themselves were confirmed right here in Cleveland . . . in 1950 at our first International Conference.

The potential problems, the test, still exists! In fact it becomes a greater test each day as our membership increases. And our 12 Traditions answer the problems and meet the test equally as well today as they did in 1950.

Our traditions are a blueprint, a chart for our collective course of action. We read them in meetings as a reminder so that the remarkable unity of A.A. will continue to be among our greatest assets.

Bob L.

WORRY.—Worry has been defined by one writer as “too much thought, too little action.” The worrier is one who does not seem to realize that the future is determined, not so much by planning tomorrow, as by **ACTION TODAY**. Whatever one’s problems may be, we all would avoid much worry and trouble if we approached them from the point of action by asking ourselves, “What can we do now towards their solution?” If we act now and do now what can be done now, all problems will eventually be solved. Action in the present determines the future, for **ACTION IS THE MAGIC WORD**.

. . . **Good** News (Father John Doe)



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Harry D., Founder and Editor 1872-1950

No. 37 January 1979 No. 4

**MINUTES OF CENTRAL COMMITTEE
JANUARY 2, 1979
OLD STONE CHURCH
8:00 P.M.**

Warren M., Moderator, opened the meeting by leading the members present in the Serenity Prayer. Roll call showed that 29 were present representing 28 groups. Don E., Vice Moderator, read the Purpose of Central Committee and the Twelve Traditions of A.A.

Minutes of the December 5th. meeting were read by the Secretary. A motion was made, seconded and carried that these minutes be accepted as read. Treasurer's Report through December 31st. 1978 shows a balance in the Central Committee account of \$678.73 and in the Central Bulletin account of \$334.01. Motion made, seconded and carried that Treasurer's Report be accepted as given. 110 Speakers have been supplied by the District Office to non A.A. Groups for the period January thru December 1978.

COMMITTEE REPORTS:

Action Committee: No report.

AREAWIDE COMMITTEE: No report.

Central Bulletin: Dick F. Chairman, we are nearing the completion of transfer of the Bulletin to the Central Committee. We need more subscriptions by local members. Articles for publication are always needed.

ROSARY HALL: No report.

BAY VIEW: Barbara W. was absent. She left a report at the Office, that they are having 3 aftercare Meetings a week, a Physical Therapist Program to start in January and they are having daily Staff meetings to discuss best treatment for each patient.

At present they have 85 Volunteers working.

BRECKSVILLE: Don E., reported the meetings are being very well attended. Still need Volunteer leads for Tuesday and Thursday's. A.A.'s are welcome at the Hospital at any time.

MERRICK HALL: No representative present.

METRO: Regina D., representative, reported things are going very well, however it was brought to her attention some patients had called the Central Office for Sponsors and no one responded to their call. Central Committee advised her that if the Sponsor doesn't show up that the Office be contacted again, and they will be happy to check on it. All calls for help to the District Office are turned to a Secretary from the patients area for attention.

N.E. OHIO GENERAL Terry L., representative announced the first assembly meeting 'will be held on Sunday, January 21, 1979 at the American Legion Hall in Brecksville, routes 21 & 82 at 2:00 P.M.

NEW BUSINESS: A lengthy discussion was held about non A.A. groups using our Secretary's list for non A.A. causes. A motion was made to the Action Committee, to form a group of A.A. members to contact all of the Groups to remind them of traditions 6 and 12.

John M. announced the County Commissioners are planning a Detox Center at the old Highland View Hospital. More information to follow.

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

Elvira A. Secretary.

**CENTRAL COMMITTEE MEETING
Feb. 6, 1979 — 8:00 P.M.**

Old Stone Church Public Square
Each Group Send a Representative
To This Important Monthly Meeting

**FUND DRIVE KICK-OFF
February 19, 1979
Masonic Temple-7:00 P.M.**

**LORAIN AVE. TUESDAY AL-ANON
17TH ANNIVERSARY**

Tuesday, February 13, 1979—9:00 P.M.
St. John Bosco Church
6360 Pearl Rd.
Carol & Geo. O'n-Hubbard, Ohio

OBITUARY

Jerry Winans A hardworking and devoted member of the Angle Group passed away unexpectedly Jan. 12, 1979. Our sincere condolences to the family. He'll be sorely missed.

Why is it that drunks never spill drinks on other drunks?

A lion escaped from his cage and a posse was hastily formed to track him down. Before the search began, the men stopped in a saloon where they all ordered drinks. All, that is, except one.

"Oh, come on," he was urged, Have a drink with us."

"Not me," said the guy in a shaky voice. "Whisky gives me too much courage."

A fellow came into the bar and ordered a martini. Before drinking it, he removed the olive and carefully put it in a glass jar. Then he ordered another martini and did the same thing. After some time, when he was full of martinis and the jar was full of olives, he staggered out.

"Well!" said a customer, I never saw anything as peculiar as that."

"What's so peculiar about it?" the bartender asked. "His wife sent him out for a jar of olives."

JUST A THOUGHT

This AA program of ours enables you and me to stop, look and listen. It gives us a chance to review what happened yesterday, compare it with today-and the hope of tomorrow. As you, yourself have found out, the application of our AA principles to one's life is a long, tough and hard job. It doesn't come easy, nor does it come without a great deal of work. But isn't the work worth it? "AA is a simple program, but not an easy one." The immediate and urgent need for a drink disappeared from my life a long time ago-but the effort that it requires of me to maintain clear thinking and good living, is an unending one. It's a hell of a lot of hard work. And that's where the 12 steps of AA enter into each and everyone of our lives. Attempting to put "these practices in all our affairs" is the keystone to continued sobriety and eventual-happiness and peace of mind. There are 12 steps to the program-not 10 or 5 or 2. Each and every one of them are like a spoke in a wheel. As long as they are all in operation, the wheel is strong and gives no trouble. But as we attempt to remove a spoke-we gradually weaken the wheel until such time as it comes crashing down on our heads, then we take a drink.

Don't sell AA short. This program can and will work for the individual who honestly and sincerely desires sobriety. If it will work for me, it will work for you. The basis of AA is personal honesty. Cut out the sham and pretense. It is immaterial what others think of you-you are the only guy who knows whether or not you are telling the truth. AA is a simple, but not an easy program. There is a price to pay for your sobriety. Put something into it-and as you put something into it, you will find that you will take a great deal more out of it. Quit figuring out why you are an alcoholic, and change your line of thinking and reasoning, to a more positive approach and concentrating on how you are going to stop drinking.

- H Personal Honesty
- O **Open-mindedness**
- W Willingness

TRY IT! ! -Chit Chat, Robesonia, Pa.

'Pears that whiskey cannot cure the common cold, according to medical science . . . but then neither can medical science.

Someone asked W.C. Fields why he always closed his eyes when he drank whiskey. "Waal," he explained, "the sight of good lickah always makes my mouth water, and I don't aim to have my drink diluted."

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WHAT PRICE SOBRIETY . . .

Who could, or would care to, put a price on sobriety? It's invaluable, or valueless, depending on our attitude toward it. Too many unfortunate alcoholics treat their sobriety cheaply-throw it away as casually as an empty bottle. A far greater number in AA value their sobriety higher than all the material possessions they ever have-to them it's priceless.

Is your sobriety priceless? Even though your answer is a ringing, emphatic "YES"-there is a way you can put a price on sobriety. It's the price of a helping hand-the hand that will open the door into the AA New Way of Life in 1979 to the hundreds who will be knocking, pleading for sobriety and restored sanity.

To almost a thousand desperate, even dying, alcoholics this year the Cleveland District Office i's' the only hope of salvation from continued maddening drunkenness. They call in fear, remorse, sorrow, **desperation**—but always with a glimmer of hope that AA will enable them to get off the deadly, day after day, drunken merry-go-ground.

To give the help that's needed to this despairing thousand the Cleveland District Office needs your help, your financial support. By helping to maintain the District Office you insure that the helping hand will always be extended. The vital importance of the help that's came in the past from the Cleveland District Office can't be over-emphasized.

The avenues of help are many and varied!

Each and every one of us recognizes that our AA is an individual program. None can deny, however, that collectively we have a moral obligation to extend the helping hand to those who truly want and need it. Group and individual contributions to the District Office through the years have been sustaining that obligation. Contributions during 1978, however, while greatly appreciated, were inadequate to meet the vital needs of the District Office. This can be avoided and a sound financial basis established, if AA groups and individuals will make pledges contributions to the support and maintenance of the District Office.

Your group and its individual members have been-or shortly will be-contacted by an AA representative of the District Office to tell you of the urgent need. Think back to the last tortured days of your drunken life-you'd have paid almost anything for relief from the curse of alcohol. With those thoughts in mind, think of the similar despairing predicament that will exist for a thousand of your fellowmen here in Cleveland who will be calling the District Office. Then pledge your help-you can't put a price on sobriety, but you can put a price on your helping hand. For a fraction of the money you once threw away on alcohol you can help to bring peace, hope and a new way of life to those in need.

By your share of your group's contributions-as well as by whatever additional personal contribution you feel you can make-you will help the Cleveland District Office to continue its magnificent service in 1979.

BE A BULLETIN BOOSTER. GET A NEW SUBSCRIBER

Dear Readers: The following appeared in the Harvard Medical School Health Letter of August 1978. It was reprinted with permission and recommended as a means of self-testing for those who suspect they may have a drinking problem.

EARLY SYMPTOMS
[The first stage of alcoholism]

Are you beginning to lie or feel guilty about your drinking?

Do you gulp your drinks?

Do you try to have a few extra drinks before joining others in drinking?

Must you drink at certain times • For example, before lunch or a special event or after a disappointment or quarrel?

Do you drink because you feel tired, depressed, or worried?

Are you annoyed when family or friends talk to you about your drinking?

Are you beginning to have memory blackouts and occasional passouts?

MIDDLE SYMPTOMS
[An extension of early symptoms]

Are you making more promises and telling more lies about your drinking?

Are there more times when you need a drink?

When sober, do you regret what you have said or done while drinking?

Are you drinking more often alone, avoiding family or close friends?

Do you have weekend drinking bouts and Monday hangovers?

Have you been going "on the wagon" to control your drinking?

Are memory blackouts and passouts becoming more frequent?

LATE SYMPTOMS
[The advanced stage of alcoholism]

Do you drink to live and live to drink?

Are you noticeably drunk on important occasions. For example, a special dinner or meeting?

Do your drinking bouts last for several days at a time?

Do you sometimes get the shakes in the morning and take a quick one?

Do blackouts and passouts now happen very often?

Have you lost concern for your family and others around you?

* * *

If you see yourself and want help, contact Alcoholics Anonymous. Look in the phone book.

For those who don't know: Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other in an effort to solve their common problem. The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership. The primary purpose of an AA is to stay sober and help other alcoholics achieve sobriety.

AA does not recruit members. The person with the problem should call AA and ask for help. People who

man the phones will inform the caller when the next meeting in his or her neighborhood will be held and he or she will offer to send someone out to talk about the problem and make plans to bring the prospective member to the next meeting.

AA's definition of an alcoholic is a person who, when he starts to drink, cannot stop until he is drunk. There are a large variety of alcoholic patterns.

Some drink only beer, others drink only on weekends and still others drink only after 5 p.m.

Many never miss a day's work and point to this achievement as proof that they are not alcoholics. To those who drink to drown their sorrows, I say it won't work. Sorrow knows how to swim.

Reprint From The Cleveland Press,

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

Dear Friends,

Thank you for sharing your publication with me. Since becoming the editor of GOOD NEWS, the **Central Bulletin** has been a great help to me and before this year draws to a close I wanted to pass on my gratefulness to you.

This has been such a new experience for me and with each issue of the GOOD NEWS I am reminded that my Higher Power is doing for me what I could not do by myself. It is **such** a joy to have help each day traveling along this journey of sobriety.

Am wishing each of you a joyous new year and thanking you for sharing the **Central Bulletin** with me thus making my job as editor easier.

Sincerely,
Jo Anne P.
GOOD NEWS.

Weaving rather more than somewhat, the drunk climbed into a taxi and said, "The corner of Selborne and Main quick." Somewhat startled the driver said "You're at the corner of Selborne and Main now." "O.K.," said the drunk, "but next time, don't drive so darned fast."

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



A.A. and Equus

I recently had the pleasure of seeing the play EQUUS by Peter Shaffer at the Cleveland Play House.

We are told to work the program in all our affairs and this was my first theatre experience sober, it was quite enlightening.

EQUUS is a play about a young boy who blinds five horses he loves, and the **psychatrist** who treats him. A.A. could have done wonders for both of them.

Alan Strang the boy is beset by a life full of extremes resulting in his formation of EQUUS (The horse god) as a substitute for Jesus Christ, God or his higher power. But EQUUS fails him, his fantasy turns against him as my fantasy land in alcohol did. He strikes out violently as many of us did. In the words of Hester **Salomon** in the play, "He galloped into a nightmare"!

How many of us have galloped into the nightmares of our fantasy land of alcohol, then striking out in confusion when our own fantasies turned against us.

Martin Dysart the psychtrist in helping Alan return to sanity is caught up in his own dilemma of unanswered questions, about himself, and his own life, forsaking faith in his own higher power.

Instead of accepting his gift of helping troubled people he chooses to question the right or wrong of it, even to **qualifing** or giving **liscense** to the insanity. He forgets "there is but one law giver and judge, one who can save and destroy. Who then are you to judge your neighbor?" (James chap. 4).

Even though alcohol was not a problem for either charactor the A.A. way of life could have cleared much of the smoke in their attitude towards life. I couldn't help but sit there and think of my own God-playing roles, my own fantasy land and what it did to me. The mental anguish, the insane behavior, the helping everyone solve their problems but not solving mine, all attributed to my life in a bottle.

It's a great feeling to see a play and come away with the right ideas. Not too long ago I could have used Dr. Dysart's **soliliquies** to go out and get drunk. Today I can think through this type of confusion, and turn over to my higher power which I choose to call God, the whys and wherefores of the things I don't understand. Today my sobriety was strenthened, through my God. My God, unlike EQUUS the fantasy, will not fail me (I can do all things through Christ-Phil. 4:13)

It never ceases to amaze me how much A.A. is all around me in whatever I do. Today it worked for me. Thank you all my ex-drunken friends in A.A., and thank you God!

Lawrence S.
We care group.

CREATION OF A DREAM

The story so far: 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 as 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 the last year, 1977, the **office** received 1540 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 and 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

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 441 13. Subscription price \$3.50 per Year.

Harry D., Founder and Editor 1892-1968

No. 37 February 1979 No. 5

MINUTES OF CENTRAL COMMITTEE
WESTERN RESERVE ROOM
OLD STONE CHURCH
FEBRUARY 6, 1979
8:00 P.M.

Warren M., Moderator, opened the meeting by leading the members present in the Serenity Prayer. Roll call showed that 59 were present representing 55 groups. Don E., Vice Moderator, read the purpose of Central Committee and the Twelve Traditions of A.A.

Minutes of the January 2, 1979 meeting were read by the Secretary. A motion was made, seconded and carried that these minutes be accepted as read. Treasurer's Report through January 31st. shows a balance in the Central Committee account of \$668.81, and in the Central Bulletin account of \$531.40. Motion made seconded and carried that Treasurer's Report be accepted as given. 22 Speakers have been supplied by the District Office to non A.A. groups for the month of January, 1979.

Committee Reports:

Action Committee: Frank K., read a letter that's to be copied, and taken out and given to all A.A. members.

Areawide Committee: No report.

Central Bulletin: Dick F., Chairman, we need more subscriptions and more articles for the Bulletin.

Rosary Hall: Lou W., representative, said his report would be given under old business.

Bay View: No report.

Brecksville: Don E., reported, still need Volunteer leads for Tuesday's and Thursday's There had been a change in program, they are now starting a 21 day phase 2 program. Phase 1 up to 7 days. More changes in the future.

Merrick Hall: Minnie C., representative, everything's going on very well. There will be a meeting for **Friends** of Merrick Hall, which is open to all A.A. women, Tuesday February 20th. at 1:30 P.M., speaker will be Don H.

METRO: Regina D., representative, reported things are going quite smoothly.

East Side Veterans: No report.

Woodruff: Annette C., thanked all for their co-operation in regards to Sponsors, and asked for leads for the 11:30 P.M. meeting at Woodruff.

Justice Center: Frank K., reported, the program's very well accepted by the Prisoners. A Ladie's Program will start March 1st.

Old Business: Lou W., brought up poor Sponsorship in Hospitals, it's more or less like abandon a Patient there. As far as calls for help, the response we get from some members who receive a call to sponsor someone already in the Hospital, their question how did they get in there etc.? It doesn't really matter how they got there. They are suffering Alcoholics asking for help. It's our duty to answer that call for help and sponsor them. (Whenever any one **anywhere** reaches out . . .). This applies whether they have been placed in the Hospital by Court order, Employer, Family Doctor, or any one of our co-operating Agencies, it's an obligation of ours to try to show them the A.A. way. If they refuse to follow up, we have at least carried our message. A lot of time was devoted to this discussion, we think those attending this meeting went away with some food for thought.

New Business: Lee C., attended the meeting with an offer to place a short advertisement in the Newspaper, listing our name and telephone number. Lee's offer was greatly received and unanimously approved by those at the meeting. This is also with the guide lines approved by our G.S.O. With so many people making a business of Alcoholism, we want it to be known **LOUD AND CLEAR** "We do not lend our name" . . . Those who have chosen to use "A.A." in connection with their undertakings are definitely violating our Tradition numbers 6 and 11.

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

Elvira A., Secretary

15th ANNUAL NATIONAL
A.A. WOMEN'S CONFERENCE
March 2, 3, 4, 1979
Marriott Hotel, Denver, Colo.

CENTRAL COMMITTEE MEETING
March 6, 1979 • 8:00 P.M.
Old Stone Church-Public Square
Each Group Send A Representative
To This Important Monthly Meeting

AREA WIDE MEETING
March 11, 1979 • 2:00 P.M.
Euclidian Room • Euclid Sq. Mall
Harold H. Youngstown, Ohio

ANNUAL ADVISORY MEETING
March 22, 1979 • 8:00 P.M.
Cleveland Plaza
Windsor Room
Election Of Members To The
Operating Committee

OBITUARY

Francis C. **Moroney** - Co-founder of the **West Park Men's Group** passed away Feb. 14, 1979 after a years illness. Our sincere condolences to the family.

Roy G. Nupp a 32 year member of the fellowship, passed away on Feb. 16, 1979 after several years of illness. Our deepest sympathy to the family.

Hugo Zimmer 30 year member of Elyria Stag Men's Group passed away January 12, 1979. Those who knew him will surely miss him the most.

Hi Gang,

Hope all of you had as good and happy holidays as I did and I'm still sober.

I just wanted to give you the latest dope on Karl M. Remember him? you sent him the Big Book and some literature to the **Lorain** County jail back in July, 1978.

I sent two reports on the progress to Roger W. working with him by mail. Between Roger and Mike Turk Counselor at the Giving Tree in **Lorain** (Mike is not **A.A.**) The Giving Tree is a half way house. Karl was released to them Jan. 3, 1979 where he will live for an indefinite time on probation.

Thanks to you people; Imogene, for writing me, Roger, Mike and Judge Kolena the sentencing judge and the Grace of God Karl has another chance to start a new sober life. All I did was contact Roger and he kept the ball rolling.

"Gib" H.

Elyria Men's Stag Group.

An alcoholic. who wasn't feeling well, went to see his doctor. After a thorough examination, the physician reported to his patient that he had too much water in his body. "But I've never had a drink of water in all my life, Doctor." He paused for a second then sadly concluded, "Must have been the ice."

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To support **A.A.'s essential services, the General Service Conference recommends that groups follow the "60-30-10" plan. It works like this:**

First, take care of basic group expenses (rent, refreshments and A.A. literature).

Divide remaining funds as follows:

60%

To support phone service for 12th step calls and other inquiries; coordination of group activities; and A.A. literature sales.*

30%

To support group services throughout the U.S./ Canada; the General Service Conference; helping lone members and groups in institutions; and carrying the A.A. message worldwide.

10%

To support area assemblies, delegates' expenses and area public information and Institution work.

*If you have no Intergroup or Central Office increase your Area Committee and G S O contributions accordingly

A SIX MARTINI ALCOHOLIC

By LAWRENCE LAMB, M.D.

Q: A friend of mine drinks 5ve or six martinis a day loaded with ice, large glasses with 5ve or six shots per glass. He must have liver or pancreas trouble as he has a pot belly, nausea, vomits and is red in the face. He visits us for four or five hours or longer and never goes to the bathroom. Where does the fluid go?

