



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

Vol. XL • No. 4

BLEATING OR BLEEDING

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

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

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

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

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

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

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

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

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

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

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

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

What'11 it be bleeders or bleaters (with little wool)?

Central Bulletin
July 1976

IS A.A. ADVERTISING AND, IF SO, WHY?

The following is the 11th Tradition in long form: "Our relations with the general public should be characterized by personal anonymity. We think A.A. ought to avoid SENSATIONAL ADVERTISING. Our names and pictures as A.A. members ought not be broadcasted, filmed or publicly printed. OUR PUBLIC RELATIONS SHOULD BE GUIDED BY THE PRINCIPLE OF ATTRACTION RATHER THAN PROMOTION. There is never need to praise ourselves. We feel it better to let our friends recommend us."

Whoever rewrote this tradition left out the meat of the whole paragraph • AVOID SENSATIONAL ADVERTISING. Advertising, Webster's definition, is the action of calling something to the attention of the public. Through the years personal anonymity has been broken time and time again. Now our trusted servants see fit to run daily ads in the newspapers and on T.V. I wonder if we have a membership drive on?

We are guilty of advertisement by bringing Alcoholics Anonymous to the attention of the general public. We seem to be getting farther and farther away from Dr. Bobs last public words, "FOR GODS SAKE, KEEP IT SIMPLE."

I have heard others comment on this subject. If you agree that this is wrong, go to a Central Committee meeting and tell them or pick up a phone and call them. After all they are our trusted servants, they do not govern.

Some people think the 11th Tradition is for personal anonymity only. The Traditions are for A.A. as a whole, not just individuals.

Neal C.
Thursday Closed Men's

IS THIS A.A.

Heard this morning of a group that will not have it's regular meeting-because the secretary can not be in attendance.

We are told (No. 2 traditions) for our group purpose there is but one ultimate author-y-a loving God as he may express himself in our group conscience. Our leaders are but trusted servants; they do not govern.

Suggest this group take a fearless moral inventory of our traditions.

Dick F.
Southwest Sunday



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

Harry D.. Founder and Editor 1892-1968

Vol. 40 January 1982 No. 4

CENTRAL COMMITTEE MEETING
 FEBRUARY 2ND, 1982-8:00 P.M.
 OLD STONE CHURCH • PUBLIC SQUARE
 CLEVELAND, OHIO
 BE INFORMED
 GROUP REPRESENTATIVES WELCOME

G.S.R. THIRD LEGACY MEETING
 FEBRUARY 21ST, 1982
 AMERICAN LEGION HALL
 ROUTES 82 & 21 — BRECKSVILLE, OHIO

MINI CONFERENCE
 MARCH 19, 20 & 21ST, 1982
 RAMADA INN, AKRON OHIO

THIRTY-FIRST ANNUAL
 DINNER-DANCE
 MAY 1ST, 1982 - 12.50 PER PERSON
 TICKETS GO ON SALE TUESDAY
 JANUARY 26, 1982
 AT THE ADVISORY MEETING TO BE HELD AT
 OLD STONE CHURCH • PUBLIC SQUARE.
 CLEVELAND, OHIO — 8:00 P.M.

— NEW GROUP —
 OLMSTED FALLS MEN'S FIRST MEETING
 SUNDAY, FEBRUARY 7, 1982 • 8:00 P.M.
 ST. ANDREW'S UNITED PRESBYTERIAN CHURCH
 23114 WEST ROAD (NEAR LINDBERG)
 OLMSTED FALLS, OHIO
 CLOSED MEN



"Since you've been in AA, I've noticed you open the garage door before you put the car in!"

THE PRICE WE MUST PAY

The only requirement for membership is a desire to stop drinking. There are no dues or fees for **membership**. We hear these familiar words at almost every AA **meeting**. I believe that every man and woman who comes into AA has to pay a price for membership, and that price is set according to the degree of their drinking.

The material cost is insignificant compared to the price that is not tabulated and itemized in a business sense. The price is engraved on the countless hearts and faces where it can be plainly seen, seen in the eyes of the suffering alcoholic. Self-respect, loss of opportunity, failure in every endeavor, lost physical health that can never be completely restored and the shattered lives of family members. This is the price that people have to pay to join this Fellowship.

With all the information that is available today to the alcoholic and to the public, there are still thousands and thousands of men and women, spending large sums of money for temporary sobriety. People that can afford it, buy sobriety at hospitals, in sanitariums and rest homes, but this kind of sobriety is short-lived, and it is merely a lull, a short drying out period between binges.

This kind of sobriety will not suffice, because anything that does not include the unseen eternal, can never be adequate enough to satisfy the hunger of the soul. There is something in every human being that reaches out beyond the realm of time and sense, to the spiritual and the eternal. Sobriety will have no abiding value if it does not arouse us to renewed efforts.

To take alcohol away from the alcoholic and give him nothing else leaves **him** in a vacuum, coming from nowhere and going nowhere. He needs a quality of sobriety that will sustain him in the hour of trial and tribulation. He needs physical and mental sobriety that will put real meaning into life. He needs the quality of sobriety that will **open** the door to a better life and renew his faith in God. Sobriety is **the** most important thing to the alcoholic but it must be of a quality **that** will produce a truly noble life which will add a worthwhile contribution to some good cause.

Sobriety is only the first addition to a new way of life; we must develop further **as** we grow and not trust to get the fruit of reason without an effort on our **part**.

No man can serve two masters, nor can **an** alcoholic be a member of Alcoholics Anonymous and at the same time, be a member of a tippler's fraternity. It has to be one or the other. Half measures will not free us from the lust of the flesh. We must give up certain monetary pleasures for the sake of a lasting pleasure. AA does not demand that we become perfect, it only asks us to grow in friendship and in service to our fellowship.

We are all our "brother's keepers" whether he is black, yellow or white. Only by translating this truth into terms of our daily living, can we hope to achieve some measure of a happy life.

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

A SELFISH PROGRAM?

Around the tables, it is often said, particularly to newcomers, that A.A. is a selfish program: "You don't do it for your wife, husband, or children. You do it for yourself."

This concept of A.A. as a selfish program has a facet that probably has been apparent to others but has just dawned on me. This facet, perhaps, is only my way of looking at a part of the definition of "selfish" — regarding one's own comfort or advantage. My life prior to A.A. was unmanageable and pure hell. If I have any rational concept of what is truly my own comfort, then I must regard A.A. as the only means to develop and insure that comfort. Obviously, this is selfish.

But there is a still deeper meaning to the word: If I want to grasp what the A.A. program offers, I must do it myself. For the first time in my life, I can't rely on dear old Mom, Dad, or Sister Sue, on Father X, Rabbi B, or Doctor S, on friends, or on any other human being. It is the naked "I" that has to do something.

No one else's staying sober or getting drunk can affect my sobriety. No one else can turn me toward his or her Higher Power — I must turn to mine. It's not someone else's life I turn over to the care of God — it is my own. Mom can't admit my exact wrongs; Dad can't ask God to remove my shortcomings. The Twelve Steps tell us what **A.A.'s** have done—but to follow their path, I must use the Steps; if I don't, then I-not Charly or Mary-will be out there drinking. If I am to hold on to the beautiful life I have found through A.A., then I must remember that, in this sense, A.A. is a selfish program.

Taken From Grapevine
September 1979

FLASH OF WISDOM

There were about fifteen of us, including three newcomers, congregated for the Sunday noon meeting. With maybe three minutes left, the leader called on me. What was left to say? After about ten seconds of exhaustive meditation, the summary of my experience in A.A. took shape in one thought.

I have discovered my right to be wrong. To sometimes be irrational, inconsistent, and immature is not a sign of moral weakness. It is human. I gleefully accept myself as just another imperfect mortal. My stoutly defended opinions are no longer gold-plated.

A.A. has given me a wonderful insight into my frailties and my ability to change them. I'm not graven in stone. And best of all, I don't have to feel so damn guilty.

These were my self-serving thoughts for the newcomers, and oh boy, did I feel wise!

J.C., Thousand Oaks, CA
November 1979 Grapevine

As the doctor was readying the patient for the operating table, he said, "I'm going to be very frank with you — this operation is successful only about 10% of the time. "Now, is there anything I can do for you?"

"Yes, sir," replied the patient, "you can help me get dressed!"

NO MUSTS?

There are no "musts" in AA, and no one is going to force you to do this or that, but I found that I would not sober up if I didn't admit that I was powerless over alcohol. I could deny there was a God, but I had to admit there was a power greater than myself. I didn't have to look into my character defects, but I couldn't do much about them until I dug in and recognized them.

I didn't have to admit to another human being the exact nature of my wrongs, but when I did not, I got drunk after about eight months sober.

It is not a requirement in our program to make amends, but take it from one who knows, that if we are to have some degree of serenity, it is necessary to make these amends if at all possible. I don't have to like everyone, but we will discover that we cannot hate and make amends at the same time.

I don't have to continue to take personal inventory and when wrong promptly admit it, but if I expect to progress in the program, check my spiritual progress, and avoid the unhappiness that follows when I allow self-centeredness to creep back, I had better use the step every day. If I don't continue with step eleven, to improve my contact with my Higher Power, I may begin mistaking recovery for cure, and find the AA program unnecessary again. It's so easy to forget how sick we really are.

It is not necessary that I carry the message to others who still suffer, but I would be missing out on one of the most rewarding experiences of our program, so important to my own sobriety and making AA my way of life. It may be a little frustrating at times, but this, too, serves a purpose in reminding us how we were. It is sort of like the story of the two hens talking one day, "It seems with all these eggs we are laying, there ought to be more of us."

No, there are no "musts" in AA, but I feel there are many requirements for a full life in AA.

Ken G.
Silverdollar

Husband: "Sure, I talk in my sleep. You don't begrudge me those few words, do you?"

(With thanks to North Dakota's
AA 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.

Name

Old Address Zip

New Address

City State Zip

It will help you and it will help us.



"COURAGE TO CHANGE"

Alcoholics Anonymous gives me the courage to change. They help me believe I can change. It's like the young man who first went to a fortune teller. He thought she might tell him what was to become of his miserable life. So he submitted himself to her treatment. She took his hand and told him how impressed she was with the lines she saw.

"There is a long life-line," she said, "and I see other lines in your hand." It indicated a natural born extrovert." "Oh, no," the young man said. "I've always known I'm an introvert." With this the fortune teller insisted that what she saw was a natural born extrovert.

You can imagine that young man walked away on air saying, "What do you know. I'm a extrovert." This is exactly what my friends in AA did for me, they just turned my life around. I came into this program convinced I wasn't much good for anyone. I felt I didn't have much talent, was bashful, scared and, yes, even thought I was an introvert. They showed me I was a worthwhile human being, showed me my talents, helped me with my fears and brought me out of the thick shell I had built around me. They showed me by example what a spiritual life was and one that could work for me, too. There is no longer the need to crawl through life on my hands and knees saying how difficult things are.

AA has taught me to look at the possibilities. I discovered there are some pretty tremendous things I can do for myself. I discovered true meaning in my life, and the beautiful part is I found that meaning within myself.

If there is a new AA member reading this article, just let me say - You can trust those people in AA. They are seeing us for what we are. They have come from where we are and they have the insight to help us become strong.

One of my favorite people in AA would always say, "Go with a winner and he'll show you the way." You know that man was Larry L. and I decided since he told me that, he must be a winner, so I followed him around for a number of years. He had truly become my best friend. He has since left this world for another far better, but he left a lot of good training behind. I know he would just say to all of us, "Just pass it on to another suffering alcoholic."

Love you all,
Esther G.
Silver Dollar

FUND DRIVE IS UNDERWAY

When you support the Downtown Office, you are doing an important **12th-Step** job. Your dollars make it possible for hundreds of calls for help to be received and turned over to groups. Your dollars provide a central place for those seeking help and AA visitors to call; a clearing house for our AA literature; a source for speakers; a telephone answering service which handles almost **20,000** calls a year. No single individual could do such widespread good. But, as an individual **your dollars** actually do this tremendous **job!**

And the opportunity is again almost here. During March, Greater Cleveland's AA will be asked to contribute to the support of the District Office. This money pays the salaries of a full time Secretary and his assistant; office rent, telephone, electric light, night-time telephone answering service, literature, printing, postage, and other mailing costs.

Last year, 327 groups and 2652 individual AA members pledged money to support the work of your Office. This year it is hoped that even more of the Greater Cleveland groups can see their way clear to making a group pledge. Experience has shown that the combined effort of the groups is the greatest single factor in raising the money necessary for this important work.

As in past years, you and your respective groups will be contacted for your practical help. If each group will assume their proportionate share of the load, and if individuals who are financially able will continue to supplement group contributions-we can succeed.

It is our fervent hope that District Office may be able to continue the invaluable services for which it was organized almost 38 years ago. We all know how AA has grown-let's see to it that the important services of your Office can keep pace!

Thank you, in advance, for your understanding and assistance.

PROGRESS

"All A.A. progress can be reckoned in terms of just two words: humility and responsibility. Our whole spiritual development can be accurately measured by our degree of adherence to those magnificent standards.

Even deepening humility, accompanied by an ever greater willingness to accept and to act upon clear-cut obligations. These are truly our touchstones for all growth in the life of the spirit. They hold up to us the very essence of right being and right doing. It is by them that we are enabled to find and to Gods will."

from "As Bill Sees It"



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

Harry D.. Founder and Editor 1892-1968

Vol. 40 February 1982 No. 5

CENTRAL COMMITTEE MEETING
MARCH 2nd, 1982 -8:00 P.M.
 OLD STONE CHURCH • PUBLIC SQUARE
 CLEVELAND, OHIO
 BE INFORMED
 GROUP REPRESENTATIVES WELCOME

AREA WIDE MEETING
 SUNDAY, MARCH 7TH, 1982
 2:00 P.M.
 ST. MALACHI SCHOOL HALL
 2401 WASHINGTON STREET
 CLEVELAND, OHIO
 SPEAKER: JOHN M. ANGLE GROUP
 BRING SOMEONE TO THIS MEETING
 TO HELP SOMEONE ELSE.

7TH ANNUAL NORTHEAST OHIO
 MINI-CONFERENCE
 MARCH 19, 20, 21, 1982
 RAMADA INN NORTHWEST
 ROUTES 18 & I-77 AKRON, OHIO
 REGISTRATION \$10.50
 REGISTRATION & BANQUET \$19.50
 SUNDAY BREAKFAST \$5.75
 N.E.O. MINI-CONFERENCE
 P.O. BOX 1394 • AKRON, OHIO 44309

ANNUAL ADVISORY MEETING
 THURSDAY, MARCH 25, 1982
 8:00 P.M.
 OLD STONE CHURCH • PUBLIC SQUARE
 CLEVELAND, OHIO
 ELECTION AND OTHER IMPORTANT BUSINESS

THIRTY-FIRST ANNUAL
 DINNER-DANCE
 MAY 1ST, 1982 • 12.50 PER PERSON
 TICKETS GO ON SALE TUESDAY
 JANUARY 26, 1982
 AT THE ADVISORY MEETING TO BE HELD AT
 OLD STONE CHURCH • PUBLIC SQUARE.
 CLEVELAND, OHIO — 8:00 P.M.