A: You could ask him. Maybe he's just developed this kind of habit pattern. In any case, it would be a way you could talk to him about his alcoholism.

If he drinks anywhere near as much as you say he does on a daily basis, he is an alcoholic. If you are his friend, you should help him to realize that he is one and encourage him to seek professional help. There are a number of organizations, including Alcoholics Anonymous, that could help him and, believe me, he needs help.

And you are probably right, at least about him having liver disease. It's one of the serious complications from alcohol. Cirrhosis of the liver is a common cause of death in American population in both men and women, and 60% of these deaths from cirrhosis of the liver are caused from alcohol.

To give you more information about what alcohol really does to the body, I am sending you Health Letter No. 1-4, Alcohol, Whiskey, Gin, Vodka, Rum, Wine and Beer. Other readers who want this issue can send SO cents with a long, stamped, self-addressed envelope for it. Send your request to me in care of The Press, P.O. Box 1551, Radio City Station, New York, NY 10019.

Because of the association of alcohol with liver disease, many people are under the wrong impression that whenever you have liver disease, it's associated with alcoholism. That's not true either. There are many other causes of scarring or liver damage which we call cirrhosis.

Some people who develop chronic liver disease have never had a drop of alcohol in their entire life. However, the 60% of the deaths from cirrhosis of the liver caused by alcohol are preventable simply by avoiding the excess use of alcohol.

Reprint From The Cleveland Press, Thursday, November 30, 1978

Airline hostess: "Keep the chewing gum I handed out it's to keep your ears from popping at high altitude."

Drunk (after plane landed): "Okay-now hod do I get the gum out of my ears?"

One elbow-bender to another: "What do you mean you have to think twice before leaving your wife along at night?"\$

"First," said his friend, "I have to think of a reason to go out. Then I have to think up a reason why she can't go with me."

Alcohol Anonymous is a fellowship designed and administered by a bunch of EX DRUNKS whose only qualification for membership is that they can't hold their liquor and do not wan't to learn how. It has no rules, dues, or fees, nor anything else that any sensible organization seems to require.

At meetings, the speaker starts on one subject and winds up talking about something entirely different and concludes by saying that he doesn't know any thing about the program EXCEPT THAT IT WORKS! The groups are always "broke", yet always seem to have money to carry on. They are always losing members, but seem to grow. They claim A.A. is a selfish program, but always seem to be doing something for others.

Every group passes laws, rules, edicts and pronouncements which everyone blithely ignores. Members who disagree with anything are entitled to walk out in a huff, "Quiting Forever," only to return as tho nothing had happened and to be greeted accordingly. Nothing is ever planned 24 hours ahead, yet great projects are born and survive magnificently. Nothing in A.A. is according to "Hoyle". HOW CAN IT SURVIVE???

Perhaps it is because we have learned to LIVE AND LAUGH AT OURSELVES. God made man. He made laughter, too. Perhaps He is pleased with our disorganized efforts and makes things right for us no matter who pushes the wrong buttons. Maybe He is pleased, not with our perfection, but with our sincerity. Maybe He is pleased with our TRYING TO BE NOBODY BUT OURSELVES. We don't know how it works BUT IT DOES and members keep receiving their dividend checks from our A.A. investments.

Anonymous • From Salt River Valley Intergroup "Filing Cabinet"

FROM "THE H.A.L.T."—South Lake Tahoe, CA.

Someone once said that the membership of any organization is made up of four bones:

WISHBONES-Those who spend all their time wishing someone else would do the work.

JAWBONES-Those who do all the talking, but very little else.

NUCKLEBONES-Those who knock everything that others try to do.

BACKBONES-THOSE WHO GET THE LOAD AND DO THE WORK.

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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Vol. XXXVII, No. 6

ALCOHOLICS ANONYMOUS IS FREE-BUT SOME MONEY HELPS!

When we came to the Fellowship of Alcoholics Anonymous many years ago, one of the first questions we asked was "how much does it cost us to join?" We were assured that it costs absolutely nothing. This intrigued us, though we couldn't believe it, but we went along with the "gag". AA was younger then, and it was much smaller. Soon groups grew so large they had to rent quarters, and the expenses were met by passing the hat. When the book Alcoholics Anonymous was published, our New York Office was established and help was hired to take care of the inquiries which the Book inspired. Money was sought from groups in the few established areas. Soon groups were finding that it DID cost money to operate properly. But even to this day many members are stating to their prospects that AA is free. IT ISN'T! That is, if we want to survive!

Let's look at the facts. When a member embraces the program, he is told that to maintain his sobriety he must carry the message to others. If he is truly grateful, he should want to share it with as many people as possible. As a faithful member of a group he will contribute his fair share of the group's expenses • hall rental, refreshments, etc.

Our General Service Office was established to help "carry the message". If AA had had no Service Headquarters during the past 3.5 plus years, many sober today might still be drinking • or dead. This function alone, besides many other services such as editing and publishing the GRAPEVINE, the "Big Book", maintaining and guarding the highest standards of AA, is many times worth the \$3.65 per year that is asked of each member of AA. If you want to be a good member and do your fair share, AA will cost you money. Don't worry or concern yourself with what the other person gives. Consider just what is it worth to you! Just think how little it costs compared to what you used to toss away in a single binge.

From Silver Dollar

TRUST

from "The Silent Rostrum, Houston, Texas

Are you worried today about the actions of other persons? You wish you could nudge them this way • or that way, just for their own good? We all feel that way sometimes, but it just doesn't work. When we nudge somebody else, we are trying to live their life for them • that cannot be done. There is only one way to help another person and that is by trusting him or her. This trust helps others to make good decisions. Those who are trusted are encouraged and made wise; when you trust, you may just find peace of mind.

A.A. CAN'T HELP YOU— UNTIL YOU GIVE UP

from "Looking Up", Dublin, N. H.

It is a strange paradox but the only way to win the battle against the bottle is to give up. Surrender means victory • and brings peace of mind and interior rest.

Alcoholics who continue to fight against a drink rarely remain sober and never have the tranquility that is the hallmark of the AA member who has turned it all over and is working the program.

Call it acceptance, call it surrender, call it what you will, it is STEP ONE. "I can't drink and live my life that way I would try to live it. Life has become unmanageable, not necessarily everywhere or totally, but as unmanageable as I care to have it."

When I feel this, not just think it, I am on my way back up. It's not in the head, it's in the heart. It's acknowledging reality. Psychiatrists call it "ego deflation." Old timers call it "hitting bottom." Whatever, it is the key that opens the door and ushers us into STEP TWO.

Drowning people do not call for help until they realize that they are drowning. AND, they don't debate with the lifeguard who offers to save them, suggesting to him that they really haven't swallowed all that much water YET and would he please use the breast stroke instead of the back stroke.

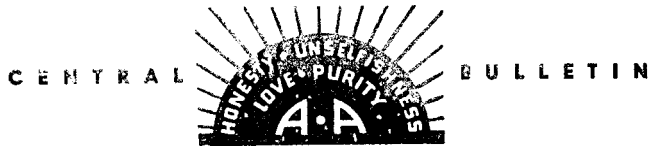
When you know you are desperate, you do not question, you reach out, you begin to trust, you begin to BELIEVE IN A POWER GREATER THAN SELF.

How do I make it happen, how do I get it, how do I surrender? I doubt if anyone quite knows that answer, but self-honesty is certainly a large part of it • eyeball to eyeball honesty about one's drinking and the trouble it (not something else or somebody else) is causing. That means seeing myself, my drinking, and the trouble my drinking is causing. It means seeing finally what everybody in my life has been seeing for probably a long, long time.

THE NINE "DO MORES"

from "Pipeline", Fresno, CA

- Do more than exist **.Live**
- Do more than touch **Feel**
- Do more than look **Observe**
- Do more than read **Absorb**
- Do more than listen. **.Understand**
- Do more than hear **.Listen**
- Do more than think. **Ponder**
- Do more than plan. **.Act**
- Do more than talk **Say something.**



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Harry D., Founder and Editor 1892-1968

No. 37 March, 1979 No. 6

MINUTES OF CENTRAL COMMITTEE
WESTERN RESERVE ROOM
OLD STONE CHURCH
MARCH 5, 1979
8:00 P.M.

Warren M., Moderator, opened the meeting by leading members present in the Serenity Prayer. Roll-call showed that 39 were present representing 36 groups. Don E., Vice Moderator, read the purpose of Central Committee and the twelve Traditions of A.A.

Minutes of the February 6, meeting were read by the Secretary. A motion was made seconded and carried that these minutes be accepted as read. Treasurer's report through February 28th. shows a balance in the Central Committee account of \$634.30 and in the Central Bulletin of \$599.86. Motion made seconded and carried that Treasurer's Report be accepted as given. 34 speakers have been supplied by the District Office to non A.A. groups from the months of January through February 1979.

COMMITTEE REPORTS:

Action Committee: Frank K., reported the letters we talked about last month are ready and are at the Central Office, however we will wait until after the Fund Drive is over to contact the groups.

Areawide Committee: Chairman, Ed. K., reported the next Areawide Meeting will be held on March 11th. at 2:00 P.M. in the Euclidian Room, Euclid Square Mall. The speaker will be Harold "Hobbe", of Youngstown, Ohio.

Central Bulletin: Dick F., Chairman, we still need subscriptions, and more articles by local members.

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

Bay View: No report.

Brecksville: Don E., reported, all the meetings at the Hospital are being very well attended. We still are more than happy to have new leads.

Merrick Hall: Minnie C., representative, reported everything's going very smoothly at the Hospital, however I want to talk about Hitchcock House, and Publicly thank Dick P., and the Central Office for their co-operation. The open house was well supported by the members of Alcoholics Anonymous as well as Civic leaders in the Community, over 800 people attended. We are hoping to go into full operation very soon, we are now taking applications for people to be admitted into Hitchcock House.

Metro: Regina D., representative, reported all's well. We've had good co-operation from A.A. members. Friendship Room is well staffed.

East Side Veterans: No report.

Justice Center: Frank K., reported, everything's the same, we are still planning starting a Womens' meeting.

Woodruff: John, reported for Annette C., that leads are needed for the 1:30 P.M. and 10:00 A.M. Meetings.

N.E. Ohio General Service: John B., representative, reported the General Service Mini Conference will be held March 16, 17 & 18, 1979, at Ramada Inn North West, 4073 Medina Road at route 18 8z I-77 Akron, Ohio. Also an upcoming Regional Forum to be held in Detroit, May 18, 19, & 20, 1979.

Old Business: Warren M., Moderator, announced regarding past questions on sponsorship here at Central Committee, we intend to have a speaker from Akron, Ohio explain a program they have used in their area, possibly for our April Meeting.

Correction: Omitted from February 6th. minutes. Motion made "that the disclaimers (ie 6th. Tradition1 and the public service announcements that have previously appeared-reappear" motion passed-minutes accepted after correction.

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

Elvira A., Secretary.

OBITUARY

Alex [Curly] Hoagland, a member of The Conneaut Friday Group passed away Jan. 25, 1979. He was active in General Service. He will be sorely missed, our deepest sympathy to the family.

Rubin Kirby, of the Brooklyn and several other groups passed away suddenly Feb. 24, 1979. Our sincere condolences to the family.

Terry O'Malley, member of Forest City Group died after a long illness. Our deepest sympathy to the family.

Guy Andenoro, secretary of the V.A.W. 1005 Group was killed in an automobile accident. Our condolences to the family.

Anne Moore, a 20 year member of St. James Group died March 12, 1979 after a lengthy illness. Our sincere condolences to her family.

CENTRAL COMMITTEE MEETING
APRIL 3, 1979 • 8:00 PM.

Old Stone Church-Public Square
Each Group Send A Representative
To This Important Monthly Meeting

FUND DRIVE VICTORY DINNER
April 9, 1979 7 P.M.

Masonic Temple
E. 36 Euclid

SIMPLICITY

from "Here's How", Chicago

The AA program itself is simple. Why do too many of us try to read complexities and mysteries in the 12 Steps? In our drinking days our lives were complex and confused. We were unable to be honest with ourselves and we rationalized our wrong position with all the tricks of evasion and equivocation. We added jealousy, resentment and intolerance to the tangled pattern of our lives. Our greatest longing was for relief, for deliverance from a way of living that had become too complex to endure without the treacherous aid of alcohol. Our introduction to AA at once offered that freedom, if we desired it without reservation and were willing to follow a few steps whose greatest appeal to our bewildered spirits was their simplicity. One of the main differences between AA and other programs of sound living is the ease with which a newcomer can grasp its principles, and with which the older member can live each day in harmony with himself and his neighbor by practicing the simply stated 12 Steps. Kipling might have written this expressly for AA: "Not a ladder from earth to heaven, not as a witness to any creed, but simple service simply given to his own kind in their common need."



A man walked into a bar and ordered a beer. He took a couple of sips and threw the remainder in the bartender's face "I'm so embarrassed about that," he apologized. "I don't know what comes over me. Please forgive me." The understanding bartender said, "One day that's going to get you in trouble. Why don't you see a psychiatrist about it?" "I'll do that," promised the customer.

About a month later the man came back into the bar and ordered a beer. Again he took a couple of sips and threw the rest of it in the bartender's face. The barman was infuriated. "You promised me you would go to a psychiatrist", he said. "I have been going", the man replied. "Well it hasn't been doing you any good." "Oh yes it has!" said the customer. "I no longer feel embarrassed."

— Be a Bulletin Booster —

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THE DOCTOR AND THE DUAL ADDICT

Questions emerge about the role of doctors in the creation of the dual addict.

"Alcohol is so common in its use as a beverage that we tend to discount it as a drug," says Dr. Frank Seixas, medical and research executive of the National Council on Alcoholism. In explaining the actions of his colleagues, Dr. Seixas said that "the alcoholic patient is difficult to deal with because of his fear about disclosing what's really happening to him vis-a-vis the drugs he's taking. Often, the physician, who is attempting to be the therapist, is the victim of the alcoholic. After a patient has recovered, he tends to see the doctor as a culprit." Even a nonabuser of alcohol, warns Dr. Stanley Gitlow, can get into trouble when he combines sedatives and alcohol. A professor at Mt. Sinai School of Medicine (New York City), Dr. Gitlow is a high-blood-pressure specialist and psychotherapist who has treated alcoholics and the dually addicted over the last 25 years.

Dr. Gitlow believes that physicians are over-prescribing tranquilizers, sedatives, and other psychotropic drugs for a number of reasons, chief of which is ignorance. "A lot of doctors don't know what drugs, especially alcohol, do to people," says Dr. Gitlow. "They haven't had the training. I can count on one hand the number of medical schools that offer students five hours-out of four years-on the subject of alcoholism."

In Dr. Gitlow's opinion, no one should get an MD degree without attending at least 12 meetings of Alcoholics Anonymous. "Sedative abuse," says Dr. Gitlow, "represents the major single underlying cause of death in young adults today between the ages of 15 and 18. That makes it the biggest killer in that age category. Yet the entrenched power structure in medical schools will not revise their curriculums to include training in alcohol and drug abuse."

The fault does not lie entirely with the medical profession, says Dr. Gitlow. "We live in a society where, when things get tough, you take a drink; if you're uncomfortable, turn to some chemical magic. No one says, 'Hey, tolerate the stress and learn to cope.' So doctors are constantly pressured to provide instant relief."

William Stockton, New York Times

The preceding article was excerpted as it appeared in December issue of Grapevine Magazine.

A man was caught in a bed of quicksand.
Confucious came by and said,

"This is evidence that men should stay out such places."

Buddha came by and said,

"Let that life be a lesson to the rest of the world."

A **Hindu** came by and said,

"Cheer up, brother, you will return to earth in another form."

An **AA member** came by and said,

"Give me your hand, brother, and I will pull you out."

WHAT MAKES ME TICK, OR WHAT MAKES ME TICK?

FROMHERE'S HOW, OCT/NOV. 1978

Before reading any farther, please send a check in the amount of at least ten dollars to the Downtown Office. I request this because, combined with this article, it will really make you feel good all over. I manage to stay sober by making myself feel good all over . . . no longer is there a need to make reality disappear through the hocus-pocus of alcohol . . . I now make use of the magic of AA. The program of Alcoholics Anonymous is indeed a magical one-it has turned darkness into light, sadness into gladness, idiots and squares into fellow humans and the death-wish into a zest-for-living that is unsurpassed. I was sober about three years in Chicago AA, and one night gave a very fine talk-I thought . . . A fellow drew me aside after the meeting and asked, in desperation, "But what is it that you do to stay sober?" "Well," I stammered, "I attend meetings" . . . but I really couldn't tell him what it was that kept me from that first drink . . . Was it fear? Was it my extremely poor physical condition? Was it because my business was just about on the rocks? Was it because my wife would surely divorce me? Today I don't believe it was any of these things. I am completely and totally convinced that God had responded to my wish, and endowed me with the most precious gift an alcoholic can receive-the desire for sobriety . . . The gift has been renewed each day simply because I have asked him each day for the renewal . . . I thought that line in the 5th chapter was about as corny as anything came-"God could and would if God were sought." Today, I am not sure an alcoholic can sober up with any hope of dying that way unless they do seek the help of a high power. Recently widowed, the balance of my days must be devoted to carrying the message to suffering alcoholic. It is my belief that that is the one and only purpose and use for this fulfilling and rewarding way of life shown to me by the members of A.A. What are we to do with sobriety? Get rich? Get comfortable? Get superior? Get smug? I think sobriety is to share with other alcoholics, drunk or sober . . . My Higher Power has endowed me not only with a desire for sobriety, but excellent health and a vigor never before experienced . . . A burning desire has been born in me to help; help; help . . . There seems to be no way I can even up the score for what I have received. The more I am willing to give of myself, the better my life becomes. Last week-end I attend the cornhuskers roundup in Omaha, Nebraska. The man on the podium asked all who had 35 or more years of sobriety, to stand. He then went down the line, by the numbers. I felt proud that I was the fourth person to stand up . . . The pride evaporated when it turned out he went down the line to HOURS-and everyone in the audience was standing. We then proceeded to give ourselves a great big hand, which indeed leveled us and made us all equal. We were all sober and it didn't matter how long! Upon entering into the program, my sponsor told me that I could achieve peace-of-mind, serenity and happiness . . . "I want it all, and in great abundance," I replied. But first I needed to know the meanings of these

beautiful-sounding words. I have learned the meanings in AA. I climbed upon cloud nine, and many said that% was dangerous . . . it is not too crowded up here, and no one has tried to push me off and I surely have no intentions of falling off-really, no one just "falls off"-they jump off! Alcoholics have the capacity for great enthusiasm--ever see alkie turn their backs on a drink and walk away? This enthusiasm when directed toward staying sober makes sobriety a leadpipe cinch . . . **Alright**, you have read it and not yet written the check. You may write it now. . . I did.

From Here's How
Oct./Nov. 1978

WHY STAY WITH AA?

"Slainte" Dublin Ireland

As I grow older in AA, I am often asked by friends outside it why I remain actively concerned with our Fellowship. Three of the many reasons are these . . .

I'm a coward! I'd be afraid to leave the protection and the warmth of AA to go outside it and start to shiver by myself again.

AA is part of me now! I couldn't leave it-it would be like shedding my skin. Do you remember that schoolgirl who was asked by her teacher to say what the chief use of cowhide was? . . . and she replied, that the chief use was to keep the cow together. That's what AA does for me! It keeps me together to live a rational, sober, contented and sometimes, even a useful life.

But strongest reason of all, is that I am so very grateful to AA for my own recovery. Under God, I owe AA my life, my health, my reasons, and everything that I have, everything that I am TODAY. One of its finest gifts to me has been to make REAL friends.



"Did my wife say **anything** when you called and said I would be working late at the office?" asked the executive, nuzzling his ravishing secretary.

"The only thing she said," answered the secretary, "was, 'Can I count on it?'"

A doctor came to visit an ailing husband. After leaving the sickroom, he said to the invalid's wife, "I don't like the way you husband looks."

"Well, to tell the truth, I don't either, said the loyal wife, "but he's been pretty good to me and the kids."

ARE YOU PLANNING TO MOVE?

If 10, 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.



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Cleveland, Ohio 44113

Vol. XXXVII, No. 7

WILLINGNESS

When I think of the word "willing", I came to realize what a significant effect it had on my life. I realized that in order to grow in this program of Alcoholics Anonymous, I had to be willing to do a number of simple basic things. For someone as strong-willed as I am, I discovered that would take some work on my part. For so many years, I wanted things my way and I felt that was the only way.