IN MEMORIAM

CLARENCE R. (C.R.) SMITH, 12 year member of our fellowship, active in Seven Hill's Men & Parma Sat. Groups departed this life January 27, 1982 suddenly from a heart attack. Our sympathy and prayers to the family.

THE ART OF COMPARISON

The art of comparison with neighbors is an ancient device used to judge our actions. Most of us made full use of it when drinking too much and when asked to do something about it. We always found someone to point to and say that we were not that bad. The Pharisee who felt that he was not as bad as the Publican standing in the corner, is but one example. And, like the Pharisee, when we were told about some neighbor who joined A.A. and was trying to do something about his drinking, our answer was: "Well, it's about time he did something, but I'm not as bad as he was, I can quit anytime."

The poverty, the grief, the heartaches and the discord that our drinking caused in the lives of others, seemed less heinous than the offense of others. I believe the reason was that we knew all the circumstances that caused them, so we managed to excuse in ourselves, that which we could not excuse in others. We turned our attention away from our sins, finding it easy to condone them, by comparing ourselves with someone we singled out as a horrible example.

At times we carry the art of comparison into A.A.. This has been demonstrated to me quite often, particularly when a group of A.A. friends get together. (Of course, I must confess that I too, am also guilty of making comparisons.) Sometimes, we compare another man's activities and find him wanting, without considering his age, health or responsibilities. We even compare groups and boast that our group is better, because the other group has dispensed with comments from the floor, or put a time limit on their meetings. At the same time, we profess to be defenders of the A.A. principles and insist on keeping the Twelve Steps inviolate, but we disregard the Traditions which tell us, "That each group should be autonomous except in matters affecting other groups or A.A. as a whole.

I think the reason that we pick some individual who we believe to be below our moral standards and whom we compare ourselves with, is that it makes it easier for us to hold onto our own shortcomings. Comparing ourselves with others stems from the desire to prove ourselves superior. Probably deep down, we feel inferior to that person, and so, in order to elevate ourselves in our own estimation, we compare ourselves with another, in an attempt to pull him down to our own level and our moral standards.

One can be happier looking for the best in people than searching for their mistakes. It is easy to point a finger at another and see only his failings, and then dwell on them. There is indeed a greater reward to look at the whole man and seek out his fine qualities.

Our penal institutions are full of men who claim they are better than those on the outside. Perhaps in some ways they are right but it was their comparisons that got them into prison. They overestimated their own ingenuity and underestimated the skills of those enforcing the law.

We can't save our own souls on the ladder of life by comparing it with others, but if we must compare, let us

compare ourselves with someone or something of a higher level. No one can become SOMEBODY until he learns to respect folks that have already become SOMEBODY. You will find it wise to pick the right model to compare yourself with.

Ed B.

SHOULD I CALL?

He came in at the stroke of eight. The tables were full. I didn't see him talk to anyone as he took a seat on the side of the room. I said to myself, "I'll have to talk to him after the meeting."

When I looked around for him after the meeting, he was gone. We had been attending the same small discussion group Thursday nights. But I hadn't seen him at the last couple I'd attended.

I like the guy. I identify with him. What he has said makes sense. But is something wrong? This time, he passed when he was called upon.

Should I phone him just to chat? Would he resent it? Would I resent his resenting it? I've seldom "bothered" other people. But something was said at the meeting last night about people and loving and having friends and not being alone anymore. An that's gotten me to thinking. What am I afraid of? Of being rebuffed?

Should I wait? After all, I may see him on Thursday, tomorrow night. Maybe he's been busy or out of town or going to other meetings. Why do I think he may be having problems? Am I reading something into his behavior that isn't there? Why do I debate with myself? Is it because this is truly my first outreach since I've been back to A.A. this time?

He gave me his card. I know the number. If he didn't want anyone to call him, would he have done that? . . .

Well, I've gone ahead and called. He said he'd been real busy and was busy in the evenings. He said he had needed the Tuesday night meeting said he'd see me Thursday night. He thanked me for calling.

Be a Bulletin Booster

AA CENTRAL BULLETIN
ORDER BLANK

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

Date

Name

Address
Street

City Zone No.

One Year at \$3.50 Amount enclosed \$

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

MILL ENDS AND REMNANTS

As has been written here any number of times when we become truly sober in AA and embark upon the new way of life it teaches, it is importantly beneficial that we endeavor to expand our horizons to embrace as many of the contributory good things of living in order to maintain our sobriety.

The horizon of friendships is never completely reached, but it can be continually expanded by continued activity in the fellowship through attendance at many meetings, conferences and conventions, thus enlarging our programs and sustaining the same in drawing from the quantitative and qualitative strength of the friends attained.

Another horizon, which, while never completely attainable, if we are to grow, is that of knowledge and wisdom. This is available to us to the degree that we work at it, and comprehends regular and continued reading of our Big Book and our other AA literature, together with outside reading and study which we can apply within the limits of our understanding.

That there is strength in such reading and study, this writer can attest to, and one of his favorite writers has been the Apostle Paul. Many of his letters have been a source of needed strength on occasions that the road has been bumpy.

One passage that has been of immeasurable solace since the earlier days in the program is the portion:

"No temptation has come your way that is too hard for flesh and blood to bear. But God can be trusted not to allow you to suffer any temptation beyond your powers of endurance. He will see to it that every temptation has a way out, so that it will never be impossible for you to bear it."

And another, which is a sustaining area with respect to my program to living and my responsibilities to it, to fellow man and AA members universally, reads in part:

"But by the Grace of God I am what I am, and his grace toward me was not in vain. On the contrary, I worked harder than any of them, though it was not I, but the grace of God which is with me."

These are but two, there are many others and perhaps at a later time, we may be permitted to write about and share our thoughts about others.

There is peace in enlarged horizons, by George!

Reprinted from Sept. 1969 Bulletin

GRATITUDE

A lawyer tells about a habitual drunk who was hauled before the bench and the presiding judge looked at him sternly. "Look at you," the magistrate says, "You are a man of good education, yet here you are broke, in jail, cut off from friends and family, without a job and without hope of finding one and holding one. It's alcohol that's responsible for your situation." The drunk looks at the Judge and says, "Thank you, your Honor, I'm glad to hear you say that. Everybody else tells me it's my fault."

(copied - The Voice - Atlanta, GA.)

THOUGHTS . . . While . . . shaving . . .

I had a question dropped on me the other day that hadn't been asked for many years. "Don't you ever wish you could take a drink again?" I suspect that after sobering up, each of us is asked that question at some time or other. The question, honestly asked, does demand an answer and I'm sure we all have some kind of answer.

For many alcoholics, from a wide acquaintanceship, the answer is often "yes" - with or without some qualifications. For myself, I have to say "no" - no thanks. Any "fun" I might have had in drinking occurred so many years ago that that is really forgotten. Too much happened since. There might have been some "fun drinking" during my college years, and I guess there really was a little but that "fun" ended long before school did - so at best it was really short-lived.