To start out with, I had to be willing to attend meetings. I was home from treatment for three weeks and almost drowning before I realized I had to get involved with a group of people who had a common problem in order to stay sober.

I had to be willing to work the steps to the best of my ability. When I came to Step Three and read "Turn my will and my life over to the care of God" that word **will** stood out loud and clear and I wasn't sure I even wanted to do that. After all, that is what made me strong. With my many friends in AA, who really care about me, I feel I have made some strides in this area. The toughest one for me and it took some real wisdom on their part to help me with that one.

To be willing to listen I guess that is something so basic and simple, but few of us do it well. We pretty much hear what we want to hear. I realized when I was talking. I wasn't learning anything and my sponsor had plenty to say.

The willingness to accept. How very judgmental I had become. I finally understood something about, unconditional love. This concept has been a real joy for the whole family. Today we simply love each other with no it's attached.

I came into this program wanting it all today or yesterday, but wanted to take the elevator all the way to the top. then I heard something about the willingness to take the steps. I guess I don't have much choice in that matter for it seems I always have to take the steps, but that is also the way I find I grow the most.

I also came into this program wanting all things so I could be happy. Instead, I found happiness so I could enjoy all things.

Esther G. - Silver Dollar

GRATITUDE IS NOT ONLY THE GREATEST OF VIRTUES, BUT PARENT OF ALL OTHERS.
Cicero
LET US NEVER LOOK DOWN ON ANY MAN UNLESS IT IS TO LIFE HIM UP. . . .

POWER OF EXAMPLE?

Several weeks ago, I attended an AA meeting with a young man who has been a member of our fellowship for only a few weeks. The "power of example" who led the meeting poured out a beautiful message of hope, gratitude, and the miracle of the AA program. After the comments started, at least four individuals, including the chairman, spent quite a few minutes bickering about why the microphone was or wasn't used, whose fault it was or wasn't, and what should have been done to correct the oversight. Precious minutes that could have been devoted to sharing our experience, strength, and hope with each other were wasted on a trivial matter that couldn't possibly have changed what had already taken place. After the third comment about the use of the speaker system, I began to squirm in my chair and become a bit impatient. As a matter of fact, I was downright angry about the whole thing.

On the way home from the meeting, the young man I was with mentioned something I had completely overlooked. With the sometimes unusual wisdom of the newcomer, he remarked that what had taken place would have been a poor example for a suffering alcoholic attending his or her first meeting. I had to agree that he was absolutely right.

A man that I have heard lead many times often tells the story of the wisest and most learned men of the world coming together to try and decide what the worst sin was a person could committ. After much discussion and debate, it was finally agreed that the greatest sin of all is to be a poor example. What took place at that meeting was an unnecessary waste of time and a poor example of the primary purpose of every AA group, namely "to carry it's message to the alcoholic who still suffers." I have no illusions about my own defects and faults, and have been guilty of being a poor example many, many times, but I feel I would be letting myself down if I did not express my thoughts on what took place during that meeting. There is a time and a place to iron out problems and difficulties involved in the operation of an AA meeting, but to spend the time reserved for sharing and offering strength and hope to each other is a waste of the valuable time we set aside to attend an AA meeting. I may not be justified in taking this inventory, but first impressions are often lasting ones, and we cannot afford to set a bad example for anyone attending a meeting, let alone the person at their first meeting seeking a way out of the insanity of alcoholism.

Dick S. Cleveland

CENTRAL BULLETIN



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Harry D., Founder and Editor 1892-1968

No. 37

APRIL 1979

No. 7

MINUTES OF CENTRAL COMMITTEE
WESTERN RESERVE ROOM
OLD STONE CHURCH
APRIL 2, 1979
8:00 P.M.

Warren M., Moderator, opened the meeting by leading members present in the Serenity Prayer. Roll call showed that 37 were present representing 37 groups. Don E., Vice Moderator, read the purpose of Central Committee and the Twelve Traditions of A.A.

Minutes of the March 5, meeting were read by the Secretary. A motion was made seconded and carried that these minutes be accepted as read. Treasurer's report through March 31st. shows a balance in the Central Committee account of \$647.13 and in the Central Bulletin of \$1,075.87. Motion seconded and carried that Treasurer's report be accepted as given. 62 speakers have been supplied by the District Office to non A.A. groups for the months of January thru March 1979.

COMMITTEE REPORTS:

Action Committee: Frank K., explained the letters that are to be passed out at the groups, and asked for volunteers, to pass our the letters.

Areawide Committee: Chairman, Ed K., reported the next Areawide Meeting will be held Sunday, June 10th., at 2:00 P.M. at St. Malachi School Hall. 2401 Washington Street. The speaker will be F.E. "Bud" R. of Memphis, Tennessee.

Central Bulletin: No report.

Rosary Hall: Lou W., representative, reported all's quiet.

Bay View: No report.

Brecksville: Don E., reported, the meetings are well attended. Tuesday and Thursday meetings still need speakers. There have been a negligence to follow up on leads that had been offered, which will be corrected, and thanked all that have offered.

Merrick Hall: No report.

Metro: No report.

East Side Veterans: No report.

Old Business: Warren M., Moderator, reported we hope to have a group of men from Akron, Ohio here at the next meeting to speak on Sponsorship.

New Business: A discussion was held on ways to improve attendance at the Areawide meeting, several suggestions were made. More forthcoming. Also a letter to be proposed, "Secretary Education."

Oscar O., asked permission to start a group at the Cleveland Clinic. More on this later.

N.E. Ohio General Service: John B., representative, reported on the 4th. Annual Mini-Conference held in March, which will be printed in the Central Bulletin. Dates to Remember: Sunday May 6, 1979, Assembly Meeting of N.E. Ohio Bulletin. Dates to Remember: Sunday May 6, 1979, Assembly Meeting of N.E. Ohio General Service. American Legion Hall, S.E. corner of U. S. 21 and Ohio 82, Brecksville, Ohio. Our Delegate will report on the 29th. Annual Meeting of the General Service Conference. All A.A. members are welcome. Friday, Saturday and Sunday, May 18, 19, and 20th., 1979. East Central Regional Forum, Radisson Cadillac Hotel, 1114 Washington Blvd., Detroit Michigan. For any information see your General Service representative.

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

Elvira A., Secretary.

**CENTRAL COMMITTEE MEETING
MAY 1, 1979 • 8:00 P.M.**

Old Stone Church • Public Square
Each Group Send A Representative
To This Important Monthly Meeting

**ASSEMBLY MEETING OF N.E. OHIO
GENERAL SERVICE**

SUNDAY, MAY 6, 1979 • 2:00 P.M.

American Legion Hall
S.E. Corner U.S. 21 & Ohio 82
Brecksville, Ohio
Our Delegate Will Report On
The 29th Annual General
Service Conference.
All Members Are Welcome.

7TH ANNIVERSARY

Language Of The Heart Group
Sunday, May 13, 1979 • 4:00 P.M.
Holy Family Church
3845 East 131 st Street
Rear Entrance
Speaker: Lena S. Toledo, Ohio.

**EAST CENTRAL REGIONAL FORUM
MAY 18, 19 & 20, 1979**

Radisson Cadillac Hotel
1114 Washington Blvd.
Detroit, Michigan 48231

OBITUARY

The following persons passed away this past month. We express our Deepest Sympathy to the Loved Ones who will miss them the most.

Doris Franz • wife of Bill of the West Park Men's Group.
M. (Hobe) Hobehnan • Member of Broadview-Parma Group.

Corinne Metz • Member of Strongsville Group.

Frank Smith • 35 year member of the Berea Friday Group.

WHY DID THEY FAIL?

One hundred and thirty nine years ago, a group of 6 alcoholics met in Baltimore on the morning of April 2, 1840, to form a society that could easily have become what Alcoholics Anonymous is today. On that Sunday morning, in Chase Taven, they laid down the principles of successful sobriety in a way that had never been done before. It might be well for us to take a look at their record and see what went wrong · for wrong it went, and the Washington Society went from 6 to 250,000 to zero members in a brief ten years. Their passing is marked only by one tiny volume in the Pratt Library so rare and fragile that it does not circulate and a clipping from the "SUN" of March 3, 1840.

Their program was startlingly like ours in most respects. The principles, as described in Jogn Zug's little book of 1842., were simplicity · drunkenness is a disease rather than a vice · just one glass makes you drunk · experience as a guide · alcoholism as the entrance requirement · common sense and common honesty · and action. Their motto · "Let every man be present and every man bring a man." Meetings were open, with speakers and discussion · those who slipped were gladly re-admitted. Neutrality in politics and religion were stressed, and there was no criticism of those members who remained in the liquor trade. Their pledge, signed on joining, promised only total abstinence.

With a program like that, how **could** they fail? Their program resembled ours in almost every respect. Compare · "Sobriety for ourselves · help for other Alcoholics who desire it · amends for past wrongs · humility · honesty · tolerance · spiritual growth". Perhaps they were weak in spiritual growth. Churches were the normal meeting places and it is unlikely that some of the wide spiritual re-birth of the times did not rub off. Their weakness was a subtle one, but as fatal as the inability of the Maginot Line Forts to protect themselves from the rear, they lacked ANONYMITY, and so had no internal defense. From the first meeting, full names were public knowledge; their first anniversary was celebrated with a public parade and personal publicity as easy and plentiful. This led to mushroom growth and a membership of 250,000 by 1842. It also attracted the attention of every zealous prohibitionist and "Temperance" worker and many unhealthy alliances were formed. Humility did not last long under these conditions · nor did tolerance. Political neutrality was forgotten and the whole emphasis shifted from sobriety to legislation. With the triumph of the Main prohibition law in 1849, the movement was spent, and ran down never to rise again.

WE COULD DO THE SAME THING: · Let no one think that Bill W. waved a magic wand when he supplied the missing ingredient and named us ANONYMOUS. Each of us bears an equal responsibility in maintaining this defense against internal disintegration, with a few indiscreet "big-shots" we would be perfectly aimed for the whirlpool in which the Washingronians drowned. It has been remarked lately that some people grow with

responsibility, while others **just** swell!!!! This very surely is true equally for 1840 and 1979, except that modern communication makes swelling faster and easier now.

Anonymous
San Francisco, News Letter

The meaning behind the Our Father that applies to us.

Our Father Who Art In Heaven:

God as I understand him. This Power greater than myself.

Hallowed Be Thy Name:

Respect and thanks due to God. For if it weren't for him I wouldn't be sober today.

Thy Kingdom Come:

My decision to turn my life over to Gods Care.

Thy Will be Done on Earth as it is in Heaven:

Imitating the life of Christ on Earth as closely as possible. God help me to live your way, soberly and sanely so that I am able to use your help.

Give Us this Daily Bread:

Live for Today, not yesterday, nor tomorrow. Live today as if it were to be my last. Ask Gods help for the one day.

Forgive us our trespasses as we forgive those who trespass against us:

We must forgive others for their mistakes and slights. Real ones or not if we hope to be forgiven ourselves.

And Lead us not Into Temptation.

Guide me away from situations beyond my strength. Don't let me set that bottle under my own nose.

But Deliver Us From Evil:

Help me with my self pity, resentments and faults.

For Thme Is The Kingdom and The Power and The Glory Forever, Amen:

Help me to rely on you for your strength to cope with my everyday problems and temptations.

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.
One Public Square
Mezzanine Room #6
Cleveland, Ohio 44113

Vol. XXXVII, NO. 8

MY FAVORITE(TRUE) STORY

from "Inland Empire Newsletter", Colton, CA

As far as your drinking is concerned, you either are an alcoholic or you are not. If you're not an alcoholic, you don't have anything to worry about, but if you are an alcoholic then you have two things to worry about. **You** will have to do something about your drinking or you will do nothing about it. If you do something about **your** drinking, like joining AA and getting active, then you don't have anything to worry about. If you don't do anything about you drinking, then you have two things to worry about, you will either go insane or you will die. If you go insane then you won't have anything to worry about, but if you die, then you will have two things to worry about, you will either go to heaven or you will go to hell. If you go to heaven, then you won't have anything to worry about, but if you do to hell, then you have one big thing to worry about and that is where in hell can you get another drink.

Anonymous

God help me to remember that nothing is going to happen to me today that you and Z together can't handle.

A. A. YOUNG PEOPLE OF OHIO

The Mansfield Area Young People in Alcoholics Anonymous are planning a statewide Young People's Conference for the Fall of this year. Any persons interested in being involved in the planning and conducting of this conference are urged to reply as soon as possible.

Please reply to:

Young People of Ohio
P.O. Box 744
Mansfield, Ohio 44901

Or Call: 1-41 9-526-0593 (Day or night)
1-419-526-1194 (Day or night)
1-419-747-7007 (8 AM-5PM)

This is your conference and all interested members are urged to become involved in this exciting sharing experience. The support of older members is encouraged as their experience, strength and hope and example have influenced the sobriety of all young people in our program. By sharing together we hope to carry the example of the new way of life we have all found in the fellowship. Groups are urged to get feedback from those people attending your meetings and relay that information to the Host Committee as to some idea of the number of persons who may attend. Please include in your reply how many persons may attend and the names and addresses of persons willing to attend the Planning meeting May 13 who would want to serve on committees. Looking forward to meeting you.

HOST COMMITTEE

THE WAY TO GREATER THINGS

When my group asked *me* to become secretary I had mixed feelings. Part of me was frightened, but another part felt gratified. Recognition at last!! I felt rather important, but it didn't last long.

When I tried to bring in some improvements to the meetings and took over the group's worries by doing their thinking for them, I was quickly cut down to *size*. They reminded me that I was the group's trusted servant, and they trusted me to get the room ready, and jobs of that sort.

I was furious, filled with anger, frustration, hurt, and a burning resentment against the whole Fellowship. The best think would be to pack the whole thing in. Fortunately, I talked over how I felt with one of the older members. It took a while but he helped me cope with my bruised ego.

Throughout that year I went through the whole gamut of emotions. Sometimes I felt pretty good and walked around on an airy cloud of self-importance. Other times I was eaten up with resentments. Why should I always have to go early and get the room ready?

If I complained what a tie it was I was told: "Never mind. At least you're not drinking."

As the year wore on, life got better. My list of telephone numbers grew and wherever I went I always seemed to know someone to chat with. Without realizing it, I was really becoming a part of it all.

When my term of office was over I almost felt regret. I certainly felt ten feet tall. Never mind what anyone else thought. I felt pretty good. I was the one who knew that this was the first commitment I had made and kept for many years. I'd said I would do something and stuck to it for a whole year.

I'm beginning to grow up, thanks to A.A.

Anonymous

FORWARD FROM "TWELVE STEPS AND TWELVE TRADITIONS"

"AA's Twelve Steps are a group of principles, spiritual in their nature, which, if practiced as a way of life, can expel the obsession to drink and enable the sufferer to become happily and usefully whole.

"AA's Twelve Traditions apply to life of the Fellowship itself. They outline the means by which AA maintains its unity and relates itself to the world about it, the way it lives and grows."

(Reprinted permission AA World Services, Inc.)



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.

Hmrv D.. Founder and Editor 1892-1968

No. 37

May 1979

No. 8

MINUTES OF CENTRAL COMMITTEE

MAY 1, 1979

WESTERN RESERVE ROOM

OLD STONE CHURCH

8:00 P.M.

Warren M., Moderator, opened the meeting by leading members present in the Serentiy Prayer. Roll call showed that 47 were present representing 46 groups. Don E., Vice Moderator, read the purpose of Central Committee and the Twelve Traditions of A.A.

Minutes of the April 2, meeting were read by the Secretary. A motion was made, seconded and carried that these minutes be accepted as read. Treasurer's report through April 30th. shows a balance in the Central Committee account of \$633.87 and in the Central Bulletin of \$1,157.11. Motion seconded and carried that treasurer's report be accepted as given. 76 speakers were supplied by the District Office to non A.A. groups for the months of January thru April 1979.

COMMITTEE REPORTS:

Action Committee: Frank K., reported the letters had been passed out at the groups, and are being read.

Areawide Committee: Chairman, Ed K., reported F.E. "Bud" Rose will be our Areawide speaker. We will need volunteers to help at the meeting.

Central Buiietin: Dick F., Chairman, reported, we received the bank balance from George M. Motion was made, seconded and carried that Central Bulletin give the District Office \$325.00 for 1/2 payment for use of the addressing machine, used to send out the Central Bulletin. Still need subscriptions, and articles from members in this area.

Rosary Hall: No report.

Bay View: Terry L., reported they now have a Family Education Night meeting, held in the conference room, 2nd. floor, Wednesdays, at 7:00 P.M. There is no charge for this service.

Brecksville: Don E., reported they have a 28 day program, meetings are well attended. Still need leads for Tuesday and Thursdays.

Merrick Haii: No report.

Metro: Regina D., representative reported, we are full and busy. Metro also has a Family Night, on Tuesdays and Thursday afternoon.

East Side Veteran: No report.

OLD BUSINESS: Babe E., voiced an objection to our letter on the Sixth Traditions which was sent out to the groups.

NEW BUSINESS: An announcement will be put in the Newspapers about the next Areawide meeting, using our old format, approved by General Service.

N.E. Ohio General Service: Delegate, Terry L., gave a thorough report on the General Service Conference held in April. Topics covered, The Agenda, Co-operation with the Professional Community, Correctional Facilities, Finance, The Grapevine, International Convention, Literature, Policy/Admissions, Public Information, Report and Charter, Treatment Facilities, Trustees, and "Alcohol and Pill" groups. The first A.A. film made for public showing, title, "Alcoholic Anonymous-An Inside View".

N. E. Ohio General Service: John B., representative, reported the Assembly Meeting of N.E. Ohio General Service will be held Sunday, May 6, 1979 at 2:00 P.M., American Legion Hall, S.E. corner U.S. 21 & Ohio 82, Brecksville, Ohio. All members are welcome. Also, the East Central Regional Forum, May 18, 19, & 20, Radisson Cadillac Hotel, 111 Washington Blvd., Detroit, Michigan.

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

Elvira A., Secretary.

CENTRAL COMMITTEE MEETING

June 5th, 1979 • 8:00 p.m.

Old Stone Church • Public Square
Representatives of Each Group
in Northeastern Ohio-Welcome

DATES TO REMEMBER

Northeast Ohio General Service Open House
Pot Luck Dinner & Topnotch Speaker
American Legion Hall, U.S. 21 at Ohio 82
Brecksville. Ohio
Sunday June 17, 1979 2 p.m.
Everybody Welcome!

FOUNDER'S DAY

Akron, Ohio
June 22, 23 & 24, 1979
Breakfast June 24, 1979
\$5.00 per ticket
Mail to: **Breakfast Group**
P.O. Box 2613
Akron, Ohio 44301
Speaker: Ed R. Hollywood, Calif.

OBITUARY

Minnie Charlton-very active member of the Fellowship-secretary of the Grateful Group passed away in April. Deepest sympathy to the family. We will all miss her and remember her.

RESENT SOMEBODY??

The moment you start resenting a person, you become their slave. He controls your dreams, absorbs your digestion, robs you of your peace of mind and good will, and takes away the pleasure of your work. He ruins your religion and nullifies your prayers. You cannot take a vacation without his going along!

He destroys your freedom of mind and hounds you wherever you go. There is no way to escape the person you resent. He is with you when you are awake, he invades your privacy when you sleep. He is close beside you when you eat, when you drive your car and when you are on the job.

You can never have efficiency nor happiness. He influences even the tone of your voice. He requires you to take medicine for indigestion, headaches and loss of energy. He even steals your last moment of consciousness before you go to sleep.

so . . . if you want to be a slave . . . harbor your resentments! ! ! !

SPONSORS ARE IMPORTANT

I was sitting in my living room. Pat was in the bedroom . . . frightened and hurt from the words I had spoken to her in anger. The dog barked and I picked her up and threw her down the hall. My anger was feeding upon itself. I knew I was in trouble but my pride would not let me admit my weakness. I knew that my first drink in two years was soon approaching.

Why is it so hard to pick up that phone and talk about that problem that seems so impossible at that time? Why hadn't I called my sponsor before this thing got out of hand? I reached down and picked up the receiver and dialed Long Distance to my sponsor. It was 2:00 a.m. "John, this is Rod." That's all I could muster before I began to cry from shame and guilt, but I knew I had to tell John what was happening. John answered in his inquisitive tone, "Hi Rod, what's the matter?" I proceeded to spill it all on John, and as I told him the whole messy situation, I felt a cleansing of my conscience and my sobriety was rapidly returning.

John and I only talked for a few minutes. . . well, I talked and he listened. He interjected a few slogans and bits of wisdom and we hung up. I had received some revitalization and I was ready to go to work and make some amends. I patted the dog and went to the bedroom to apologize for my foolish, immature behavior. It would have been much easier if that call had been made when I first felt that anger and self-pity building up.

We all must gain that constant relationship with our sponsor to maintain a good, healthy sobriety. I now make it a habit to call my sponsor four to seven times a week and I spend time with him just to be with him. It is a healthy relationship and it keeps those valleys up and the peaks down. My sponsor is an important part of my Program.

Rod W., Fort Knox, Ky.
Winner's Circle

HUMILITY

HUMILITY is that virtue which reduces a person to his proper size without degrading him, thereby increasing his stature without inflating him. This is a definition I found that seemed to fit most of us. It seemed to have been in our Alanon room when I walked in some years ago. It gave me a feeling of belonging, and gave some peace of mind.

I learned that there is no progress without HUMILITY and I felt I was at that point. I was ready to lay all cards on the table if that's what it took to get help.

Step One wasn't hard for me as so many said they had difficulty accepting. I admitted I was powerless over alcohol and that my life was unmanageable. That was why I decided to look into AA and in turn found Alanon. I was humble enough to tell people my troubles, I was admitting defeat-my powerlessness over my whole situation. HUMILITY means surrendering to God's Will, and I felt God was helping me or I would not have come to the point where I wanted to seek help.

Humility, fellowship, sharing and caring, removed the fear I had. The fact that I could come to Meetings and find people who were all on the same level, no authorities, no superiors, just "plain folks" with troubles like mine, made it easy to be humble.

Alanon was the answer to my prayers. 'Without it . . . where would I be? Where would my husband and my family be?

KNOW THAT THEY KNOW.. . FOLLOW THEM

He who knows not, and knows not that he knows not. . . is a fool . . .

HELP HIM!

He who knows not, and knows that he knows not. . . is a child . . .

TEACH HIM!

He who knows, and knows that he knows . . . is wise.

FOLLOW HIM!

You'll recognize "middle" age when it hits . . . the narrow waist and broad mind begin to change places!

Reprint, Silv. Dol. Fargo N.D.

The father gave the son with a new BA degree, a job in his store.

"Go out and sweep the sidewalk", dad commanded.

But, Father", the lad protested. "I'm a college graduate".

"Oh, I forgot about that", the father said. "Come on and I'll show you how"!

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.



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

VOL. XXXVII, No. 9

TWO-MILLIONTH "BIG BOOK"

NEW YORK, N.Y., June 6 — The two-millionth copy of "Alcoholics Anonymous," referred to as the "Big Book" by A.A. members throughout the world, was presented to Health, Education and Welfare Secretary Joseph A. Califano, Jr. here today.

Lois Wilson, widow of William G. Wilson, A.A.'s co-founder and author of the book, made the presentation at A.A.'s World Service Office, 468 Park Avenue South.

Dr. John L. Norris, Chairman Emeritus, A.A. General Service Board, presided at the ceremonies attended by A.A. trustees and staff.

In making the presentation, Mrs. Wilson noted that it took 34 years for the first million copies of "Alcoholic Anonymous" to be sold, but only five years more for sales to reach the two-million mark.

"This is a clear indication of A.A.'s rapid growth, with a current estimated membership of over one million in ninety-two countries," she said.

The book given to Secretary Califano bears the inscription. "This two-millionth copy of the Big Book, 'Alcoholics Anonymous,' is presented to the Honorable Joseph A. Califano, Jr., Secretary of Health, Education & Welfare, in appreciation of the efforts of the United States Government in the field of alcoholism, June 6, 1979."

First published in April 1939, "Alcoholics Anonymous" explains the A.A. view of alcoholism as a threefold illness mental, physical, and spiritual. It also presents 44 case histories of once hopeless alcoholics who recovered in A.A.

As Dr. Norris explained, A.A. is not allied with any political movement or other organization in the alcoholism field. "Like the illness of alcoholism itself," he said, "the Fellowship knows no boundaries of party, race, creed, age, or social status."

CRANE'S LAW

Akron Intergroup Newsletter

THERE IS NO SUCH THING AS A FREE LUNCH. There are no "free rides" to sobriety. We have to work at it by practicing the AA principles in all our affairs. We have to work at "giving it away to keep it." Crane's Law reminds us that the AA way of life is not easy but our journey in the Program is an adventure in living that is well worth the effort.-New Hope.

Courage

From the last couple of speakers that I've heard at A.A. meetings an entirely new light has been shed on a word that I thought I was an authority on. That word is courage.

This doesn't surprise me anymore, at least not as much as it used to. In fact the longer I'm in the program the less I'm finding out as far as being an authority. Does that make sense? Anyhow back to courage. Over the course of my life as a drunk, courage was always very plain to me. It consisted of anyone who would do things like hold off a couple of guys with a cue stick in a joint. Or look down the barrel of a gun and tell some one to use it or put it away. Courage would take the form of telling people off, just because a so thin skin was bruised, or taking the wheel of a car even if they couldn't walk. This was my idea of guts, courage, toughness, or whatever label you choose to use.

Growing and listening in A.A. has taught me a different concept of this marvelous word of action. One night I was all teed off because I was late for a meeting, and thinking that they couldn't get along without me, I had worked myself up into quite a self-centered dither. I sat this way letting my mind wander from the speaker, who I had heard before, until my eyes fell upon a young girl. She had that look of wonder, "teach me something please, I want to get well". She gave a very sincere comment and I guess I realized a spiritual experience. I saw more courage in that girl's eyes then I had ever seen in all the insane nonsense of my drinking days.

I've seen some marvelous people have the raw courage to tell another A.A., including myself, that their thinking was getting dangerous. Not to be a people-pleaser and be a good member of this fellowship takes more courage than I ever thought possible to exist for myself, the one time tough guy with the black hat.

But this real courage that I see in hospitals, meeting rooms, and all over when I look for it, is unlimited. An unending supply of this power, this miracle, this fellowship of Alcoholics Anonymous is mine for the asking. Through my higher power, my God as I choose to call Him, I'll get all I need if I ask for it. I was told that He wouldn't give me any more than I can handle, I believe that. If I just ask for the courage to meet what He has laid in my path I'll be **alright**. I'll be sober "One Day At A Time"!

Larry S.
We Care Group.



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

June 1979

No. 9

**MINUTES OF CENTRAL COMMITTEE
WESTERN RESERVE ROOM
OLD STONE CHURCH
JUNE 5, 1979, 8:00 P.M.**

Warren M., Moderator, opened the meeting by leading the members present in the Serenity Prayer. Roll call showed that 41 were present representing 39 groups. Don E., Vice Moderator, read the purpose of Central Committee and the Twelve Traditions of A.A.

Minutes of the May 1, meeting were read by the Secretary. A motion was made, seconded and carried that these minutes be accepted as read. Treasurer's report through May 31st. shows a balance in the Central Committee account of \$602.31 and in the Central Bulletin of \$902.62. Motion seconded and carried that Treasurer's report be accepted as given. 99 speakers were supplied by the District Office to non A.A. groups for the months of January thru May 1979.

COMMITTEE REPORTS:

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

Area Wide Committee: Chairman, Ed K., reported that He had spoken with Bud R., our Area Wide speaker, and that he would be here for the Area Wide Meeting, Sunday June 10th. He asked for volunteers for the meeting.

Central Bulletin: Dick' F., Chairman, reported everything's going along just fine. We still need subscriptions, and articles by local members.

Rosary Hall: Lou W., representative, reported Rosary Hall's full and busy.

Bay View: Terry L., reported, as of June 11th. our standard Detox-rehab program will be 14 days. We will still have our 5 day "Detox-Only" model treatment.

Persons will now be admitted to Serenity Hall under the diagnosis of "Alcoholism". As in the past the patient is fully protected from disclosure of his/her illness or treatment, as far as the laws permit.

Bay View Hospital and Union Local 1005 (U.A.W.) will sponsor an Employee Alcoholism Seminar, 5615 Chevrolet Blvd. in the Union Hall, hours 9:00 A.M. to 2:00 P.M. on June 27, 1979.

Brecksville: Don E., reported, they have a 28 day program. The weekly A.A. meetings are well attended. Still need leads for Tuesday's and Thursday's.

Metro: Regina D., representative, nothing to report.

East Side Veteran: No rep

Woodruff: No report.

Old Business: No report.

New Business: No report.

N.E. Ohio General Service: Terry L., Delegate, wished to remind everyone of our "Pot Luck" open house held June 17, 1979 - American Legion Hall, corner of U.S. 21 and Ohio 42, Brecksville, Ohio, at 2:00 P.M. Everyone is invited. There will be no business conducted at this meeting, just fun and relaxation. We will have a speaker, Oscar A., of Columbus, Ohio.

July 6, 7, and 8th. in Fort Wayne, Indiana will hold the East Central Regional 5 State Conference.

July 20, 21, and 22nd., in Cincinnati, Ohio: 23rd. Ohio General Service Conference, Netherlands Hilton Hotel.

There being no further business, the meeting closed with the Lords Prayer.

Elvira A., Secretary.

DATES TO REMEMBER

CENTRAL COMMITTEE MEETING

July 3rd, 1979—8:00 p.m.

Old Stone Church-Public Square
Representatives from each group
Welcome-Be Informed

OHIO STATE CONFERENCE

July 20, 21 & 22nd, 1979

Netherlands Hilton Hotel
Cincinnati, Ohio

PARMA SATURDAY GROUP

32nd Anniversary

July 21st, 1979—8:30 p.m.

Parma Community Hospital
Cafeteria

Speaker: Al B. Wickliffe Group

Our Cleveland District office will be closed on Saturdays during the months of June, July and August. All calls will be answered by the answering service.

OBITUARY

ED HUGO of the Berea Friday and other groups passed. Our deepest sympathy to the family.

GEO TOPE former secretary of the Teamster group passed away. Our condolences to the family.

**BEWARE OF THE HALF TRUTH—
YOU MAY HAVE THE WRONG
HALF!**

BACK TO BASICS

According to the 1977 AA survey, the number of persons suffering dual addiction has increased remarkably. Also, the percentage of persons coming to AA from treatment facilities has increased. 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 the 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 help, 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 here 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 Twelve Steps?

Within our meetings are we telling newcomers exactly what AA is, or have our meetings deteriorated into "encounter groups"? We read at meetings from books which may be good, but which are not AA. We include prayers with religious connotations. We promote social functions, but skip reading the Twelve Traditions. We see people come to AA alone, without a sponsor, and remain without one. Because members are arriving from

— Be a Bulletin Booster —

AA CENTRAL BULLETIN
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Please write distinctly . . . or print . . . to avoid errors

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Name

Address
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City Zone No.

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Cleveland, Ohio 44113

other sources, we dismiss our obligations. 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 or psychiatric professions. Our Big Book refers to our malady as a "disease" or "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 - and particularly where AA groups or meetings attempt to deal at meetings with problems other than alcohol. In the process we lose the simple program which has proven itself over and over again. Let's remember we have but one primary and single purpose - recovery from alcoholism - and let's stick to it.

As District Committee Members, General Service Representatives, and Group Secretaries we are considered leaders - albeit trusted servants. Where we find AA Groups or meetings wandering away from AA literature or AA principles into levels of psychology or non-spirituality, let us stand up and be heard. We can all start getting back to basics by revitalizing the spirituality of our God-given program.

Dean K., (Oakland, CA.)
From GOOD NEWS, San Francisco

THANK GOD I'M AN ALCOHOLIC

Stan P. Silver Dollar, Fargo N. Dak.

Yes, you heard me right! I do thank God I'm an alcoholic. But I also thank Him for putting me onto Alcoholics Anonymous before I killed myself with booze. The reasons I'm thankful for being a recovering alcoholic are these . . .

Had I not become an alcoholic, I would not have found the 12 Steps of AA and I would still be living in a world of hate, fear, resentments and jealousy. I would still be worrying about what happened or what I did or said yesterday, and my ulcers would still be kicking up a fuss from fear of expectations of what tomorrow might bring.

The AA Program does not teach me how not to drink, for we each have the choice to drink if we want to. Thank God, most of us choose not to take that first drink. But what AA does teach me, is how to live with sobriety and believe me that can be quite a task. We have to learn how to live all over again. But oh, what satisfaction when we achieve a peace of mind and a feeling of well being within ourselves, and we come to the almost perfect state of serenity.

What a much better world this would be if everyone would follow AA's 12 Steps with willingness, honesty and humility. Many people who have never had a drink are unhappy, miserable **and jealous**. They have too much or too little. **Arent** you glad your head is screwed on straight? Yes; thank God I'm a recovering alcoholic!

THE FIFTH TRADITION • by Jack B.

From Good News

The Fifth Tradition says "Each group has but one primary purpose • to carry its message to the alcoholic still suffers." How long has it been since you shook hands with a stranger at a meeting? Let us remind ourselves that the AA group is where all AA service begins.

In thinking about some "do's and don't's," I find that sober member do not do these things:

- hedge when asked how long it has been since their last drink
- persistently come late to the meetings or come to the meetings haphazardly
- advise me to put off working the program in case I'm not ready yet
- tell un-funny stories at meetings at the expense of other people
- make a bee-line for every pretty girl newcomer who stumbles thru the doorway
- talk for so long that members with something to say have no opportunity
- refuse to lead the meeting when asked to do so at the last moment
- avoid cleaning up chores because of seniority in the group
- avoid responsibility generally on whatever grounds

I find that these are some of the things that sober members do:

- they ~~listen~~ listen more than they talk
- then talk about themselves and not about other members
- give advice only when asked and then with some caution
- they fulfill their group and intergroup and service commitments conscientiously and reliably
- they take AA very seriously, but see the funny side of themselves
- they admit their own difficulties and defects and avoid self-rightousness
- they protect the anonymity of others but do not worry too much about their own at group level.

A LAUGH OR TWO

A speaker beginning his lead at an AA Meeting advised, "My job, as I understand it, is to talk to you. Yours, as I understand it, is to listen. If you finish before I do, just hold up your hand."

Turning to the best player of the bridge foursome, the novice asked, "How would you have played that last land of mine?"

"Under an assumed name," was the reply.

A GUIDE TO LIVING

- You can't blame anyone but yourself if you stumble twice over the same stone.
- Have the moral stamina to stand firmly for right, truth, and justice.
- Acquire the habit of being faithful to friendships and responsibilities.
- The greatest pleasure in life is to do a good turn in secret and have it discovered by accident.

AA CAN'T HELP YOU . . . UNTIL YOU GIVE UP!

Winners Circle, Fort Knox, Kentucky

It is a strange paradox but the only way to win the battle against the bottle is to give up. SURRENDER means VICTORY. . . and brings peace of mind and interior rest.

Alcoholics who continue to **fight** against a drink rarely remain sober and never have the tranquility that is the hallmark of the AA member who has turned it all over and is working the program.

Call it Acceptance, call it Surrender, call it what you will, it is STEP ONE. "I can't drink and live my life the way I would like to try to live it. Life has become unmanageable, not necessarily everywhere or totally, but as unmanageable as I care to have it."

When I FEEL this way, not just think it, I am on my way back up. It's not in the head . . . it's in the heart. Its acknowledging reality. Psychiatrists call it "ego deflation". Old timers call it "hitting bottom". Whatever . . . it is the key that opens the door and ushers us into STEP TWO.

Drowning people do not call for help until they realize that they are drowning, and they don't debate with the lifeguard who offers to save them . . . suggesting to him that they really haven't swallowed all that much water YET and would he please use the breast stroke instead of the back stroke.

When you know you are desperate you do not question. You reach out . . . you begin to trust . . . you begin TO BELIEVE IN A POWER GREATER THAN SELF.

How do I make it happen . . . how do I get it. . . how do I surrender? I doubt if anyone quite knows that answer, but self-honesty is certainly a large part of it . . . eyeball to eyeball honesty . . . about one's drinking and the trouble it (not something else or somebody else) is causing. That means . . . seeing myself, my drinking, and the trouble my drinking is causing. It means . . . seeing finally what everybody in my life has been seeing for probably a long long time.-Looking Up Dublin, N.H., via San Francisco Secretary's Newsletter.

"You'll have to pay full fare for that boy, lady. He looks over twelve."

"How can he be over twelve? I've only been married ten years?"

"Look, lady I just take fares - not confessions".

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.

CENTRAL BULLETIN

JULY
1979



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

VOL. XXXVII, No. 10

SPONSORSHIP

Where is the sponsorship for our new people today?
Where is the support for those returning to AA?
We admit we were selfish, self-centered, immature people before coming to Alcoholics Anonymous, as our Big Book says.
But aren't we supposed to change?
Aren't we supposed to reach out and carry the AA message to others and "help other alcoholics achieve sobriety?"
If this is so, then how do you go about it?
How do you sponsor others?
What is the requirement for helping another alcoholic?
Does your group ever discuss this topic and help you to find new insights?
Do you know what to expect from yourself as well as what to expect of the one being sponsored?
If you are not sponsoring anyone - why not? Have you been asked?
Do you have a sponsor yourself? Have you let others know you are willing to help?
If you are not sponsoring, is it because you are afraid?
Do you feel inadequate? Do you think it would take too much of your time?
Have you told YOUR sponsor how you feel about this subject?
What can you do about sponsorship in your group - if anything?
Have you had good or bad experiences with sponsorship - or perhaps a little of both?
Have you stopped to think that perhaps you would not be part of this Fellowship if someone had not shared experience, strength and hope with you?
How have you helped others?
What did they do that encouraged you to come back and keep trying?
Have you had the opportunity to discover first hand that the person who does the sponsoring reaps rich rewards and enhances his or her quality of sobriety?
This probably the most important fact of all:

SPONSORSHIP HELPS US TO STAY SOBER!!

It's another form of premium paid on the AA insurance policy we've taken out on our sobriety.

Do you encourage others to help as you have been helped?

If you don't have a sponsor NOW - get one - and share your program with him or her.

From Intercounty Fellowship of AA San Francisco, Calif.

Dear Friends,

I have just received my first copy of the Central Bulletin, and felt compelled to write. It is raining, and very gloomy, and depressing looking outside. My husband has gone off to work, and the children away on vacation. I had been sitting in my family room feeling very alone, depressed, and sorry for myself. We live in a new neighborhood, and as yet, we have only two neighbors, that I don't know very well, and the friends that I do know, are all long distance phone calls. And, as I was sitting here I was setting myself up for a pretty lousy day, full of self-pity, and resentment, that I was stuck out here all by myself, away from all my friends and family and blah, blah, blah. The came the mailman (and thank God he comes early) with my Central Bulletin, and I was not alone anymore. I now had a kitchen full of friends, sharing there experiences, strength, and hopes with me!

Strangely enough, the first article that caught my eye was the one on the front page titled "Courage" which was exactly what I was lacking this morning, and in addition, after reading it, I realized that it had been written by a personal friend of ours.

He had talked, in his article, of his Higher Power giving him all that he needed, and I have to second that. My Higher Power, that I choose to call God, gave me JUST what I needed. He didn't fill up the empty houses next door to me with neighbors, He did even better. He brought my friends, some I've never met, right into my kitchen to sit down and have coffee with me!

Needless to say, I got more than 'courage' that morning. Within those four pages, I found the love, the caring, and the hope that I find at the meetings, being brought right to my front door.

It may have been raining outside, but I was singing, again, inside. I don't have to tell you that it did not turn out to be that 'lousy' day that I had anticipated, but rather, a productive, and serene day, reminded that I am to 'Bloom where I am planted,' and that I really wasn't alone unless I choose to be.

Also, a special 'thank-you' to the Parma Hts. group, where I won, as a door prize, the subscription to the Central Bulletin, and a message to other groups and individuals. Be a friend and a 'Bulletin Booster'. The Central Bulletin is just one more way to help carry the message.

Yours sincerely,
Mary Jane M.
Independence Group

P.S. Enclosed is my check for a one year subscription to be sent to Merrick Hall. where I got my first start in A.A. in hopes that someone there may get the benefit of the Central Bulletin early in there sobriety.



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 July 1979 No. 10

**MINUTES OF CENTRAL COMMITTEE
WESTERN RESERVE ROOM
OLD STONE CHURCH
JULY 10, 1979, 8:00 P.M.**

Warren M., Moderator, opened the meeting by leading the members present in the Serenity Prayer. Roll call showed that 56 were present representing SO groups. Don E., Vice Moderator, read the purpose of Central Committee and the Twelve Traditions of A.A.