I don't mean to imply that I haven't had the impulse to have a drink, over the years, on some rare occasion or in certain situations. This does happen, or has happened. However, less frequently as the years go by. The important thing for me to remember is that they can continue to happen as long as I live, so I must remain aware of that fact. Like they say - we're one drink away from a drunk!

Thank God that these impulses or temptations are never a case of wishing I could safely drink again. That hasn't been the case - at least up to today. They are, instead, a momentary feeling of being trapped in tensions that I used to dissolve pretty readily in booze - a temporary solution for sure!

The Fellowship of Alcoholics Anonymous keeps me ever mindful of the horrors of having been trapped by alcohol. This association with people who have been where I was, helps me live this twenty-four hours with greater ease and with greater enjoyment.

Here I am shaving, with a smile on my face, when a few years ago I would have had to have a couple of belts in order to hold the razor in my hand. Those couple of hookers had a tranquilizing effect and gave me control of my razor for the morning shave. God! God! What a way to live! What a way to start a day that would have to include "nipping" all day in order to function at all and at the same time attempting to hide the fact of my drinking! How "alone" I was. I could never describe that feeling to someone that hasn't been so trapped.

So, today, I am able to say I no longer need to drink. This is the greatest blessing that has come to me in my lifetime. But getting back to the original question - "Don't you ever wish you could take a drink again?" The answer is just a simple "no". What reason could I possibly come up with that would make me risk losing this spine-tingling feeling I get every time "I no longer need to drink!"

Silver Dollar
Bud G.

Passed Away Dec. 9, 1981

RESPONSE TO ADVERTISING

In response to an article about advertising and AA which appeared in the January, 1982 Central Bulletin, I must agree with the writer when he decries the use of "SENSATIONAL ADVERTISEMENT" by A.A. But I think he gets a little off the mark when he says, "We are guilty of advertisement by bringing AA to the attention of the general public".

All those alcoholics who are out there qualifying for the program are members of the general public. How are they to reach us if they have never heard of us? Must they come in only by referral by another organization? Must they know an AA member in order to get to us? If these are the only ways then we are setting ourselves up to become a secret organization.

The use of newspapers and radio by AA accounts for much of our Fellowships' growth, particularly during the early years. Today, television has been added to the public relations tools used to get the A.A. message out to the general public. It is a mistake to assume that everyone knows about AA. Even the "big book" was written to tell others about AA.

I have seen nothing in the newspapers or on television nor have I heard anything on the radio about AA (and for which the Central) Office or the GSO in New York were responsible) which could be considered sensational or promotional type advertising or which seemed to be a violation of our 11th Tradition in any way.

The subject of proper advertising is thoroughly covered in the many fine pamphlets dealing with public relations and with the traditions, in the book "Twelve Steps and Twelve Traditions", and in the first part of "AA Comes of Age".

If one reads the forward to the first edition of "Alcoholics Anonymous" (big Book), and then asks himself or herself the question, "are we on a membership drive?", the answer had better be YES! I!

Jack B
Parma Hts. Wed.

Warden: "I've been in charge of this prison for 20 years and that calls for a celebration. What kind of party would you boys want?"
"Open house!"

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 Zip

New Address

City State Zip

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. XL-No. 6

WHAT HAPPENED TO THEM?

Well, what did happen to them? Those who came and had a look at us and decided they did not like what they saw, then went off again. There was the business magnate, director of several companies, president of several societies who **was** far too important to be **an alcoholic**, he seems to have dropped out of sight. One day, perhaps, he will become less important, and we may be able to show him how to remain a respected member of society.

And **what** happened to the classic drinker who told us that he was sure his wife was an alcoholic, but he could not possibly be one? "After all," he said, "I arise at six every morning and never touch a drop until seven." Then there was the lady - perhaps, "Grande Dame" would be a better description, who was asked by her Doctor to contact A.A. Quite indignantly she replied, "Certainly not, Doctor. I approached them once and they wanted me to stop drinking."

There have been hundreds who have said, "I cannot be an alcoholic - I only drink beer." I am sure there have been more than one, who told his visitors, "I am not an alcoholic, it is just that alcohol upsets my stomach and I have to drink a lot more to settle myself."

There have been some tragic situations, too. Two of us went to tell our stories to a man who was confined to bed. He listened carefully and then told us that he was interested in what we said, and if he needed us, he would send for us. Unfortunately, he had little chance to send for us, as he was soon buried after our visit. Again, a lady had several visits from members of the group on the distaff side. Then her husband rang us up and said his wife had no further need for A.A., so the visits stopped. About a year later, she had an accident with a gun. Maybe, she is attending A.A. on another plane.

It is so easy to moralize on this subject, and so fruitless. For as long as people want to drink, just so long will they drink. A.A. has nothing to offer the world except a life of sobriety and the joy that comes with such sobriety, but the world does not believe us and continues to make excuse after excuse.

Let the world do that. Let us go on making excuses for our not drinking. Of one thing I am sure, we will be making our excuses for our not drinking long after those who are making excuses for drinking have been buried.

N.K. in Tom Tom, Africa

SOME DRY SPELL

A stranger, while traveling through Arizona, noticed the dry, dusty appearance of the country. He asked, "Doesn't it ever rain here?" Native reply, "Why say friend, there's frogs in this town over 10 years that haven't learned to swim yet."

GRATITUDE NEEDS EXPRESSION

How grateful we should be to be living in a day and age where A.A. is here for us. How wonderful to be sober and wake up in the morning and see the beautiful sun come up and to say, "Good morning, God" instead of waking up with that awful hangover and saying, "Oh, my God, is it morning already?"

A man on a trip to the state hospital, where the warden took him into a room where there were 37 men, all alcoholics on the road of no return and all with wet brains, was heard to say, "How grateful should I be?" Science claimed that before A.A. came on the scene, only two out of a hundred would recover. Thank God for A.A.

Bill D., the third man in A.A., mentioned in his lead, "That through my sobriety, I have found my God." And Dr. Bob closed his story in the Big Book with these wonderful words, "Your Heavenly Father will never let you down."

This is a program of sharing. By sharing, you will find what you are seeking. Going to meetings sober, we are sharing. The meetings are the schoolroom where we learn to enjoy life without that bottle.

Someone has said there are not musts in A.A., but there are a lot of better be's. Honesty and willingness builds this house of sobriety. Meetings are my medicine as prescribed by my Doctor, who I choose to call God, as I understand my Higher Power. Meetings are like cultivating a garden. Meetings are a reminder of the past and a refresher course for the future. As a man once said, "It is surprising what a man can still learn when he thinks he knows it all."

Prayer - what is prayer? Prayer is the key to Gods Treasure House, How do I use prayer? Just when I'm down in the dumps? Like a spare tire or a fire escape? I must talk to my God like I talk to my fellowman. I can call on God anytime of the day or night - the line is never busy.

I must take a daily inventory. It stimulates my thinking, uncovering my pride. The answer for pride is a life long cultivation of humility. So, my biggest job is working on my thinking.

The secret of Gods comfort is turning things over to Him. I may have had my last chance. To be a member of the fellowship is priceless. Am I grateful enough? I want to remember to bend my knees before I bend my elbows. With the hand of God in one hand and A.A. in the other, I can never miss. So, let us stay sober 24 hours at a time and we will never get drunk tomorrow. Yesterday is past and water over the dam. Why try to pull today's load with yesterday's dead horse!