Minutes of the June 5, meeting were read by the Secretary. A motion was made seconded and carried that these minutes be accepted as read. Treasurer's report through June 30th. shows a balance in the Central Committee account of \$572.67 and in the Central Bulletin of \$809.36. Motion seconded and carried the Treasurer's report be accepted as given. 113 Speakers were supplied by the District Office to non A.A. groups for the months of January thru June, Inclusive.

COMMITTEE REPORTS:

Action Committee: Frank K., Chairman, Report on the Tom T. Group. Dsicussion on Clarence S. of Florida, breaking his annominity at the level of the Press.

Area Wide Committee: Chairman Ed. K. reported, the next Areawide Meeting will be held at St. Malachi School Hall, 2401 Washington St. September 9, 1979, at 2:00 P.M. Speaker will be Stu D. Youngstown, Ohio. The Serenity Singers of Akron, O. will be here also.

Central Bulletin: Dick F., Chairman, reported the Bulletin going along very well. still need articles by local members and more subscriptions.

Rosary Hall: Lou W., representative, was absent but had phoned in this report- The stay at Rosary Hall is 14 days minimun. Sister Mary Victorine is no longer on the staff at Rosary Hall. Sister Mary George is now Assistant Director. Sponsors are required and urged to attend after care meetings along with their patients.

Bay View: No report.

Brecksville: Don E., reported, meetings are very well attended by patients and A.A.'s from the outside. We would like continued interest and participation in respect to A.A. volunteers.

Metro: Annette C., reported everythings' going along O.K.

East Side Veteran: No report.

Woodruff: Annette C. reported everything going along very well, still need speakers.

Old Business: Nothing to discuss.

New Business: Four new groups were announced: The Thirty-Thirty Group, Tuesday. North Royalton Group, Thursday. Hough Norwood, Thursday. Hitchcock Women, Wednesday. Cooley Farm, meets on Wednesday's now.

Jim L. of Canton, Ohio had an inquiry for Speakers, to speak at The Indian River Penitentiary, for Youths, mostly boys. anyone interested please contact the district office.

N. E. Ohio General Service: John B., representative, The Annual Ohio State Conference held July 20, 21, & 22nd, 1979, at Netherlands Hilton Hotel, in Cincinnati, Ohio.

There being no further business, the meeting closed with the Lords Prayer.

Elvira A., Secretary.

CENTRAL COMMITTEE MEETING

August 7, 1979 — 8:00 p.m.

Old Stone Church — Public Square

Be informed — Representatives

From each group — Welcome

AREA WIDE MEETING

All Members Welcome

And Open to thePublic

Sept. 9, 1979

Speaker Stu D. Youngstown, Ohio

Place St. Malachi School Hall

2401 Washington Street

Serenity Singers Akron, Ohio

OBITUARY

TED RUSNAK, 37 year member of our fellowship. Dedicated member who never said no. We will miss him and long remember him for his deeds and words of wisdom. Our sympathy to the family.

RAY HANELINE, 30 plus year member of our fellowship passed away in the Toledo area. He was formerly from Berea Thursday Group. Ray was a very active and dedicated member. Our sympathy to the family.

**BUY THE BIG BOOK-AND
FOLLOW ITS ADVICE.
IT IS FOOLISH TO ASSUME THAT
YOU CAN RECOVER FROM
ALCOHOLISM WITHOUT THE
BOOK THAT CONTAINS THE
INSTRUCTIONS FOR RECOVERY**

GOD — HIGHER POWER — DIVINE HELP?

Have you ever been astounded in the midst of a meeting when some physically big speaker who would look more at home on a football field or driving a truck than on the rostrum, casually mentions God, or faith, or a higher power? Have you ever felt a wave of utter amazement in the midst of a small group of AA's who have spent the evening discussing Divine help or bantering about moral improvement, honesty, humility, tolerance, love or a spiritual awakening?

Chances are you've felt this way many times. We have. Despite several years in the Fellowship the reaction hits us frequently as if it were some new discovery. Over in the corner is Big Joe, a bartender. Next to him is Jim, a corporation lawyer. Then came John, a tool maker; June a housewife; Bill, a salesman; Mack, an engineer; Bob, a clerk and so on and so on. As heterogeneous a group as you might find anywhere but one drawn together by a common denominator • FAITH.

People who believed in God were the great unwashed we said. Oh sure, we'd tell our selves, God is all right for the masses - keeps them in line. What would happen if all the pent up forces for evil of the people who go to church were released at one time? It would be terrible. Church is fine for the herd, but not for we thinking people.

Most of us rationalized in this way. If we went to church we didn't get much out of it. Comes our entrance in to AA. We were told that all else having failed, we could select a power which WE considered greater than us, and place our reliance on that power. We did and found that it worked.

(Author unknown to us).

TODAY

Our Father, which art in Heaven, I thank you for this day. I am powerless over alcohol and through A.A. I do believe you can restore me to sanity.

I would like to turn over to you, my drinking problem, as well as my will and my life, as I am unable to handle them.

My character has many defects. Among the most serious; envy, pride, greed, lust, gluttony, anger, laziness. I wish to be rid of them but I am not able to do so by myself and ask that you help me.

Many I have hurt thru my drinking, and I am mindful of these people today and stand ready to make amends this day if it should be your will for me.

If thru my fault I should offend anyone today, I shall make amends promptly.

I need no longer walk alone, for A.A. and you, my God, are every moment mine, and my need is but one; to have knowledge of your will for me and the power which with to carry it out.

If you should choose to help another alcoholic through me, I will be grateful, as I wish to share my sobriety, which is a gift this day, and I hope to love my fellow man unselfishly for love is delight in another's well being.

Fear and remorse need not be my companions, but faith and hope shall take their place this day.

THE FIRST STEP

WE ADMITTED WE WERE POWERLESS OVER ALCOHOL -- THAT OUR LIVES HAD BECOME UNMANAGEABLE

Once we, the alcoholic come to the end of drinking and really want to do something with our lives besides tip bottles upside down . . . there is hope. We of Alcoholics Anonymous have given new hope to may a person who thoght they had run as far as possible in life.

The first step of the Twelve Steps of Alcoholics Anonymous is the most easy, the most difficult, and is the one which must be passed and worked before going on to the other eleven. I say it's easy, in as much' as the defeated alcoholic knows that his life has become unmanageable, and that he is powerless over alcohol. Then I say that it is the most difficult . . . and this is also true, for the person that is not quite ready to throw in the towel. How can he admit that he is powerless over anything, let along alcohol or his own life.

No matter how easy, or how difficult . . . this is the step which MUST be accepted before going on to the other eleven. We have all seen others come into the program and say that they accept everything, and then go out and get drunk again. How is this possible? One possibility is that they really haven't even accepted the first step, much less the program.

For those of us that have accepted the first step . . . wasn't it a big burden lifted from your shoulders when once you admitted that you were powerless over alcohol and that your life had become unmanageable? Wasn't it a wonderful day when you admitted that you needed help from these wonderful people of AA and needed and asked for help from that higher power which so many of us choose to call GOD!

For you new people of the program , . . accept the first step in it's entirety and then go on and work all twelve.

Bill G.

The best thing about the future
is that it just comes
"One Day At A Time"

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.

EXTRA!



Published by
Cleveland Central Committee of A.A.
One Public Square
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Cleveland, Ohio 44113

MINUTES

ALCOHOLISM COMMITTEE

February 15, 1979

The meeting was called to order at 7:40 p.m. by Gregory B. Collins, M.D., chairman. In attendance were Doctors: Lewis H. Bronson, Jr., Frank J. Dzurik, James A. **MacKay**, John H. Mazkalnins, Lawrence B. Ogrinc, John J. Plucinsky and Mildred H. Shelly. Invited representatives of Alcoholics Anonymous included: Dick P. (General Secretary, Cleveland chapter), Dick F. (Editor, Central **bulletin**), Frank K. (Action Chairman), Warren M. (Moderator Central Committee), Bob L. (Past member Central Committee), and Annette C. (Woodruff Hospital). Also present was Mrs. Carol Pressman of the Academy staff.

Doctor Collins opened the meeting by having each member of the Committee introduce himself. Mr. P. introduced the representatives of Alcoholics Anonymous. Doctor Collins requested that Mr. P. tell the Committee some of the areas of conflict AA feels it has with the medical community. The areas mentioned are as follows:
-An alcoholic brought into an emergency room can wait indefinitely for assistance. Oftentimes, if he is not taken directly to an alcoholism center he will leave. It was mentioned that AA has volunteers who staff emergency rooms, usually without any assistance from the hospital administration. The Committee commended AA for their efforts.

-If a member of AA expresses a desire to stop drinking and his sponsor feels he is in need of medical attention, he gets it. In such cases, the AA program begins after contact with the physician. The representatives of AA requested specific guidelines which would assist them in seeking medical assistance.

It was mentioned that there are very few places in the City of Cleveland where an alcoholic with no money and/or no hospitalization can be taken. Harbor Light was cited as the only such facility.

Also noted was the fact that bed space in Cleveland needs to be increased. The Minneapolis-St. Paul area was cited as having 1,400 beds paid for with state monies. It was explained that Minnesota is high tax state, whereas Ohio is not. It was also mentioned that Los Angeles, California has many alcoholism programs. Doctor Collins pointed out that Los Angeles County receives \$40 million per year in alcohol funds while Cuyahoga County receives only \$1 million.

-Hospitals often call the Central Office seeking a sponsor for an alcoholic. By the time the sponsor gets to the hospital, the patient may be so heavily sedated that the sponsor cannot communicate with him.

AA is greatly concerned about doctors treating alcoholics with sedatives. Oftentimes, the patient will not tell the doctor the truth. The situation is camouflaged and there is a strong tendency for the physician to treat the symptom. It was mentioned that one way to discover the actual problem is to speak with the patient's spouse.

AA representatives pointed out that alcoholics are addictive personalities and that over-sedation often leads to cross-addiction. It was noted that an alcoholic must be honest with his physician and tell him **if** he wishes no addictive drugs.

Doctor Collins repeated the story of last month regarding an AA sponsor negating the medical opinion of two physicians. He remarked that oftentimes non-sedative medicines are used. He was told that for the most part, AA people dislike all medicines with no distinctions. Doctor Collins made note that taking someone off medication is as much a medical decision as putting someone on medication.

-Many people and organizations are claiming affiliations with AA. AA's guidelines prevent inferential affiliations.

Doctor Collins asked the representatives of AA what their feelings are regarding antabuse. Mr. P. related a story regarding a man on the Westinghouse program who received **antabuse** everyday until the nurse administering the drug went on vacation. As soon as the drug ceased, so did his abstinence. Mr. P. said he feels **antabuse** prevents the alcoholic from practicing his new lifestyle himself. Further, he said fear is not enough to help a man stop drinking, and that **antabuse** is merely a crutch. Some representatives of AA along with several physicians present felt that antabuse helps some people get their feet on the ground long enough to get them started on the AA program. Doctor Collins said he visited the Central Office in New York and found that AA does not have anything on record against antabuse. He cited the Navy program of AA which was started in 1965 and treated over 14,000 persons per year in which **antabuse** was mandatory. Among all present at this meeting, it was agreed that **antabuse** is not a substitute for a good program.

Doctor Mazkalnins noted that it is often difficult for physicians to understand AA because physicians look for a scientific basis for the program while AA is, in fact, a spiritual awakening. AA attempts to awaken the fact that alcoholism is not primarily a physical addiction.

AA representatives urged physicians to make arrangements to attend an open meeting. It was noted that interns and medical students are now attending open AA meetings and that several hospitals (including Woodruff and Metro General) have programs in which medical students have interaction with alcoholics.

At the close of the meeting it was agreed that progress had been made and that another such meeting should be held. Mr. F. requested an article for the Central Bulletin. A copy of these minutes is being sent to Mr. P. for information.

Respectfully submitted,

John J. Plucinsky, M.D.
Secretary



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VOL. XXXVII, No. 11

HOW TO SAVE A.A. MONEY AND MAYBE . . . A LIFE

I was talking to an A.A. about ways of getting active. It was suggested that one way would be to gather up all my A.A. literature & old Grapevines or any of the things I have picked up along the way — and bring them to my home group or any other group that might need it. Literature is expensive and doesn't do ANYONE, including ourselves, any good put in a drawer somewhere to be forgotten.

As the conversation continued, I remembered times when I first came into the program when I would pick up an old Grapevine or **A.A. Bulletin** and read an article that was helpful to me.

Maybe there is something you can contribute to help the new person by sharing what you have collected . . . and maybe, save a life.

I confess I am guilty of collecting and not giving, but I am learning everyday — as we all are. In the small way I can begin to give back what A.A. has freely given me.

Anonymous

ON LIVING WITH RULES

From "By the Way-Sacramento"

"I can't go by the rules." . . . expresses one of the old ideas to which we seem to cling. This was understandable in the drinking alcoholic; he not only refused to go by the rules, he defied them. The practicing alcoholic is definitely opposed to any semblance of rules. He feels . . . above such thing. The program of Alcoholics Anonymous offers a way to adjust our lives. This certainly calls for an effort to conform to the simple demands of life. In AA we have found a new sense of freedom; but this does not mean that we should continue to do as we please. It is, rather, a freedom which becomes an obligation to the conduct of life as it is supposed to be lived. Such conformity will gain us much. Alcoholics Anonymous teaches us many things, gleaned a little at a time. If we continue to practice its principles in all our affairs, we find far more than just physical sobriety — as a rule. "A good meeting, a happy group, and a unified area are not accidents. They are largely matters of conformity to certain rules of human conduct.

Gradually we began to be able to accept the other fellow's sins as well as his virtues. We coined the potent and meaningful expression "Let us always love the best in others — and never fear their worst."

From I.F. of A.A.
San Francisco, Calif.

ARE YOU SOBER BUT UNHAPPY?

After three years of being mostly dry, I found myself wanting to escape from life, rather than having sobriety, just as I did when I **first** came to A.A. I traveled the road of self-pity, irritability and general discontent with my life.

Six months after coming to A.A., I went to Recovery for three or four months thinking that the Recovery program would help clear my mind. I finally decided that I did not need Recovery although what I had learned had not hurt me. I had not dropped A.A. I attended **both** meetings. I believed then, as I do now, that NOTHING replaces A.A.

After two years in the program, I again felt the need of outside help and went to a psychiatrist. This "thing" that I could not define was bothering me. For example: most people enjoy a beautiful day but I could not. I would feel that I was in a prison in my mind and couldn't break through. After receiving outside help for five months, I realized that A.A. was the simplest way to live. Note, I did not say the easiest.

The twelve steps are my only way of life now. After three years of trying this and that, I was just beginning to live the first step. Through all of this searching I **find** the step most difficult to apply is step three: make a decision to turn our wills and lives over to a Power as we understand Him.

In spite of myself, I am beginning to understand why I have these feelings of self-pity (my biggest defect), irritability and general discontent. If you are having difficulty with yourself and A.A., talk about it to someone and remember — "This too shall pass."

Anonymous

THE AA PROGRAM IS NOT EASY, not a cure-all for those who wish to be social drinkers or for week-end celebrators, nor is it to be had merely for the asking. It is a down-to-earth program designed By and For Alcoholics. If you are sincerely desirous of obtaining sobriety to the exclusion of all other wishes or ideas and are fully willing to follow this program without exception, you can write your own guarantee for sobriety!

From Silver Dollar
Fargo, N.D.

**the longest odds in the world
are those against getting even!**



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

0.

August 1979

No. 11

MINUTES OF CENTRAL COMMITTEE
WESTERN RESERVE ROOM
OLD STONE CHURCH
AUGUST 7, 1979, 8:00 P.M.

Warren M., Moderator, opened the meeting by leading the members present in the Serenity Prayer. Roll call showed that 42 were present representing 38 groups. Don E., Vice Moderator read the purpose of Central Committee and the Twelve Traditions of A.A.

Minutes of the July 10th meeting were read by the Secretary. A motion was made seconded and carried that these minutes be accepted as read. Treasurers report through July shows a balance in the Central Committee account of \$551.44 and in the Central Bulletin of \$832.51 Motion seconded and carried that Treasurer's report be accepted a given. 113 Speakers were supplied by the District Office to non A.A. groups for the months of January thru July, inclusive.

COMMITTEE REPORTS:

Action Committee: Frank K., Chairman reported on the naming of the Tobin group.

Area Wide Committee: Chairman Ed K., reported the next **Areawide** Meeting will be held at St. Malachi's School Hall, 2401 Washington St., September 9, 1979 at 2:00 P.M. Speaker will be Stu D., of Youngstown, Ohio. The serenity singers of Akron will be here also, he asked that each group send a representative, and each representative bring a friend.

Central Bulletin: Dick F., Chairman, reported still looking for subscriptions and articles for the Bulletin.

Rosary Hall: Lou W., representative, all's quiet.

Bay View: Terry L., reported the program at Bay View and Serenity Hall has developed a very good film line for the Family and the Alcoholic, to encourage the individual to participate in the program of Alcoholic Anonymous and Alanon.

Brecksville: Don E., reported the meetings are well attended by the patients, still need outside involvement in respect to the Tuesday and Thursday leads.

Marrick Hall: No report.

Metro: No report.

East Side Veteran: No report.

Woodruff: Edith H., reported we're doing very well, still need speakers for Monday and Thursday. When calls are turned to sponsors, we are asking that you let people know you need a special pass. Just call

Woodruff Hospital, 7953700 and ask for the Alcoholism Program, or Cathy and we will have a pass set up for you.

Old Business: A request was made by the representatives of Indian Rivers, regarding an A.A. meeting being set up at the Cuyahoga Boys School. More on this later A lengthy discussion was held on the purpose of Hospital Committees.

New Business: Nothing to discuss.

N.E. Ohio General Service: Terry L., Delegate, reported the next Assembly Meeting of N.E. Ohio General Service will be held September 16, 1979, at American Legion Hall, S.E. corner of U.S. 21 and 82, Brecksville, O. at 2:00 P.M.

Ohio Young People in A.A. 1979 Conference, September 7th, 8th, and 9th, Mansfield, Ohio. Package plan \$40.00.

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

Elvira A., Secretary

DATES TO REMEMBER

CENTRAL COMMITTEE MEETING

September 4, 1979 — 8:00 P.M.

Old Stone Church -Public Square

Representative from each group

Welcome — Be informed

AREA WIDE MEETING

All Members Welcome

And Open to **thePublic**

Sept. 9, 1979

Speaker Stu D. Youngstown, Ohio

Place St. Malachi School Hall

2401 Washington Street

Serenity Singers Akron, Ohio

OHIO YOUNG PEOPLE IN A.A. CONFERENCE

September 7th, 8th & 9th

Meet at Madison Theater, Mansfield, Ohio

\$40.00 Rooms & Meals — "Growing up in A.A."

G.S.R. THIRD LEGACY MEETING

American Legion Hall

Rt. 82 & 21 — Brecksville, Ohio

2:00 P.M.

OBITUARY

GEO. & KATE GORDON, were killed in a auto accident in Portage County. Geo. was Secretary of Newton Falls Group and a active member of the fellowship. Our deepest sympathy to the children in their great loss.

PAUL J. DIETZ, 35 year member of our fellowship, passed away on August 11, 1979. Our sympathy to his wife and children.

JOE SCOTT, member of the Night & Day Group passed away suddenly Aug. 16, 1979. Those who knew him best will miss him the most. Our condolences to the family.

I REMEMBER

When I was brand new in A.A. I met an attorney named Chellis, who looked more like what I thought a judge should look like — always a dark suit, sometimes a posie in his lapel.

Chellis took an immediate interest in ME. Everytime he saw me at a meeting or at the club he took great pains to seek me out and offer lots of warm outgoing encouragement. Asked me how I was doing. If I felt OK. Did I need anything. **What** a really nice man. He made me feel like I was somebody even if I was new in A.A.

However, after about three months, Chellis, changed. He would merely speak to me, if that. Gone was the personal interest he had exhibited. Gone was the warmth I felt when he talked to me. And gone was my serenity. I tell you my feelings were HURT. I also worked up a pretty good resentment toward him. Who did he think he was anyway?

One night at an AA meeting where Chellis was playing buddy-buddy with some new, young upstart, I voiced my opinion about such a **blowhot-blowcold** sort of guy. Two-faced to say the least.

The opinion listener said, "You should feel good that he is ignoring you". Feel good about being dusted off? What's this?

My listener then explained that Chellis always came on strong to newcomers, being palsy with them until he saw some change in them and figured that they were going to stay in A.A. — SOBER, at which time he would seek out other newer, sicker, more bewildered members, offering them the same kindness and help that had been mine. "His ignoring you was really a vote of confidence that you were going to make the program".

Chellis wound up being a District Attorney but he never stopped being kind and thoughtful to new members of A.A.

I remember Chellis with love.

ON ANONMITY

Anonymity is of supreme importance to us all. It protects us, our families and our jobs from harmful gossip and criticism. More important, AA deals not with personalities but with ideas — to think honestly, forget ourselves in service to others, to look with courage at our problems, and to cease being afraid of life.

THE WORD IS.. . NOW

Winners Circle, Fort Knox, Ky.

Nothing so affects our overall feelings of happiness and well-being as learning that the important time is Now! Seneca said, "One should count each day a separate life." This is a difficult art to master. It is so easy for the mind to turn back with regret or forward with apprehension, and neither of these mental actions add anything to living a fulfilling life Now. The time of Now is so filled with possibility, challenge, and opportunity that Today, well lived, insures a better Yesterday and Tomorrow.

GIVING

"THE WAY TO A SPIRITUAL WAY OF LIFE"

Most A.A.'s have noted the astonishing sources of energy that seem available to those active A.A. members who enjoy or find meaning in what they are doing. In giving, sharing, and helping other alcoholics in this new way of life.

They have done away with the false fronts of their alcoholic life, have rediscovered the things they understand and really believe in, and have put their heart and soul in doing so.

They are capable of accepting love and friendship and capable of giving it. To them the joys, sufferings, and problems of their A.A. friends are a part of their life. The love and friendship of the fellowship of A.A. dissolved the shell that isolated them in their drinking days.

They have found a spiritual way of life without haloes or wings. They have learned to give of themselves and seek nothing in return.

At one time or another you've heard a member of A.A. say, "I wish I could get the spiritual part of the A.A. program." In a very true sense, the beginning of a spiritual way of life in A.A. is a "gradual takeover" or "changeover" by God, as you understand him, without the loss of personal freedom in any way. Our blindness is replaced by light, weakness with strength, selfishness with understanding and unselfishness, and hate with love. It makes you realize that it is not just a dream beyond your reach, it is a reality, available to everyone who wants it. **Do you want it?**

Paul R.
Warren, Ohio

A crew of repairmen drove out to the country to fix a road before they discovered that they had left their shovels back in the shop. They phoned the boss to report their plight.

"I'll send the shovels out right away," said the engineer. "Meanwhile, just lean on each other."

Wife to husband: "Overdrawn, overdrawn and it's always my fault!" Has it ever **occured** to you that you might be underdeposited?"

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VOL. XXXVII, No. 12

FOR GOD'S SAKE GET OUT!

A few days ago a friend and I took a young man to the emergency room of a hospital. He had told us earlier that he had consumed a large amount of pills and alcohol and didn't know what to do about it. I said I didn't know exactly what to do either but we had better do something. I said a short prayer for guidance and called the poison information line. I explained the situation to the doctor in charge and she recommended that we get him to the closest emergency room possible because he was in danger of death.

We told him some of our own experiences with pills and booze and tried to get through the fog that the morgues are full of people who thought that they wouldn't die either. He finally said that he'd go and thank God we got there in time. During the time we sat there waiting for him to get cleaned out, we had quite a review of what is still waiting out there for us if we choose to go get it.

One after another they came in the emergency room that night, all with that same puzzled, fearful look in their eyes. Each one of them wondering as I used to, what happened? How did I get in this car wreck? How did I get beat up? Why was this drunk or trip a bummer this time? You could see the fear and anger in their eyes and of their loved ones. Remember the excuse "I'm not hurting anyone but myself"? All the while the television was blaring away the rock and roll message of turn on and feel good, while we over heard the "this time it'll be different" jargon from those that were all ready patched up and all set to start beating their heads against the wall again.

I remarked to my friend that I felt like an alien from another world in this place. All he said was "there but for the grace of God". He was right of course, as he usually is, it wasn't that long ago that there I was in these same shoes of these sick and hurting people.

After our man was released we talked to him a while and tried to explain the alternative we had found in Alcoholics Anonymous. He thanked us for our concern but assured us that he would be **alright**. On the way home that night I stopped **at a red light and glanced** at a billboard that was advertising a new horror picture. In big bold letters it said "For God's Sake Get Out". How appropriate I thought, that is what should have been displayed in the hospital. A horror picture I thought could not compare **with** the real life horror picture I had witnessed that night. We had tried to help another to the way out we had found, but the same excuse that we had used of, "I'm not that bad yet" rose to haunt us again as it has so often.

This type of experience usually stops here, but this one has another ending. A drinking friend of our overdosed buddy was steered to us by him. We talked and talked on several different occasions but to no avail that we could see. A couple of days ago this man who "wasn't that bad" got his head kicked in in a bar fight and his brains were literally spilled out on the sidewalk. Last, night he died. Tomorrow we will go the wake and then we'll help to bury his body. The bad guys are still there.

Sometimes being sober becomes a habit and I forget the life and death business is just as real as it always was, and will always be. I have found a way out, I pray each morning and night to be able to help another to get out. Some say "hell he was just another drunk, so what", I'm sorry I can't feel that way. Call me super-sensitive if you will but I was just another drunk once myself. So maybe I didn't know him that well and maybe he died drunk, but I still care. If the day ever comes when the old bar attitude of "hooray for me and the hell with you" becomes my way of dealing with people again I think I'm in a whole lot of trouble. God put that man in my path for a reason, if only to tell you about it.

Alcoholic's Anonymous saved my life and countless others. I've read and heard stories from the old-timers of real dedication and sensitivity to another's needs. Tough-love and soft-love both have their place in A.A. When I have given an honest effort to help anyone get out of this mess I'm okay. God as I understand Him will take care of the rest whatever that will be. Oh I'll still hurt when something like this happens, but that's because I'm really just a very human drunk myself. But if I cheat a guy because of self I believe I'm responsible for that to. When I tell someone, or feel "For God's Sake Get Out" I think I had better be prepared to show the whole way out, or someday I think He's going to be asking me why?

Larry
Westside Midnite

Buy the big book-and follow it's advice. it is foolish to assume that you can recover from alcoholism without the book that contains the instructions for recovery.



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 September 1979 No. 12

MINUTES OF CENTRAL COMMITTEE
WESTERN RESERVE ROOM
OLD STONE CHURCH
SEPTEMBER 4, 1979, 8:00 P.M.

Moderator, Warren M., opened the meeting by leading the members present in the Serenity Prayer. Roll call showed that 46 were present representing 44 groups.

The Purpose of Central Committee and the Twelve Traditions of A.A. were read by Don E., Vice Moderator. Minutes of the August 7, meeting were read by the Secretary. Minutes approved and accepted as read. Treasurer's Report through August 1979 shows a balance in the Central Committee of \$540.12 and in the Central Bulletin of \$756.07. 113 speakers were supplied by the District Office to non A.A. groups for the Months of January thru August, inclusive.

COMMITTEE REPORTS:

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

Areawide Meeting Committee: Ed K., Chairman, reminded members of the next **Areawide Meeting** which will be held at St. Malachi's School Hall, 2401 Washington St., September 9, 1979 at 2:00 P.M. Speaker will be Stu D., of Youngstown, Ohio. The Serenity Singers of Akron, will sing.

Central Bulletin: Dick F., Chairman, reported, nothing new to report. Still and always will be looking for new subscriptions and Articles for our Bulletin.

Rosary Hail: No representative.

Bay View: Terry L., reported, there's been quite a response from the A.A. Community as far as Volunteers were concern, especially for Female Patients, but there still is a need for Males especially retired men to fill in the spot between 2:00 P.M. and 6:00 P.M. in the afternoon. Contact Lois Hamlin at 331-2500, EX. 42, she's in charge of the Volunteer Program at Serenity Hall.

Brecksville: Don E., reported still **continuing** the meetings at the Hospital, they are will attended. There is a 12 Step Discussion on Friday afternoon.

Merrick Hall: No report.

Metro: No report.

East Side Veteran: No report.

Woodruff: No report.

Old Business: Frank K., asked for blessing for the Indian **Hiis** group-which will be held at the Cuyahoga Boys School, it's a closed Meeting A.A. members only. He asked for support in regards to literature. (This is a

Detention Home for Boys under 18, that has gotten into trouble over Alcohol.) He asked for support for the I Don't Know Yet group, held in the Justice Center for Inmates only.

New Business: John L., announced the formation of the Heights Twelve Step Discussion Group, Wednesday, 8:30 P.M., at Plymouth Church, Coventry and Weymouth Sts., Shaker Heights, Ohio.

N.E. Ohio **General Service:** Terry L., Delegate, reported the next Assembly Meeting of N.E. Ohio General Service will be held September 16, 1979, at American Legion Hall, S.E. Corner of U.S. 21 and 82, Brecksville, Ohio at 2:00 P.M. She also **reproted** on What's New, in A.A. Films and Literature.

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

Elvira A., Secretary

CENTRAL COMMITTEE MEETING

Oct. 2, 1979 — 8:00 P.M.

Old Stone Church — Public Square

Representatives from each group

Welcome — Be informed

INTERNATIONAL CONFERENCE

July 4,5,6, 1980

New Orleans, Louisiana

OBITUARY

JACK KING, active member of the Angle Group passed away. Our deepest sympathy to the family.

TOM BALLINGER, active member of several West Side Groups entered rest. Our condolences to the family.

STAN **GRASKEY**, a 36 year member passed away. Our sympathy to the children.

MILLIE ZARBOCK, long time member of Gordon Square Group and active member of the Fellowship passed away. Our sympathy to the family.

TAKING THEIR MEDICINE

The Navy Captain who guided Betty Ford, Senator **Herrman Talmadge**, and Billy Carter away from alcoholism gave a Cleveland audience a few insights into his no-nonsense approach to rehabilitation. "Alcoholics have had it too easy for too long," said Dr. Joseph Pursch, who treats 20,000 alcoholic Navy employees a year at the Naval Regional Medical Center in Long Beach, Calif. Dr. Pursch said he ran a rigorous program in which patients bunked four to a room, got up at dawn, made beds and cleaned toilets, and jogged or walked a mile. They are not allowed coffee, aspirin television or reading, except for material about alcoholism. "I'm hung up on what works," he said. "I have an eye for sham. What had been used in medical treatment of alcoholism was a sham. We stop the drinking and then find out what's wrong with the patient's life."

New York Times, Wednesday, May 16, 1979

OUR TWELVE TRADITIONS

A lot of mental horsepower has been generated and expended to define what is so unique about AA. I personally would like to submit that what is unique in our society is our obedience to the Traditions - other than that I don't see what we have going for us that is so unusual. We have proof once again that by spiritual means large numbers of drunks can recover - but the Washingtonians and the Oxford Group proved that. Churches right now are proving it every day, so what do we have that is really unusual - what do we have that is really unique? I think that is our obedience to the Traditions - it is even more unique in that we chose voluntarily to submit ourselves to these restraints. The Twelve Traditions are not a bunch of things that were set up by "them" and handed down to us saying, "this is what you are going to do or else." The Traditions of Alcoholics Anonymous are a recounting of all the mistakes that almost tore our Fellowship to bits and we voluntarily accept these restraints. I believe that this is what is truly unique in Alcoholics Anonymous.

When speaking of the Traditions, we are speaking about the thing that means our life or death. I cannot live without AA - you cannot live without AA - yet you and I are AA - we have to be, in spite of ourselves, responsible for us. In spite of me, I have to be responsible, and responsibility is what the Traditions are all about.

Why the Traditions? Simply to provide us with a manner and a direction so that our society can survive - and if our society survives, we are going to live - and if we live, we are going to learn to love one another, out of the growth, the spiritual growth the Traditions give us. When we love one another we learn to serve - when we serve we guarantee that AA will be here in the future to carry out its mission in carrying the message to those alcoholics yet to come - to those yet unborn.

Recovery - Enlightenment; Unity - Responsibility - **Love**. Twelve Steps, the Twelve Traditions, Twelve Concepts . . . Our Three Legacies.

Jack B., GOOD NEWS, San Francisco, CA.



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TELEPHONITAS

"You can be sure I won't call you unless it is absolutely necessary. I know how busy you are." In such a manner did the newcomer respond to being given my phone number and the assurance that he could call me anytime 'day or night'. Less than a month earlier this same man had been annoying his relatives and friends with his telephonitas. Now he has suddenly become **ultra**-concerned about annoying people.

Why does sobriety do this to us? We don't have the slightest hesitation about making that call when **we are** drinking. Last week, for example, a gal said in her pitch that she had called the President of the United States. "He wasn't in", she informed us. And then the moment we get sober and our new found friends urge us to use the telephone at every opportunity we become very coy and think of a million reasons why we 'shouldn't bother' the **callee**. "Maybe he's busy". "Maybe he's eating, or sleeping, or out, or whatever. "Maybe he'll think that's a dumb reason to call." etc. etc. etc.

The telephone plays a tremendously important role in my sobriety and I've developed effective reasons for calling AA people. For example, to call an old-timer I say: "I've heard a rumor that you're still sober and I'm calling to see if it's true." To call any member of AA I can always say, "I'm running a sobriety check. How are you?" Of course one of the nicest reasons is, "I just wanted you to know I was thinking of you and that I care about you". Or, more simply, to just say, "Don't have a reason - just thought I'd call".

I like to keep in mind that ordinarily we are paying the person a compliment and doing them a favor when we call. This can sometimes be dramatically obvious. Three weeks ago a young lady called to talk about 'fear' because I had mentioned it in a pitch earlier. Last week, for no particular reason, I phoned her during the evening. Her husband answered the phone. After we had talked for a few moments, he admitted that they had been in the middle of a big fight, and when the phone rang he thought it would be the police telling us to quiet down. He was so impressed with the timing of my call and the fact that I did not know then, and had no reason to call that he has not raised his voice since.

Sometimes I wonder if AA would be around if it weren't for the telephone. Certainly, I wouldn't be sober without AA and certainly AA wouldn't be what it is if it weren't for Alexander Graham Bell's invention.

Don't think about the call. Just pick up the phone and start dialing!!!!

Paul O. in Orange County LIFELINE.

**LET GOD DO THE ENGINEERING
WE DO THE LEG WORK**

THOUGHTS

I sat back and did a lot of listening at a recent AA meeting. There was a real cross section of people in the room • men, women, young and old. Some long-time members down to one young fellow with a week under his belt since his last drunk. Actually, it appeared that there were three or four people there with less than three months of sobriety. There was one person who, I believe, has twenty-five years, so it really was a good cross-section of AA members.

I heard a couple of these young people tell how bad it had gotten for them and so fast after taking a drink following a short period of "dry-time." They seemed so sincere in their gratitude at being able to get back to a meeting. At least for the moment, they seemed to understand the nature of this illness called alcoholism.

I wondered, however, how many of these people would be at a meeting three or four months from now. I wondered if they would have the same feeling and desire for sobriety then. I sure hope so, but it seems there is a heck of a good chance that they won't be here! Then I wondered just why that would be.

It seems so easy, after a few weeks or months of sober living, to think that we have it licked. We can skip one meeting and then find it much easier to skip another and another and another. The next thing we know, AA is completely out of our mind.

I'm guilty of missing a lot of meetings in the last couple of years, but I have never left a meeting with the thought that that was my last meeting! I've never had the thought that "I think I'll give AA a rest for a few months." Maybe not having had such thoughts has been my good fortune. I haven't given myself a chance to feel I'm an ex-AA member or one that is on a sabbatical leave. This way, when I have missed a meeting, I know it and I have had a guilty feeling. I suspect I'll have to watch out, though, that I don't catch myself trying to rationalize in this regard!

We are fortunate here in the Cleveland area in that there are so many meetings available to us every week. Anyone who says he can't make a meeting really just doesn't want to attend a meeting, if the truth were known.

I hope these new members and these young members keep coming back because we need them just as much as they need us. The future of AA will one day be in their hands!

Anonymous

"Now, ladies and gentlemen," said the lecturer, "there's a wonderful example in the life of an ant. Each day the ant works from sunrise to sunset. Everyday the ant is busy. And in the end, what happens?"

Came a voice from a drunk in the rear of the room, "Someone steps on him!"

"How do you like your new baby sister, Tommy?"

"On, she's alright, I guess. But like Daddy says, there were a heck of a lot of things we needed more!"

RESENTMENT

Resentment is a deadly poison that seems to plague us all at times, even after some time of sobriety. A problem that will, no doubt, plague us most of our lives. This is one area that AA does spend some time trying to help us become aware of its dangers.

AA has taught me that:

1. Resentment robs me of serenity.
2. Resentment makes happiness impossible.
3. Resentment uses up energy that could go into accomplishment.
4. Resentment can become an emotional habit. Habitually feeling that we are victims of injustice.
5. Resentment is an emotional rehashing of some event or circumstance of the past. You cannot win because you attempt to do the impossible • to change the past.
6. Resentment is not caused by other persons, circumstances or events, but by our own emotional response.

One way to handle resentment is to decide how much resentment the person, circumstance or event deserves (which is usually very little) or how much I need to suffer. With resentment, like anger, nobody else really suffers but me.

Then I have to say to myself "who needs it" and call someone in AA or go to a meeting. There's not a better prescription.

See you at an AA meeting!

STARTING AND STOPPING IN AA. .

My recovery from alcoholism was a process of starting and stopping. I bounced in and out of AA like a kangaroo, one day dry, one week dry, one year even dry and sober. But then came the day when I took that first drink again and more hell followed. Like Betty, I so often was prone to blame others. "They" had caused me to drink again!

This time my recovery started the day of my last drink, and I am happily sober today because this time I got the right start. I surrendered myself to where I would let God and others in AA show me where to begin.

Each day I learned to practice certain habits suggested to me by my sponsor or others. To this day I still maintain many of them. To share them with you—

ARE YOU PLANNING TO MOVE?

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VOL. XXXVIII No. 1

FUNDAMENTALS

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

Group meetings do tend to stagnate at times, and the group can examine its group conscience just as the individual must on many occasions. Hilarious antics in pre-AA days are screamingly funny, psychiatric reactions of the alcoholic are interesting, arguments on religion are worthwhile, social discussions have their place.

BUT THEY DO NOT FIT INTO A.A. MEETINGS.

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

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

From: Silver Dollar - Fargo, North Dakota

HOW SOBER A SPONSOR

I think that, in many ways, someone who's only been sober a year or so may be a more useful sponsor than the know ledgeable old-timer who may have cut back on meeting attendance.

Looking back, I recognize that I "sponsored" (and was sponsored) by a whole series of other newcomers during my first several years of regular nightly attendance at meetings. The word Sponsor was never used to identify the relationship, either way, all of us having acquired "real" sponsors in what we thought was the A.A. way. But the regular companionship was shared, **enroute** to and from meeting after meeting, gave many of us the benefits of sponsorship without the name.

So I'd like to thank my unknowing sponsors (and pigeons) for their help. And to note that all of those who shared that non-sponsor relationship with me during those early years have managed to keep right on avoiding that first drink on a daily basis, year after year.

When they say "Get a sponsor", they don't mean "Sign a contract."

They mean associate with and learn from someone who's working hard at working the AA program.

There's no way you can "catch" long-term sobriety . . . but ordinary, one-day-at-a-time, do-it-yourself sobriety may well be contagious.

Maybe that's what they mean

when they tell us to

"STICK WITH THE WINNERS".

From: Dry Run - Boston

AN INDIVIDUAL PROGRAM?

We asked one of our perennial spippees, why he doesn't take a lesson from the older members and work this program like they are doing. We pointed out that he has tried to work this program his own way for many years without any success. His answer was 'like many other answers we get from alcoholics, "This is an individual program and I am working it my way!" We explained to him that he never had any success working it his way. So we asked him to try and use the Twelve Steps, he may have better success. To our surprise he accepted our suggestion and he is now sober six years.

There are some members who are trying to set their own standards of living, because some one told them that this is an individual program. To some members this may be an individual program, but when we come to the Twelve Steps; "there our individuality stops. The Twelve Steps are the road maps for all members to travel over life's highway. This map shows us where to go and how to get there. If we deviate from the directions on the map we are going to find ourselves on the wrong highway. But by following the directions we no longer will wander, lost and forlorn in the wilderness. The Twelve Steps are simple to understand and they mean just what they say. They are not to be changed just to suit some individual's fancy. They are the framework upon which we can hang our prayers, our labors, our assortments of difficulties and our problems.