(Moses Y. - Hartville Group - December, 1961)
copied from Akron Inter-Group News



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

Harry D.. Founder and Editor 1892-1968

VOL. 40 MARCH 1982 NO. 6

CENTRAL COMMITTEE MEETING
TUESDAY, APRIL 6 8:00 P.M.
OLD STONE CHURCH • PUBLIC SQUARE
CLEVELAND, OHIO
BE INFORMED
GROUP REPRESENTATIVES WELCOME

THIRTY-FIRST ANNUAL
DINNER-DANCE
MAY 1ST, 1982 • 12.50 PER PERSON

I would like to express my most profound appreciation to all groups and members for the wonderful flowers and get well cards I received while I was in the hospital.

Sincerely Yours,
Dick P.

SEARCHING FOR SOME PATIENCE ONE DAY AT A TIME

by A.S.

How often do we ask, or do we hear others ask in meetings: "What is gods Will for me?" But how often do we keep quiet enough to listen for the answer to the questions? For it is in sincere questioning and listening that the answers come. To sit and let the silence draw forth from our inner spirit honestly is how we will receive what we need, rather than running around looking for it, or crying about it, or demanding it on our terms.

Coming from alcoholism into humanism lets us know how short-sighted we can be in forgetting that we have been bombed-out spiritually for all the time we drank. Now, we expect to know and grasp the secrets of the universe in a comparably short dry time. It isn't learned, but experienced, and only then if we remain willing to seek.

Patience may come when we realize that would be like placing a three-year-old in a college.

EASY DOES IT, BUT DO IT

NEW MAN-NEW YEAR

Just starting a new calendar does not mean that the new year will be different. To get a better view of life in 1982, we should move up the ladder of time at least one step. The law of life is growth. We do not stand still, we either go forward or backward. The road forward is uphill and hard to travel, but the higher the hill, the finer the view.

The trouble with coming into the new year is that we bring the old one along with us. We just can't tear the last page off the calendar and expect the year of 1982 to be different. However, we can make it a better year if we resolve to tear out the bad memories, ancient hurts, petty resentments, miserable grudges and complete some of the unfinished tasks. As far as the passage of time is concerned, men spent much time and great fortunes to improve their social and material standing. they built mansions and surrounded themselves with every conceivable luxury, yet they died in spiritual and moral poverty.

Today we are living in a civilization which has exalted material wealth. The great energy and the clever brain of brilliant men are being used to bring about engineering and scientific triumphs, the present era has been an advancement along these lines which is simply stupendous. The output of goods is being multiplied a thousand fold. Measured in bulk and quantity, this is the richest age ever known. Yet, with all this material wealth, there are more people living in spiritual poverty than ever before.

Jesus was born in a lowly stable and he possessed little material wealth, but He left us a rich heritage of love and service which has outlasted all the material wealth and is growing stronger with every century. Dr. Bob, Co-founder of A.A. once said that the whole A.A. program can be simmered down to two words, "Love and Service." These things have no weight in themselves, but when put into action, they can build a new life out of the debris of a crushed soul and send it on its way to the hilltop where honest efforts are rewarded with immortality.

I feel sorry when I hear a man say, "There is no point in trying to change my way of living. I have lived this way all my life and no one can change it." Well, what can a person say to a man like that but only wish him a happy "old year." A man like that scoffs at others who bravely and boldly set noble intentions for themselves from year to year only to break them. Even though they are kept for a comparatively short time, there is much good to be said for merely having made the resolution. The very fact that we enter a new year ought to be more than the abstract or arbitrary marking time. It should be the redeeming of time.

A person may be genuinely sincere, yet he may fail in keeping his good and grand intentions because of the weakness of human nature. Still it can be truthfully said that it is better to have resolved and lost than never to have resolved.

The question remains for us as we begin the year of 1982 - not how different, not how new we want the New Year to be, but how new and different do we want to be as a person,

Edward B. Akron, Ohio
Akron Intergroup News

To:
Central Bulletin
From: Ralph W

"NO MUSTS"?? page 4 of the Central Bulletin. Granted it is a suggested program but if one reads the books Alcoholics Anonymous — the Big Books — there are many "MUSTS" listed in the chapters.

- The "Old Timers" — "MUSTS" of the A.A. Program
- (1) page 69 "We must be willing to make amends."
- (2) page 73 "We must be entirely honest with somebody."
- (3) page 74 "The rule is we must be hard on ourselves but considerate of others."
- (4) page 75 "We must not postpone — Step 4."
- (5) page 78 "We must lose our fear of creditors and face them."
- (6) page 82 "We must stay sober."
- (7) page 86 "We must be careful not to drift into remorse & morbid reflection."
- (8) page 100 "Both you and the new person must walk day by day in the path of spiritual progress."

Ralph W.

"Everybody can learn something from somebody." That's what makes A.A. work.

IT HAPPENS

"My wife talks to herself." So does mine, but she doesn't realize it. She thinks I'm listening."

Thoughts while sitting at a treatment center. How did "A.A." survive for so many many years, without all these counselors and advisors."

Joe G.

Be a Bulletin Booster

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

Date

Name

Address
Street

City Zone No.

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

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

BY LINES

On the occasion of the birth of her first granddaughter, a very wise old mother wrote the mother of the child as follows:

"Teach her as many of the 700,000 words of the English language as you can, but be sure she knows that the greatest word is God; the longest word, eternity; the swiftest word, time; the nearest word, now; the darkest word, sin; the meanest word, hypocrisy; and the deepest word, soul."

WHAT DOES AA NOT DO??

AA DOES NOT (1) furnish initial motivation for alcoholics to recover, solicit members or try to persuade anyone to join AA; (2) keep membership records or case histories; (3) engage in or sponsor research; (4) join "councils" of social agencies, although AA members, Groups and service offices frequently cooperate with them; (5) follow-up or try to control its members; (6) make medical or psychological diagnoses or prognoses; (7) provide drying-out or nursing services, hospitalization, drugs or any medical or psychiatric treatment; (8) offer spiritual or religious services; (9) engage in education or propaganda about alcohol; (10) provide housing, food, clothing, jobs, money, or other social services; (11) provide domestic or vocational counseling; (12) accept any money for its services, or any contributions from NON-AA sources.

THINK! KEEP COMING BACK

by Sally M. Wichita, KA.

One of the slogans we see quite a bit in the A.A. program is "Think, Think, Think." I saw it for months hanging on the wall at my group before I had even an inkling of what it means. For me, "Think, Think, Think" means that if I am tempted to take a drink of alcohol that I should think about the consequences of taking that drink. I need to remember that I am incapable of drinking just one drink. I need to remember the humiliation, the loss of self-respect, the loss of friends, the loss of jobs, and the terrible pain that my drinking caused me and those who loved me. If I honestly consider the consequences of taking a drink, I am not likely to take it. Truly, the ultimate consequences of taking a drink are three: being permanently consigned to a mental institution, being imprisoned, or dying prematurely. Not very appealing prospects!

For me, "Think, Think, Think" does not mean that I should try to think my way out of my problems. The more I think about my difficulties, the more embroiled in them I become. If we think too much about a problem, we tend to lose perspective. The problem becomes bigger and bigger in our minds. Besides, my record of solving my own problems is not very impressive. Ultimately I must leave the solution of my problems to my Higher Power. Only He is capable of seeing my problems as they really are. Only He can truly solve them.