The Ten Commandments are the same today as they were when God handed them to Moses on tablets of stone centuries ago. For generations people throughout the world tried to change them. Nations that tried to substitute them with their own code of morals went corrupt and crumbled. Men and women who tried to change God's Commandments perished. Yet there are some people who are trying to set their own moral laws, because they heard someone say that they did not have to conform to God's laws.

Any member of AA who deviates from the Twelve Steps is a deviation from the Ten Commandments and a return to childishness, resentments, infantile fears, worries, bratty pride and babyish envies.

Certainly, with all these festering sores, no man can live happy and stay sober. But if we take our medicine without diluting it, we can at least arrest the festering. By following our instructions we can make each day a new day where our minds will grow more serene and our hearts will grow warmer. God will be in our corner to encourage and help us to win our battle with the bottle.

Edw. B., Akron



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Harry D.. Founder and Editor 1892-1968

No. 38 October 1979 No. 1

**MINUTES OF CENTRAL COMMITTEE
WESTERN RESERVE ROOM
OLD STONE CHURCH
OCTOBER 2, 1979, 8:00 P.M.**

Meeting was presided over by Moderator, Warren M. who lead the members present in the Serenity Prayer. Roll call showed that 44 persons attended this meeting representing 41 groups. Don E., Vice Moderator, read the Purpose of Central Committee and the Twelve Traditions of A.A.

Minutes of the August 7th meeting of this committee were read and were approved by motion by those attending with the exception of the name of the Boys School where we are now holding meetings. Rather than the Indian Hills Group it should be the Cuyahoga Boys School. **Treasurer's** Report through September 1979 was read showing a balance in the Central Committee account of **\$543.04** and the Central Bulletin account of \$695.37. On P.I.C. 122 speakers have been supplied by the District Office to non A.A. groups through September.

COMMITTEE REPORTS:

No Action Committee report.

Areawide Committee: Ed K., Chairman, reported that our last meeting on September 9th had a terrific lead. the Serenity Singers were there and it was a very moving experience. The next meeting will be on Sunday, December 2, 1979 at 2:00 P.M. at St. Malachi's. This will be a family type meeting with an A.A. speaker, **Alanon** and **Alateen**. The family of George O. is from Hubbard, Ohio. The Serenity Singers will also be there and any thoughts on how to get better attendance at this meeting will be appreciated.

Central Bulletin: Dick F., Chairman, nothing new to report except that we are still looking for subscriptions and articles from local people. SO reminders went out this **time** on expirations of subscriptions so you might remind those at your groups that if their subscription has expired to renew. This is what will keep our Bulletin going.

HOSPITAL REPORTS: No representative present from Rosary Hall, Bay View, Metro, **Merrick** Hall, East Side Veterans or Woodruff Hospital.

Brecksville: Don E., representative, reported that they are still holding regular meetings and there is the on-going plea for leads for the Tuesday and Thursday meetings.

A new group was announced: The SHALOM Group which will meet on Wednesday nights at 8:00 P.M. at Temple Ber-Tamid, Euclid Jewish Center at E. 250th St. and Lake Shore. The first meeting will be Wednesday, October 17th. This is the **first** group to be opened in a Jewish Temple in this area. Please give this group your support.

The office received a call from the Hough **Norwood** Center stating that they have a meeting that is held there but the officers of the group have not been showing up to run the meeting. They were questioning what to do, if someone would be able to come out and conduct this meeting. The Center has been trying to keep it going but no one there is qualified and they need the meeting and don't want to see it dissolve. Discussion was held and some members are going to contact the Center and see what they can do.

N.E. OHIO GENERAL SERVICE REPORT: John B., representative, stated that the next Assembly Meeting will be held Sunday, October 16th at 2:00 P.M. at the American Legion Hall in Brecksville, corner routes 21 & 82. Registration forms have been mailed for the 1980 International Conference to be held July 4th weekend next year at New Orleans. They are expecting about 30,000. If you are interested in attending the wisest thing to do would be to register early. if something happens to change your plans you can cancel up to May 15th. Also if your group does not have a General Service Representative, have them come out to the Assembly meeting and they will be taken care of.

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

Imogene Z., Acting Secretary

CENTRAL COMMITTEE MEETING

Nov. 6, 1979-8:00 P.M.
Old Stone Church-Public Square
Representatives from each group
Welcome-Be Informed

GRATITUDE SUNDAY

Nov. 18, 1979-2 P.M. Till 5 P.M.
U.R.W. Local #2 Hall
3 Goodyear Blvd. Akron, Ohio
Across from Plant #1 Goodyear
Refreshments • Fellowship

AREA WIDE MEETING

Dec. 2, 1979 - 2:00 P.M.
St. Malachi's School Hall
2401 Washington St.
W. 25th & Detroit Ave.
A.A. • AL-ANON • AL-ATEEN
George O'N. Family
Hubbard, Ohio
Serenity Singers of Akron

SOUTHWEST SUNDAY
16TH ANNIVERSARY
Dec. 2, 1979 - 8:30 P.M.

Berea High School
Cafeteria

Corner of Bagley &
Eastland Road.

Speaker: Jack Brennan
Ada, Oklahoma

WHO? ME CHANGE?

The probability that you will drink again if you don't change is high . . . very close to the certainty level..

So when you hear a speaker say "You can't remain the bum you were and stay sober," that speaker is talking directly to you, even if, in your eyes, you were never a bum.

As with joining a group, getting a sponsor and staying away from that first drink, the idea that you should change is only a suggestion. But, like most of the suggestions you're given in the program, it's a must if you want to stay sober. If you don't care about staying sober, you can do whatever you bloody well please.

How should I change?

Begin with the way you were when you were drinking. (Step four is a clear guide to the things about you that need to be changed, but you needn't 'wait until you understand things well enough to take that Step). If you were a compulsive liar while drinking you won't automatically become forthright and honest when you quit drinking. You have to make a change. It won't be easy but you can make real progress in that direction. But it is something you should change if you want to stay sober.

Probably you've already made many of the changes. If you are able to stay away from a drink for a day, that's vital and a necessary change. If you talk with (and listen to) your sponsor, that's undoubtedly a big change. If you attend AA meetings regularly, that's another notable change.

If you have been doing everything in the preceding paragraph, you may also have changed your daily habits some. For example, you may stay out of the bar rooms you used to haunt (or out of the closet if you were a closet drinker). Not doing the things that led you to drink is an important change. If you always drank at the ball games, you might try staying away from them for a while. In the case of such negative changes, however, it might be helpful to replace the activity you're giving up with another specific activity.

Those of us who have been able to bring ourselves to ask a Higher Power for help each morning have made what was in many cases a staggering change. From knowing there was no God to asking for help each day is a real BLOCKBUSTER.

From: DRY RUN • BOSTON.

Two sops were drinking their beer in silence. Suddenly one spoke up: "You know, life is like a bowl of cherries." "Why?" The other guy asked.

"How should I know? I ain't no darn philosopher!"

Tom and Jerry sat down in the booth at their favorite neighborhood barroom. The waiter came up and askea them, "What'11 it be?"

"Gimme a beer!" said Tom.

"Me, too!" said Jerry. "Make sure the glass is clean!"

The waiter left and returned in a few minutes with their order. "Two beers!" he announced. "Which one of you guys wanted the clean glass?"

TO LEAD . . . OR NOT TO LEAD ???

That is the question?

Rather that was the question in my mind on the day I obligated myself to lead.

I questioned it because I was so down, and felt in the need of hearing a lead myself that I thought I could not possibly give anyone including myself, hope or anything else positive we all need so much.

As it turned out, I was given hope and support in spite of the fact that I felt helpless and disparing.

Since then I decided no matter how I feel, good or not so good, to lead, because there is no way leading can hurt me on the other hand not telling how it is could set me back further than I care to think about.

The above title can be answered by all means DO LEAD.

Anonymous

A SPONSOR IS TO SUGGEST WHICH BRIDGES TO CROSS AND WHICH TO BURN

— Be a Bulletin Booster —

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Cleveland, Ohio 441 13

PRESCRIPTION

We believe that AA is an infallible, curing prescription-an exact formula, compounded of precise proportions of all properties, assuring complete recovery from alcoholism *if taken according to directions!*

Therefore, any adulteration of the Twelve Steps of AA, either by deletion, addition or distortion, may leave you with "A" program. But it is *not* the AA program which has proved to be so amazingly successful.

Recovery by AA's prescription offers no compromise. It clearly states: "If you have decided you want what we have and are willing to go to any lengths to get it, *then* you are ready to take certain Steps."

Even when we have decided that this is what we want and have become willing to try, we may balk, feel it too distasteful, too potent or too difficult. This is the turning point! When we are tempted to water it down, leave something out, or deliberately misinterpret a principle simply stated. Rejection of the Twelve Steps may prove fatal.

Had we been stricken with cancer and the doctor had prescribed a guaranteed medicine or an exact formula that would heal the cancer, wouldn't it be rather insane to protest by saying, "Look **Doc**, I don't like the way it smells, its dirty brown color, and its terrible taste! But if you will make it smell good, change the color and sweeten the flavor, I'll take it."

AA points directly to the source of our problem when it says, "The dilemma of the alcoholic is *our* lack of power! We *must* find a Power greater than ourselves by which we can live." The solution to the problem is embodied in twelve perfect steps which have proved since 1935 that they will lead us surely to that Power.

Only false pride, arrogance or dishonesty can prevent our recovery. If we apply the Steps just as they are suggested, we will undergo certain changes, in spite of any sets of circumstances that will result in a spiritual awakening. We awaken to a source of power within ourselves that makes it possible for us to do things, that we could not do by our unaided strength or will do before.

We come to believe that this new-found inner strength is a manifestation of God as we understand Him. We find it essential to seek Him and improve a conscious relationship with Him if we are to maintain our recovery.

The *exact* formula of the Twelve Steps first conditions us to *receive* this Power-helps us to locate it-and respond to it. When this comes about, we find there is nothing that we ought to do, that we can't do! The things that we ought to do is God's will for us! He asks nothing from us beyond our strength with His help.

The exactitude of the Twelve Steps is shown by our compliance with or deviation from them. For we discover that the only real conflicts we have is when we impose *our* will against God's. When we let our pride build up, when we became smug and complacent, when we cease striving for spiritual progress we are no longer applying the formula of AA, and as a result, our lives again become unmanageable and we retrogress back even farther than we had been.

PRESCRIPTION

There is nothing mysterious or complicated about why some alcoholics fail to recover when they come into A.A. The only ones who fail are those who cannot, or will not, give themselves *completely* to this simple program. The point is-they *do* not!

We further believe that *none* need to fail if he makes a *complete* surrender, is *sincerely* willing to accept and apply, as best he can, the Twelve Steps just as they are written. The God that we understand and believe in who restores us to sanity is a merciful God.

"If God be for you, who can be against you?"

The above article appeared in the January-March issue of Railbeams, St. Paul, Minnesota

COURAGE

The courage an alcoholic most needs in the day-by-day battle of life is not physical, but moral courage. Moral courage is the kindly consciousness of the individual that there is something within him that makes it 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. Our lives are a constant struggle, hopeless but for our courage. We've got to play the game of life in a big, manly way, and make no bid for a handicap because of our affliction.

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 principles, 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 hungry out-stretched hand, and that which we may long for could be ours by 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 a real man's consciousness of which is right.

Even a coward may have temporary courage when there are bugles and shouts and cheers to bolster him, but it takes a real man to light on alone, un-noted un-cheered, with no inspiration but the voice of his own soul ringing in his ears through the darkness.

That first drink will destroy me!

Leo R., Silver Dollar

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 and it will help us.



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Mezzanine Room #6
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VOL. XXXVIII No. 2

“MYSELF-A MAN SIZED JOB”

“MYSELF-A MAN SIZED JOB”

[From March-1949 HIGH & DRY-SEATTLE]

There are many people who come to A.A. whose biggest problem is themselves. These people for most of their lives have been looking for a change-and have found that a change of scenery did not supply the answer.

It would seem that almost all of the people in the world could be divided into two classes-those who are running AFTER something-and those who are running AWAY from something.

Some have definite objectives and diligently pursue them. Some are fugitives from false fears. Some are just running without knowing what they are running after or away from.

The peculiar thing about restless humanity is that we fail to recognize the source of our **difficulties**.

What really troubles many of us is ourselves-and no man has ever succeeded in running away from himself.

No matter how much we try to escape we finally must face this fact-here I am with myself on my hands.

It is true under some conditions we may escape from false friends-from bad company-from boring people-but never from ourselves.

When we lie down at night, we are there with our own thoughts whether we like them or not. When we wake in the morning we are still there, whether we like us or not. The most persistent thing in life is our own consciousness of ourselves.

This being so, there is not more pitiable person than he who is uncomfortable in his own company-no matter where he runs-r how fast-or how far.

Sometimes a change of scenery will help us come back to a fresh start, but it's what you are and not where you go that is all important.

Things and places are at peace-it is people who aren't at peace.

It is people we have to learn to live with, including our own thoughts where ever we are. My answer to this problem came to me through the philosophy of A.A. By endeavoring to live it, I found I could live with myself and in sequence, get along much better with other people.

QUOTES

“I'M VERY SENSITIVE-MY FEELINGS GET HURT EASILY-I DON'T SUFFER WELL”

JOHN V. MASSACHUSETTS

SIMPLY SPEAKING

“KEEP IT SIMPLE” — But I came into AA a highly complicated mess, with a tiny, dismally tangled mind. So I have to get it simple first, a strugglesome process. But AA handed it to me stark simple. I have a **killer** illness • but one that can be arrested so long as I don't take that first drink. The choice is shatteringly simple, to die or to live.

Soon I learned more of the message: to live is more than to survive physically. I had to learn to live without an anesthetic against the pain of living. Only that way could I discover the job of living which my drinking had blotted out as well. The rest of the message was stated simply too; but to understand it, which meant starting to live it, was a long, long distance from easy. Faith, Love, Hope, the ingredients for recovery are simple, universal concepts. ALL the big things in life • birth, death, love, truth, prayer • are greatly simple. It is we who clutter them around with irrelevancies till we obscure them because we are afraid of their naked simplicity. I ran from the simplicities of life because of my fear. I became an alcoholic because I was such an afraid person • afraid of the greatest simplicity of-saying YES to living in the real sense of facing up to the responsibilities and realities of life. To say NO is the thing that complicates and sends me off on jags of evasion, self-deception, anger, ingratitude. The simplicities of AA are not easy because they demand self-discipline, patience, practice and perseverance. But whenever I do achieve it, I am amazed how much simpler it is to walk the road ahead than to follow winding side paths; how light and lightly of heart one can travel if one discards the load of guilt and complication.

To become simple is not to be simple-minded. It is to be single-minded in the love of truth, of reality, of life as it is • because of its promise of what it can become. To apologize, to write a letter, to be punctual, to take the 7th Step, meaning it, to talk less, to step down, to laugh at me. All these things are simple things. But for me far from easy, because I am lazy, greedy, arrogant, jealous, self-centered. I get complacent or discouraged. But AA gets me more aware of all the negative side of me, makes me weary of it as I was of drinking. Keeping it simple • quite simply keeping on trying to improve in this day can seem a repetitive, unglamorous business, because it's a slog and there's often little of less to show; but it is all Recovery is really about and if I don't see it that way I'm right off beam. To want the light is the important thing. In AA there is all the teaching about how to come to it • in time.

(via Bristol Fashion)



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Harry D. Founder and Editor 1892-1968

No. 38

November 1979

No. 2

MINUTES OF CENTRAL COMMITTEE
WESTERN RESERVE ROOM
OLD STONE CHURCH
NOVEMBER 6, 1979
8:00 P.M.

Meeting was presided over by Moderator, Warren M. who led the members present in the Serenity Prayer. Roll call showed that 50 persons attended this meeting representing 45 groups. Don E., Vice Moderator, read the purpose of Central Committee and the Twelve Traditions of A.A.

Minutes of the October 2nd., meeting of this committee were read and approved by motion by those attending this meeting. Treasurer's Report through October 1979 was read showing a balance in the Central Committee account of \$506.38 and the Central Bulletin account of \$649.52. 127 speakers have been supplied by the District Office to non A.A. groups through October.

COMMITTEE REPORTS:

Areawide Committee: Ed K., Chairman, reported the next Areawide meeting will be held on Sunday, December 2, 1979 at 2:00 P.M. at St. Malachi's. This will be a family type meeting with an A.A. speaker, Alanon and Alateen. The Serenity Singers will also be there and any thoughts on how to get better attendance at this meeting will be appreciated.

Central Bulletin: Dick F., Chairman, Central Bulletin just completed its 37 years of publication. We are still looking for subscriptions and articles from local people. When your subscription expire, you will receive a yellow slip with the Bulletin stating this will be your last Bulletin, we wish you would take this back to your group, and renew.

Rosary Hall: Lou W., representative, reported, all's quiet and full.

Bay View: Terry L., reported, they have a full house, things are going along very well. The program Director works along with an A.A. steering Committee that meet once a month to discuss the program for the patient at Serenity Hall.

Brecksville: Don E., representative, reported the meetings are well attended. Tuesday's and Thursday's are still short of leads.

Merrick Hall: Phyllis H., reported she's going to see if she can bring a report every month from Merrick Hall.

Metro Gen., East Side Veteran, and Woodruff no report.

Old Business: nothing to discuss;

New Business: several new groups are in the planning, more on this later. Some members were down from the Saharid Club, complaining about the way calls are handled, they don't want 12 step calls given directly to the Club. Tried to explain If a call was given to the Club from the Office, and why it would be given.

There were questions about the Answering Service. Our answering Service was explained.

N.E. OHIO GENERAL SERVICE REPORT: Delegate, Terry L. reported, Gratitude Sunday, November 18, 1979, U.A.W. Local #2 Hall, 3 Goodyear Blvd., Akron, Ohio. 2:00 P.M. till 5:00 P.M. meet your Delegate from North Eastern Ohio. Hear a 4 member panel. The next Assembly Meeting will be held January 20th. 1980, American Legion Hall, S.E. corner of U.S. 21 and 82, Brecksville, Ohio. There will be a Mini Conference in March, John B., Chairman.

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

Elvira A., Secretary.

CENTRAL COMMITTEE MEETING
DECEMBER 4th, 1979—8:00 P.M.
OLD STONE CHURCH-PUBLIC SQUARE
ELECTION OF A VICE-MODERATOR
REPRESENTATIVES FROM EACH GROUP
WELCOME
BE INFORMED

AREA WIDE MEETING

Dec. 2, 1979 • 2:00 P.M.

St. Malachi's School Hall

2401 Washington St.

W. 25th & Detroit Ave.

A.A. -AL-ANON - AL-ATEEN

George O'N. Family

Hubbard, Ohio

Serenity Singers of Akron

SOUTHWEST SUNDAY

16TH ANNIVERSARY

Dec. 2, 1979 • 8:30 P.M.

Berea High School

Cafeteria

Corner of Bagley &

Eastland Road.

Speaker: Jack Brennan

Ada, Oklahoma

"ANYTHING WORTH DOING IS WORTH DOING TO EXCESS." BOB R., CONOGA PARK

This poem was written by my husband after he was in A.A. a few months. It expresses what A.A. gave to him and I would like to share it with you:

*Through A.A. I've found new life.
It gave me back respect, my child, and wife
Only taking away miseries: I'll never miss,
But for the grace of God, A.A. gave me this;*

*It gave me hope, a life anew;
A love of life; and an appetite too.
So much for so little, did I give
Thank God I now can begin to live.*

*A.A. gave me friends; like I've never known.
Where there is fellowship, and an open door.
Thank you God for being so gracious and kind,
Taking my burden of insanity; and giving back my mind.
Through A.A. I found God:
Through God I found me,
A much better way of life now;
What more could I ask of thee!*

*Danny D.
"Our Group" Cleve. Ohio*

THREE — SIX -THREE

The first three steps are aimed at the attainment of intellectual humility; the next six are designed to effect a mental and spiritual housecleaning and a polishing of conscience; the last three are the fundamentals of the way of life that leads to sobriety.

The ardent young suitor drew his girl's little brother aside. "Jimmy," he said, "how would you like to earn a little money for yourself?"

"Good" replied the lad. "What do you want me to do?"

"Well," said the lover, lowering his voice, "I'll give you fifty cents if you get me a lock of your sister's hair."

"That's easy," replied Jimmy. "But if you give me a dollar, I'll get you the whole wig."

----- Be a Bulletin Booster -----

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A CHRISTMAS MEMORY

BY Betty Kmpa

Sitting here in my worn out chair
Holiday laughter filling the air,
I only feel saddened while snowflakes fall
As caroliers are coming to call.

The sky is cloudy and grey,
Same as the night I went away
To celebrate the Yultide season
I went to Pat's bar for just that reason.
There I met Frank, Pete, Mike and Joe
And what the hell, home, that's nowhere to go!

What fun I had that Christmas Eve
Toasting my friends, not caring to leave.
I knew my wife and son were at home
But that wasn't for me, I hated celebrating alone.
Here's where I belonged, with my friends so merry and
gay,
What was wrong with my wife, there was no other way!
We stayed and drank late into the night,
Laughing and singing, all was so right.

A hush suddenly filled the place,
As a somber look came to my face,
For two policemen stood by my chair
Looking at my glassy eyes and messy hair.
Telling me there was an accident to my son, my wife. . .
And both of them had lost their life.
They were on their way to find me you see
When the car skidded on the ice and hit a tree.

Somehow I staggered to the squad car's back seat
My head spinning with thoughts I just couldn't meet.
For the day before when she spoke to me
Trying to really help me see
All of the things I was wasting away, why not at least try
A.A.
But no, stubborn, proud, an Alcoholic? NOT ME!!!
Oh God, why couldn't I see
What a real mess I had made of my life
Now what a loss, my son, my wife.

A year had passed since that dreadful night
For finally I saw myself in the light.
Finding out that A.A. and A Day At A Time has changed
me so much,
A tear trickles down my cheek as a card I hold and
touch.

"MERRY CHRISTMAS TO MY HUSBAND"
signed with her last
"I LOVE YOU"

I only hope she's watching and knows,
Darling, I love you too!

MERRY CHRISTMAS

NOT DRINKING IS NOT ENOUGH

For many of us, not drinking is such an accomplishment that we're satisfied, even elated, when we find we can stay away from that first drink. And it certainly is important that we keep first things first. Because if we can't stay away from that drink, we can't stay sober, no matter what else we may do. But the commonly heard line that "I'm not drinking, so I must be doing something right," is a very dangerous half-truth.

Doing something right is not what the Big Book suggests. The Big Book suggests we must THOROUGHLY follow the AA path.

As you've heard many times (if you have been going to meetings and listening,) the disease we suffer from is threefold . . . beginning with the obsession to drink. If we pick up that drink, the obsession becomes a compulsion to continue drinking, which in time leads to a loss of values. It is true that as long as we are able to resist the obsession to drink, the other two facets cannot follow. But when speakers talk about the disease of alcoholism's being insidious, what they are talking about is the obsession to drink. Neither the compulsion nor the loss of values is in any way insidious - when an alcoholic drinks, they occur.

The obsession to drink, on the other hand, may come in many guises. We may not recognize the annoyance with a spouse as being related to the obsession to drink; but many an "I'll show her (or him)" has really nothing to do with the other person at all. The obsession to drink is nibbling at our heels. Those who slip blame all kinds of things - the beer commercials, meeting an old friend, the airconditioned bar on a hot day, getting fired (or getting hired, sometimes) - but the good old obsession to drink is what bends the elbow. And those who are doing something right, by not drinking, often **find** too late that something wasn't enough.

The Twelve Steps (which are the program of Alcoholics Anonymous) have a very specific purpose. The goal is not to make us more humble or more honest (although these things are part of our recovery) . . . but to expel the obsession to drink. The word is not fight, resist or avoid, but expel.

We are all discovering that the expulsion is a lifetime project. No one of us dares claim the expulsion to be complete, which is why we continue our close association with our group, our AA friends and meetings - and, if we are to continue successful, with the Twelve Steps. We do get rid of the obsession to drink by working on the Twelve Steps, but unless we continue working on the Steps, the old obsession may return. (Which is why so many successful old-timers refuse to say they have worked the Steps.)

Perhaps unfortunately, from our selfish viewpoints, working seriously on the Twelve Steps will make us more humble, more honest, more forgiving and all sorts of other things we have no particular desire to become. But we should keep in mind that even these are better than drinking.

DRY RUN, Boston, Mass.

HOW TO GET "ACTIVE" FROM THE COMFORT OF YOUR ARMCHAIR!

It's simple, make out a check for \$3.50 and put your name and address, city and zip code on a piece of paper and send it to . . .

CENTRAL BULLETIN
One Public Square
Mezzanine #6
Cleveland, Ohio 44113

At a meeting I attended recently I heard the bulletin needs more subscriptions. I'm relatively new in the program but I understand that the Bulletin is a very important part of our program.

In my opinion it is all of our responsibility to protect and keep alive this vital contribution to our program.

Just a suggestion . . . ORDER Now for Christmas and give them to your A.A. Friends.

"I AM RESPONSIBLE"

ORDER BLANK FOR CHRISTMAS

To
Name

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City State Zip ...

From
Your Name.....

One Year Subscription \$3.50
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CENTRAL BULLETIN

Doctor: "What was the most you have ever weighed?"

Patient: "165 pounds."

Doctor: "And what was the very least you have ever weighed?"

Patient: "I think it was 8-1/2 pounds!"

The golfer lost three new balls in succession into the rough. His partner, noticing his bad luck, said, "You lose so many balls, why don't you play with an old ball?"

"Well," said the duffer, "I never seem to have any old balls!"

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

Old Address Z i p

New Address

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It will help you and it will help us.



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Vol. XXXVIII-No. 3

QUESTION

We have a newcomer to our, group, claims to be poly-addicted, he went through treatment as an out-patient at a local facility, and was directed to us as an AA group. Frankly you would have to stretch the point to include alcohol as a part of his problem. By his own admission, he drank seldom, his "drug of choice", was prescription drugs, of his own habits and/or abuse we have little knowledge. Most of us are just plain drunks. Now, he is without any doubt, welcome. We let anyone in and he can participate in the meeting as much as he cares to. However, and here is the question, Should he be brought in completely? Coffee? Cleanup? Chairman? Should we encourage him to Lead? We seek guidance, please.

Send your Answer to:
Cleveland Central Committee
One Public Square
Mezzanine No. 6
Cleveland, Ohio 44113

WHAT MESSAGE?

Just what is this message we are asked to carry?" That I am sober?" Sure that's a big part of it. . . but not all, for lots of people are sober. Is it then, "that this sobriety is available to all?" yes again, but still it seems incomplete. My or your, personal story?. . . partly: perhaps mostly, when dealing with the new person, who needs a point of reference into his or her own life. Is it that "going" to AA will get you sober and help you keep it? Only the smallest part.

Reading over the stories of Bob, Bill and the others is mind boggling. Throughout each are several threads. . . sobriety, of course, but so much more. A sense of god, of human concern, and of the love within each of us that comes to the surface so rapidly once the spark is struck upon steps 2 & 3.

There is no spiritual side to the program, nor a spiritual aspect we can or cannot "get". The program is, of itself, bound up in spirituality.

Read it for your self. . . 562 pages are contained in the Big Book, only 148 deal with the history of our fellowship and the set of instructions to the drunk, the spouse, the employer and others. 414 of the pages report on the personal examples of living sober, and seeking the sanity we are promised, through an understanding of god. . . .

Terry W.
Bay West Discussion Group

ARE YOU A MEMBER?

Are you a member of the group or are you an "attender"?

If you are a member of the group you **arrange to be at** the meeting place a little early • mostly to say "hello" to other arrivals, but available, if needed, to help set up tables and chairs, perhaps to make the coffee, or EVEN talk to a NEWCOMER.

If you are a "member" of the group you stick around after the meeting to again offer your services if needed • and to visit with friends and any new people. When you do this as a "member" you start for home with an AA "high" that is pretty special and satisfying. You've not only taken out a bit more insurance for your own sobriety and peace of mind • but you even might have helped some other person to find an answer for a perplexing problem. And remember. . . we all have problems. Membership in AA does not automatically let us in to a never-never land of "no problems". It does give us some basic truths to work with that allows us to solve or at least "cope" with our problems.

On the other hand most of us know some "attenders" who stomp in promptly at 8:28 (if it's an 8:30 meeting) who grabs a cup of coffee, pushes in to the best seat left and proceeds to look as if he is mightily trying to stay awake until the whole boring business is over.

The "attender" usually contributes negative vibes and sometimes "remarks".

The reason is that the attender probably thinks the entire program is based entirely on "I'M NOT DRINKING". When the meeting is over, old "attender" is out the door as if someone had just tossed in a live hand grenade.

Wouldn't it be nice if the "attenders" would convert to being a "member"? All out AA by all of us would make the meetings warmer and friendlier and new people would feel these kinds of positive, warm and loving feelings and want more than ever to find a way out of their drinking dilemma!!!!

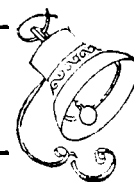
BE A MEMBER!!!!!!

TWO TIPS ON SPONSORSHIP

- (A) A sponsor should be someone who know the way-shows the way-and goes the way!
- (B) A sponsor should have a good Program and and demonstrate that "We grow through the steps and succeed through the traditions!



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 is \$3.50 per Year.

Harry B., Founder and Editor 1892.1968

No. 38

DECEMBER 1979

No. 3

MINUTES OF CENTRAL COMMITTEE
WESTERN RESERVE ROOM
OLD STONE CHURCH
DECEMBER 4, 1979
8:00 P.M.

Meeting was presided over by Moderator, **Warren M.**, who led the members present in the Serenity Prayer. Roll call showed that 42 persons attended this meeting representing 42 groups. Don E., Vice Moderator, read the purpose of Central Committee and the Twelve Traditions of A.A.

Minutes of the November 6 meeting of this Committee were read and approved by motion by those attending this meeting. Treasurer's report through November 1979 was read showing a balance in the Central Committee account of \$494.87 and in the Central Bulletin account of \$690.21 133 speakers have been supplied by the District Office to non A.A. groups for the months of January thru November inclusive.

COMMITTEE REPORTS:

Action Committee: No report.

Areawide Committee: Chairman, Ed K., thanked everybody that helped him, the last meeting was a success.

Central Bulletin: Dick F., Chairman, stated the November issue of the Central Bulletin carried an order blank for, that can be given as a Christmas present. still need articles and subscriptions.

Rosary Hall: No report.

Bay View: Terry L., reported, temporarily for the month of December, Serenity Hall will be moved to the third floor, for housecleaning. The program now has 14 movies on Alcohol and Alcoholism, a different movie for the 14 day stay. When the new Hospital is built in the spring of 1981, Bay View will be known as St. John and Westshore Hospital, located in Westlake, Ohio. Serenity Hall will be part of it.

Brecksville: Don E., representative, reported the meetings are well attended. Still have outgoing plea for speakers. The hospital is very much A.A. orientated.

Merrick Hall: Phyllis H., brought in a report from Merrick. Merrick Hall will have other series of Assertiveness growth sessions open to Merrick Hall grads and A.A. women. The sessions begin Saturday, January 5, 1980, call Merrick Hall to register. Jane would like to thank all for their support of Merrick Hall and for their prayers during her recent illness.

Metro: No report.

East **Side** Veteran: Lucretia W., announced the sixteenth Anniversary of the V.A. Hospital group, November 5, 1979.

Woodruff: Edith H., reported everything's going great, and reminded members going to Woodruff to call a pass. Hope Hall is now completed.

Harbor Light: Walter S., reported, they have a Detox meeting on Tuesday and Thursdays at 6:00 P.M., and a regular A.A. meeting on Friday's at 8:30 P.M. and they welcome any outside support. Need leads and chairman's.

Old Business: Nothing to discuss.

New Business: At this meeting an election for **vice-**Moderator was held. The name of Jean M., was placed in nomination, and seconded. There being no further nominations from the floor. Jean M., was unanimously voted in as the new Vice Moderator.

N.E.O. General Service Report: Delegate, Terry L., reported, we are in need of General Service, and Grapevine representatives. The next Assembly meeting will be held January 20th. 1980, American Legion Hall, S.E. corner of U.S. 21 and 82, Brecksville, Ohio. Work has begun on the Ohio State Conference, Cleveland will be Host, August 29, 30th. and 31, 1980, Cleveland Plaza Hotel. Northeast Ohio General Service has leased the film "Inside A.A.", see Terry L. for information.

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

Elvira A., Secretary.

DATES TO REMEMBER

CENTRAL COMMITTEE MEETING
JANUARY 8, 1980—8:00 P.M.
OLD STONE CHURCH-PUBLIC SQUARE
BE INFORMED
GROUP REPRESENTATIVES WELCOME

G.S.R. MEETING
JANUARY 20th, 1980—2:00 P.M.
AMERICAN LEGION HALL
ROUTES 82 & 21
BRECKSVILLE, OHIO

2ND ANNUAL
YOUNG PEOPLE OF OHIO
BOWLING GREEN UNIVERSITY
JULY 17, 18, AND 19, 1980

INTERNATIONAL A.A. CONVENTION
45TH ANNIVERSARY
"THE JOY OF LIVING"
NEW ORLEANS JULY 3-6 1980



Mary Yoder, is seriously ill. The family request prayers for her and family. Cards may be sent to 9679 Foxvale Rd. NE R 2. Alliance, Ohio 44601. No visitors allowed.

OBITUARY

Carl E. Nash, Sr. secretary of L.S.I. group passed away suddenly Dec. 1, 1979. He was a active member of our fellowship and will be missed by all of us who knew this fine member our deepest sympathy to his wife and family.

Henrietta B. Seiberling, died in her New York home. In 1935, Henrietta opened her Gatehouse Stan Hywet Hall in Akron, so that Bill W. could carry the message to Dr. Bob. This led to the beginning of Alcoholics Anonymous.

Bill Small, of Laurel Group passed away at Holy Family Home. Bill was a enthusiastic member for many years. Our sympathy to the family.

WAY BACK

I was in a 12 step house and told I had to pick a sponsor. I chose this little guy who spoke in broken English. I figured he couldn't understand me and I couldn't understand him so we should get along with each other just fine. I hadn't counted on this little guy having a contact with God. He told me I only had one problem • ALCOHOL. If I took care of that one problem, God would take care of the rest.

When I had just over 90 days, I expressed to Joe (my sponsor) that nobody had called on me to participate at the meetings we attended. He said, "OK. Tonight we go to a different meeting." When he picked me up I was dressed in my best and only suit, wearing a new shirt I had never worn before.

When the meeting was going good the leader called on me. I stood up, in place, and said, "My name is Dick and I am an alcoholic." As I took a breath to continue I felt a tug on the back of my jacket. I turned my head and there was Joe tugging away. I looked down at him in bewilderment. Joe lifted his face towards me and calmly said, "Shut up and sit down. You've told all you know."

Dick S.

— Be a Bulletin Booster —

TRADITION THREE

"The only requirement for membership is a Desire to **stop** Drinking".

The problem faced by this Tradition isn't **just** past A.A. history, it keeps coming up, for instance when a group debated whether to exclude alcoholics who are also hooked on other drugs. The Tradition mentions no such negative requirements, no demand that the prospective member must not be a pill addict, a homosexual, an ex-convict a person with a record of mental illness. All alcoholics are welcome.

What about the group that **seems to** impose extra positive requirements, "beyond a desire to stop drinking".

This might be a special interest group or a collection of groups in which for example each member must be a physician or a young person, a man, a women, a priest or a law enforcement officer. By their own accounts those belonging to International Doctorsin A.A. or Young People in A.A. consider themselves **first** and attend general membership meetings as well as those that fill their other needs.

FEATURE

Many of us thought we were special.

"A.A. won't work for me. I'm too far gone." "It's nice for those people, but I'm president of the P.T.A." I'm too old. Too young. Not religious enough. I'm gay, or Jewish; a Professional person: a clergyman: too smart or too uneducated.

At this moment people all over the world are thinking that A.A. probably won't work in their case for one or several of these reasons. Perhaps you are one of these people.

AA CENTRAL BULLETIN
ORDER BLANK

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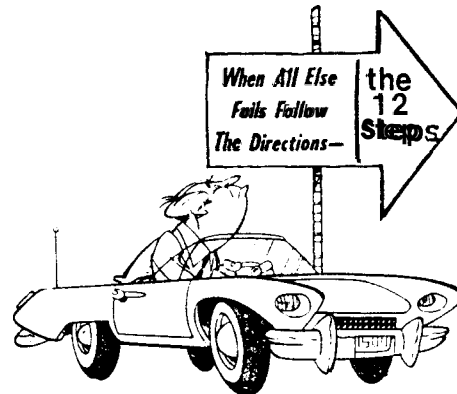
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The Day Our Group Went Wrong

There was this feller, see, don't know his name, don't suppose anyone does. Small he was and quiet, bit mouse-like if you know what I mean. wouldn't hardly notice him in a crowd. Probably a bank clerk or small shop keeper, something of the sort, don't suppose anybody ever asked him. We'd see hm around at the group, always at the back of the room he was, never talked much; come to think of it, I don't think I ever heard him talk at all. I'm quite a talker myself and, like meets like, or so they say, so I never had much to do with the little feller.

Ours is a pretty good group. Things run nice and smooth. chairs get put up neatly around the discussion table, there's always enough ash trays and such like. Afterwards there's tea and biscuits and sometimes sausage rolls. Like I said, I'm quite a talker and I enjoy the char after the meeting. I'm not over fond of hard work either, that's why our group suits me-it's so darned efficient that, by the time I've finished yarning everything's cleared away, as if by magic: chairs away ashtrays cleaned, floor swept, washing up done, everything neat as pie, you wouldn't hardly kow there's been a meeting.

Well, you wouldn't until that fateful day. A couple weeks back it was, when it all went wrong, right from the start, everything wrong. When I got in (a couple of minutes late) the place was in chaos. People milling around, pushing and shoving, chairs all over the place, nothing ready and everyone looking at everyone else as if it was their fault.

Well, we had it sorted out in the end and the meeting got under way, half an hour late. And it wasn't such a good meeting either, everyone edgy, if you know what I mean. Anyway, we got through it somehow and finished up with the Serenity Prayer and then there was the usual scramble to the back of the room to get our tea. Well there was a nasty surprise in store; Whoever makes the tea hadn't made it, it just wasn't there. Empty table, not even one miserable biscuit. I like my cup of tea and I wasn't half put out. Anyway, after a lot of hargy-bargy, one of the ladies went off to make it, and you never heard such a fuss-she couldn't find this, couldn't find that, there wasn't any milk and when it finally arrived it certainly wasn't my idea of a good cup of tea.

Everyone was asking everyone else what'd gone wrong. And then some bright lad said, "Where's that little feller. Whatsisname?"

Well as I said, you never noticed him anyway, so we all started looking around for the little feller (someone looked in the piano) and then at last, the shattered truth dawned. it was the little feller-the little feller that no one ever noticed—he was the one who put out the chairs, the ashtrays, made the tea and brought the biscuits: it was the little feller who swept the room and emptied the rubbish. And the little feller wasn't there that night.

He was back next week full of apologies. He'd been called away, sudden like, to bury his mom. And, you know, a funny thing, he didn't look so little anymore.

Editor's note: This appeared in the 9/74 edition. All of us know that little feller.

Central Bulletin
Cleveland Central Committee
of AA. . To the Editor

A sense of inertia has allowed me to read the Central Bulletin at my home group, rather than retaining my personal subscription. My check is enclosed to correct this. Please begin mailing the bulletin to my home, as above.

In addition, enter two subscriptions to be sent to:

Since I have personal experience in writing a newsletter for industry, I can appreciate the effort going into this bulletin. All connected with it deserve our thanks.

As a suggestion, why not promote group subscriptions This worked very well for a local church group (Universe Bulletin) and could lead to a renewal of interest, through a wider readership. Perhaps no price cut. I'm certain this could be a project supported by many.

How about a "Letters to the Editor" section and or a page devoted to questions to and answered by the Central Committee?

Thanks again

Bay West Discussion Group

Dear Editor

Please be informed that Ed. H. had open heart surgery and is coming along just fine-I'm sure some of our AA friends of at least 38 yrs would like to know if they remember us. I'm not well myself, but at 78-1/2 I'm not complaining-Please remember us to all & have a wonderful sober 1980 & Happy Holidays to all—

Respectfully yours

Ed & Hilda H.

2148 Alex Pl.
Orlando, Fla. 32810

"Dad, I read about a man who was a financial genius. What does that mean?"

"It means that he could earn money faster than his family could spend it!"

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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