BASICS

Probably, most adults can relate to my experience of reaching this conclusion: "Maybe those old-fashioned, simplistic adages my parents drilled into me are turning out to be pretty valid after all." As I look back to my very first days as a member of our Fellowship, I distinctly recall a feeling of patronizing tolerance for those poor, misguided old fogies in my home group. They obviously believed those cliches they offered to fit any and all occasions.

It was bad enough to have to listen to them nightly repeat the A.A. slogans that seemed to be displayed everywhere one looked in that church basement. It was even more depressing to discover that I'd picked a sponsor whose remedy for any and all life's darker moments was "Don't take the first drink, go to the meeting tonight, work the Steps, and read the Big Book." The poor man wanted me to do those things because he actually believed it'd work for me as it'd worked for him. I didn't believe it would work, but I did believe that he believed it, so I humored him and took directions. No matter how enormous my "life-threatening" problem, my sponsor would simply ask, "Did you drink today?" I'd answer no, and he'd say, "It's only a hurdle, just another hurdle." He drove me to distraction with the obvious — then to a point where that distraction took me out of my insane self-obsession.

I guess wisdom can be defined as an inordinate amount of common sense, and my sponsor had great wisdom. He also showed great courage in laying out such fundamental ground rules to a fear-ridden, self-obsessed alcoholic like me; the only thing that outweighed my ego was my cynicism. But his faith made me open up just enough for God's grace to pour through him to me. I "came to believe."

That was in 1962, and a day at a time, I've had the gift of sobriety from then up to this very day. My sponsor has died — but he lives on whenever other members ask me to share my experience, strength, and hope with them in their moments of trial. It is my sponsor's experience, strength, and hope that I share; each time, both the others and I profit.

Usually, I ask them to write down the nature of their "life-threatening" problem on an index card. I put it in an envelope and insert it in my desk calendar at a date ninety days hence. I bet them a cup of coffee that in ninety days they won't be able to tell me precisely what this engrossing, life-threatening problem was all about. They never can, because ninety days from now, they'll have a new life-threatening problem on which to use the Steps.

Some folks who've shared this experience with me have later been overheard telling newer people, "It's only a hurdle. Write it down on an index card, and. . ." And for as long as we don't take that first drink, go to meetings, work all the Steps, and read the Big Book, we survive and thrive as we face new hurdles and realize that they, too, shall pass. They always have and they always will.

So the basics I took from my sponsor some nineteen years ago and 3,000 miles away are turning out to be pretty valid after all.

K.O., Hermosa Beach Calif.
Reprint from A.A. Grapevine, Inc.

KEEP COMING BACK

by Sally M.

Wichita, Kansas, PICK-ME-UP

Although procrastination is considered to be a character defect, there are times when the act of postponement can be a useful tool in sobriety. The most obvious time postponement can be helpful is when you are first getting sober. When just beginning sobriety, there are many times when you might crave a drink or consider taking one. Although you might sincerely believe at the time that there is no point in staying sober, postpone taking that drink for one hour. I don't know how many times, when I was first getting sober, that I would for a moment think that getting drunk was a viable option, but I'd remember that tip about postponing it for an hour. An hour later I'd feel differently and I'd be awfully grateful I didn't take that drink.

Postponing a decision can also be helpful. When I am in doubt as to which alternative to take, I'm better off if I postpone making a decision. It is better not to take any action at all than to be hasty and do something I'd regret. While I'm postponing making a decision I can apply the 11th Step to the matter and pray for knowledge of my Higher Power's will for me.

Postponement can be important in interpersonal relationships. When I have a falling out with another person, my initial reaction is to blame them. But after a few days I often become more honest with myself and realize that I am at least partially to blame. If I postpone taking any action in such matters, I can make my amends later without having fanned the flames of the conflict. So many times it's good for me not to act on something until I've given it some time so that I'm sure of what I'm doing.

ARE YOU PLANNING TO MOVE?

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

Name

Old Address Zip

New Address

City State Zip

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. XL-No. 7

THE SECOND TRADITION

For our group purpose there is but one ultimate authority. . . a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants . . . they do not govern.

I've often heard the 12 Traditions referred to as, "Why it Works." Tradition 2, is a perfect example of this nick-name.

A.A. experience has shown that no surer source of wisdom and guidance exists than the collective group conscience. Many is the time that opinions of individuals in A.A. vary from one extreme to another. When the power to make decisions rests in the hands of an individual **that** decision can only be based on the experience of that person. When this principle is applied to the alcoholic, it is easy to see why we of A.A. need to depend on, "God, as He may express Himself in our group conscience."

Many friends and newcomers view A.A.'s seemingly lack of leadership in shock: "How can this outfit get along without rules and regulations and most of all a means of enforcing them?" Strangely enough, these all exist in A.A., but not in the ordinary sense. If a member does not conform to **the** spiritual principles of A.A., whatever **they** appear to him, he is sure to return to the insanity of chemical oblivion and death. In this way then, alcohol is a great enforcer of rules.

Early on it seems that we of A.A. were blessed with **the** knowledge **that** today, we could do what was impossible separately if we kept the open mind. This alcoholic has sat in meetings and on committees where this principle was vividly illustrated. Opinions and ideas were expressed and decisions made that surely were faulty and doomed to failure, in the minds of the less experienced of course. These same worked out only as a loving Creator could have directed.

A word about "elder statesmen." This member is extremely grateful for those soft-spoken members who share on an attraction rather than promotion basis, who tolerated my most blatantly short-sighted outbursts and patiently waited to be asked what their experience showed.

We all owe our very lives to these most important contributors to the group conscience, for their's is the calm assuredness that accompanies much spiritual growth and that attracts attention when a decision is forthcoming. They are truly the spirit and voice of A.A.

To this member, "loving," is the most important word in Tradition 2. It sets us on the right course. It has been said that we in A.A. have been so successful with alcoholism because of communication. That communication being the "language of heart." I believe if we use that language in our efforts to live together we cannot fail.

Mr. Bill

I love you all.

RESPECT

One of the most difficult and elusive things to regain once a person has lost it, is respect of people whose respect he once spurned.

Our ability to make new friends easily made us unaware of the fact that our treachery to society's formulae of behavior" would eventually catch up with us and we would have to pay the horrible price of being ignored and snubbed, gossiped about the being ostracized.

At first we laughed it off and gradually resentment and bitterness caused us to increase our consumption of alcohol to escape the conviction in the innermost recesses of our mind and conscience that we were really at fault and that we should correct our ways.

When we finally came to realize that our way was the wrong way we shuddered at the wreckage we had left in the wake of our folly. How could we ever regain that which we had lost? Our loved ones — our cherished friends — whose tolerance we had stretched to the breaking point — could we ever, ever reestablish their faith in our promises to mend our ways and become stable factors in society, instead of liabilities?

We had to find a way, and through AA we found it. And in finding it we realized that when we started developing our own self-respect we gradually were earning the respect of others, possibly not as rapidly as we wished it — but it came gradually. Sometimes it came reluctantly, as if the memory of past abuses of that confidence and respect which we ordinarily could and did demand was to poignant to forgive and forget.

And in the strengthening of our purpose to lick our alcoholic problem by observing the "mechanics" of AA, we suddenly realized that what we craved most throughout our career was to be liked and respected by our fellow men.

We finally realized that in order to receive the respect of others we had to act decently, conform to moral and social laws and to learn to contribute something of ourselves to society. This was contrary to our egocentric minds, but what we learned through bitter experience was that we had to train our thoughts until they became normal and natural.

We have learned our lesson. Now we can properly appreciate how delicate social acceptance is. We want the respect of others more than anything else in the world. For with it comes peace of mind, contentment and happiness.

But to secure this respect we must first gain our own self-respect. We can gain that only by religiously following the Daily Plan as laid out by A.A.

With God's help, we can succeed.

Editor's Note: This article appeared in September 1944 Central Bulletin and was authored by our late Founder and Editor who passed away August 21, 1968.



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

Harry D.. Founder and Editor 1892-1 968

VOL. 40

APRIL 1982

No. 7

DISTRICT OFFICE CORNER:

We think it would be a good idea for the District Office to give the readers of Central Bulletin everywhere an update on all that has been going on in our office and the nice things we are looking forward to.

Thanks to all who participated in collecting and contributing to our 1982 Fund Drive Campaign - at the dinner held on April 5th our count assured us of a Victory in pledges once again - even though final figures will not be available until after posting . . . this is accomplished through gratitude. **Acknowledgements** will arrive as soon as possible after our posting is completed - we are working at full speed at the present time. Fund Drive time always puts us in closer touch with members - many of who are visiting with us for the first time . . . it is always a pleasure to show off our quarters and acquaint members with what we do here all day. (Phones are always ringing). Our literature department is **always busy** and our out-of-town visitors are amazed and impressed at the amount of literature we carry.

We miss our friend, Johnny F., who has been ill and has not been here on his "twice-a-week helping visit" for quite some time now - we wish him a speedy recovery. Also on our speedy recovery list is Dick P. who is now retired but when he is up and around always still offering his help.

We are looking forward to . . . "real spring" so that we can smell the flowers . . . our 31st Annual Inter-group Dinner on Saturday, May 1st where everyone comes out, decked in their finest, to enjoy the speakers, the meal and an evening of dancing in the company of **A.A.'s** from all over our area and, certainly not the least . . . continued growth in sobriety for all here and those yet to come.

Till we meet again,

Your Trusted Servants.

CENTRAL COMMITTEE MEETING
TUESDAY, MAY 4th, 1982 - 8:00 P.M.
OLD STONE CHURCH - PUBLIC SQUARE
CLEVELAND, OHIO
BE INFORMED
GROUP REPRESENTATIVES WELCOME

THIRDLGACYMEETING
SUNDAY, MAY 16TH, 1982 - 9:00 A.M.
AMERICAN LEGION HALL
ROUTES 82 & 21
BRECKSVILLE, OHIO

IN MEMORIAM

Bill Ferron, past secretary of the Medina Tuesday Group. Our sympathy to the family.

Ziggy Plon, active in AA and volunteer at Rosary Hall passed away. Our sympathy to the family.

A CARING FRIEND

When I first started in A.A., I did not get a sponsor. People kept saying I should get one, but I was **on my** cloud and didn't feel a need. After several weeks, as my cloud began to dissipate and I started spending more time in the pits, I began to feel bogged down. I even thought I was one of those that A.A. would not work for. I always did think I was an unusual individual.

As I voiced by fears and pain at meetings, I started hearing, "Do you have a sponsor?" and "Are you working the steps?" I finally got desperate and called someone I had never even met (on a recommendation from someone I didn't even know) and asked him to be my sponsor. I met him for a meeting and he failed to give me a formula for instant bliss, so I continued looking. I got a temporary sponsor that I didn't call much, and quit looking.

At a meeting, I heard a man talking about his spiritual growth in A.A. I had seen him around, **and** he was always smiling or downright laughing. After listening long enough to make a tentative judgment that he was not insane, I approached him afterward and asked him to be my sponsor. He was glad to.

I started working the steps with courage from my Higher Power and counseling from my sponsor, and the miracle of A.A. started happening to me. I began to have longer and longer periods of serenity, and my faith grew as I began to see the positive results of giving up fighting life and letting my Higher Power direct things.

My sponsor has become my good friend - one who accepts me just as I am, but yet can offer guidance on my path of sober spiritual growth. His experiences in recovering can help me see myself more objectively when emotional upheavals threaten to swamp me. His spiritual awareness can help me to better understand what it means to be open to God's will.

I am grateful for the shot at life and spiritual growth that A.A. has given me, in particular for sponsorship to help me understand how to apply these principles in all my affairs.

FOOTSTEPS
CINCINNATI, O

The kangaroo suddenly leaped over the zoo fence (about 10 feet high) and took off down the street at 90 miles an hour.

The zoo keeper ran up to the baffled little old lady who had been standing in front of the kangaroo's cage. "what in the world did you do to that animal," he demanded, "to make him run away like that?"

"I didn't really do anything," said the lady. "I just tickled him a little."

"Well, you'd better tickle me the same way," groaned the keeper. "I've got to catch that damn thing!"

THE PROPER SPIRIT

Most of **us that have** attended meetings with some regularity have heard this familiar statement repeated many times at A.A. meetings: "This is a selfish program," which is partially true. However, to the new person, it is confusing and particularly so when he sees his A.A. friends giving so much without asking for anything in return.

What really makes this so-called selfish program difficult to explain to the new person is when he hears his A.A. friends talk about the midnight telephone calls, the Twelve Step calls, the one hundred mile round to speak at another A.A. meeting, and the five dollar bill handed to someone under the table, who is in need. What makes it more confusing is that the people who are sharing with others, seem to get a sense of satisfaction every time they go out and help another human being.

In our drinking days most of us were great sharers as long as it was the other fellow's share. We had to depend on others to share with us because we didn't have anything to support our drinking habit. We added up every penny and nickel to see if we had enough to buy a cheap bottle of wine and if we didn't, we would beg or steal, for many of us came into A.A. with the habit of counting our pennies and nickels. Some of us became so conservative with our money that we palmed our dime and dropped it silently in the basket and it looked strange among the dollars and the sight of that dime gave us a feeling of guilt.

As we continued going to meetings and watched our A.A. friends contributing generously to every A.A. cause, our dimes gradually became quarters, eventually half-dollars and finally dollars. Today we can look back over the past and see how the A.A. principles are working, and how our association with our A.A. friends was actually the thing which broke the chain of our selfish attitude and opened the door to a sober and better life.

Perhaps the real reason why our selfish program is difficult to explain is because it has to be lived, and as we live it a day at a time, the mystery of our A.A. principles unfold, slowly but surely, and gradually we begin to understand that it is in sharing that we receive. In the measure in which we share with others, our own burdens become lighter. In measuring up to life's demands our character will grow to widening sympathy and deeper understanding. There is no question to the meaning of sharing with others. Every time we share with another human being, we add something to our spiritual and moral bank account, enabling us to draw on our spiritual savings account when extra demands are made upon our moral courage. During an emergency is not the time to start our bank account as it must be in the bank when we need it.

Yes, this is a selfish program and perhaps it will never change, but we must change our attitude of grabbing for ourselves, to the spirit of sharing with others. This is the spirit we need to carry the message to another sick alcoholic; this is the spirit which helps the General Service to operate; this is the spirit which keeps the hand of A.A. always there, when anyone, anywhere, reaches out for help, this is the spirit that is responsible.

Ed. B.
Akron Intergroup

TOUGH LOVE

When I first came to A.A., often I would hear the words, "Tough Love." For a long time, I honestly had no idea what those words meant, but I was soon to find out.

My first experience with "Tough Love" began with a nurse from the care unit I went through. At the time I really didn't want to hear anything she was saying. I know that today. I felt **she** just didn't care, or understand and that she had a bad attitude towards me. I left the care unit after completion of the program and continued treatment in a women's treatment center. Sometime near the end of my stay there, I called this same nurse at the care unit. With almost three months of continuous treatment, I felt things were starting to shape up in my life. Not so, she proceeded to tell me just how much my attitude stank. I was hurt and angry after that conversation, yet I had to take a look at and begin to realize that she had been trying to tell me what I needed to hear all along.

Sometimes, it's hard for me to see where I'm setting myself up or when I'm about ready to make an insane decision. Other people can see that and tell me when I let them. Even today, my sponsor will say things which hurt me and things I don't really want to hear. Sometimes, I get angry or upset with her, however, I know today, she does it because she loves me enough to tell me what she feels I need to hear in order to maintain my sobriety.

It's also hard to dish out, "Tough Love," which I've had to experience with a friend. It's hard to stand by and watch someone beat their head against a brick wall. Lots of times, it has been said, you have to hurt in order to grow. Is going through the pain worth the gain? To me it is, a day at a time. Without my sobriety, I will die. It's a matter of life and death for me.

When I get up in the morning, I ask God to help me to stay clean and sober today and to help me to do His will and not mine. At night, I thank Him for another day of sobriety and for all of YOU; but, especially for my sponsor and the nurse on the care unit who both continue to throw "Tough Love" my way. Without it, I honestly believe I wouldn't be clean and sober today.

Anonymous

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 Zip

New Address

City State Zip,

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. XL • No. 8

HONESTLY-AN ABSOLUTE

Over and over we must ask ourselves, "Is it true or is it false?" For honesty is the eternal search for truth. It is by far the most difficult of the four absolutes, for anyone, but especially for us in this fellowship. The problem drinker develops genuine artistry in deceit. Too many (and we plead guilty) simply turn over a new leaf and relax. That is wrong. The real virtue in honesty lies in the persistent dedicated striving for it. There is no relaxed twilight zone, it's either full speed ahead constantly or it's not honesty we seek. And the unrelenting pursuit of truth will set you free, even if you don't quite catch up to it. We need not choose or pursue falsity. All we need is to relax our pursuit of truth, and falsity will find us.

The search for truth is the noblest expression of the soul. Let a human throw the engines of his soul into the doing or making of something good, and the instinct of workmanship alone will take care of his honesty. The noblest pleasure we can have is to find a great new truth and discard an old prejudice. When not actively sought, truth seldom comes to light, but falsehood does. Truth is life and falsity is spiritual death. It's an everlasting, unrelenting instinct for truth that counts. Honesty is not a policy. It has to be a constant conscious state of mind.

Accuracy is close to being a twin brother of honesty, but inaccuracy and exaggeration are at least "kissing cousins" of dishonesty. We may bring ourselves to believe almost anything by rationalization, (another of our fine arts), and so it's well to begin and end our inquiry with the question, "Is it true?" Any man who loves to search for truth is precious to any fellowship or society. Any intended violation of honesty stabs the health of not only the doer but the whole fellowship. On the other hand if we are honest to the limit of our ability, the basic appetite for truth in others, which may be dormant but not dead, will rise majestically to join us. Like sobriety, it's the power of example that does the job.

It is much simpler to appear honest, than to be honest. We must strive to be in reality what we appear to be. It is easier to be honest with others than with ourselves. Our searching self-inventories help because the man who knows himself is at least on the doorstep of honesty. Our instinct for exhibitionism, even though held in check, is a foe of honesty. When we try to enhance our stature in the eyes of others, dishonesty is there in the shadows. When falsehood even creeps in, we are getting back on the merry-go-round because falsehoods not only disagree with truth, they quarrel with each other. Remember?

It is one thing to devoutly wish that the truth may be on your side, and it is quite another to wish sincerely to be on the side of truth. Honesty would seem to be the toughest of our four absolutes and at the same time, the most exciting challenge. Our sobriety is a gift, but honesty is a grace that we must earn and constantly fight to protect and enlarge. "It is true or false?" Let us make that a ceaseless question that we try to answer with all the sober strength and intelligence we have.

Reprinted
Central Bulletin
March 1960

TO THINE OWN SELF BE TRUE

Before I knew of the A.A. program and a sober way of thinking, I used to say that honesty was one of my best qualities, and I really tried to live up to that, but I didn't know that I was only fooling myself.

For years I was able to rationalize and justify my actions and feelings, convincing myself that was truly the way I felt, either because I wanted things to be that way or I had made a commitment and hated to admit I was wrong. There are those who out and out lie (and know they are) but my problem was being truthful to myself.

Today I know that I can only be as honest with others as I am with myself. I still have difficulty in being truthful to myself, but with the A.A. program (which stresses honesty) and the help of people who can see what I'm doing (because they've done the same thing) and tell me about it, I am able to stop and say, "Hey, is that how you **really** feel?" I still believe that honesty is one of my best qualities, but I also know that honesty can only get better as I become more truthful to myself.

Laura M.

DO YOU HAVE ANY QUESTIONS ABOUT YOUR CENTRAL BULLETIN?

If you have any questions or complaints, do you know that you can personally be in touch with the Central Bulletin? We are available at the Central Committee Meeting every month.

If you wonder why there aren't more local articles on the experiences of living sober and coping with life without a drink, the answer is easy; you aren't writing them.

You don't have to be as gifted as Ernest Hemmingway was, to write about your thoughts and feelings. . .just put down what comes naturally and submit it to us. Simply follow our request to keep it under 250 words, and forget the poetry. . .that's all there is to it.

Dick F.
Chairman



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

Harry D. Founder and Editor 1892-1968

VOL. 40 MAY 1982 No.8

CENTRAL COMMITTEE MEETING
TUESDAY, JUNE 1, 1982 • 8:00 P.M.
 OLD STONE CHURCH • PUBLIC SQUARE
 CLEVELAND, OHIO
 BE INFORMED
 GROUP REPRESENTATIVES WELCOME

AREA WIDE MEETING
SUNDAY, JUNE 6, 1982,
ST. MALACHI'S CHURCH
2459 WASHINGTON • CLEVELAND, OH
2:00 P.M.
SPEAKER KEN B. BEREA MEN'S
OPENED EVERYONE WELCOME

THIRD LEGACY OPEN HOUSE
JUNE 13, 1982 10:00 A.M.
BRING COVERED DISH
AMERICAN LEGION HALL
ROUTES 82 & 21
BRECKSVILLE, OHIO

FOUNDERS DAY
JUNE 18, 19, & 20 1982
AKRON UNIVERSITY

IN MEMORIAM

Paul Critzer, passed away after three year illness. He was a power of example to everyone. Our deepest sympathy to the family.

Those of us having trouble 'turning it over' with the 3rd Step may relate to this guy that, after losing his footing on the edge of a cliff, found himself dangling & cried:

"Is there anyone up there who can help me?" he hollered, swaying in the breeze.

Suddenly a voice boomed from above, "Do you have faith?"

"Yes, yes, yes!!!" he desperately yells.

"But a really deep, abiding faith? If so, then simply let go of that bush!"

After pausing a minute, the man hollered: "Is there anyone else up there?"

WHAT A GREAT OPPORTUNITY!

I have resigned from my position as **bleeding deacon**. I am through "viewing with alarm" the conduct of certain newcomers in our midst. I have stopped splitting hairs about terms such as "chemical dependency". After all, alcohol is a narcotic, too. I'm really too busy for any of the forgoing, because I have found a whole new opportunity to do 12th Step work and carry the message!

Being a typical alky, I managed during the past year to work myself into a real tizzy over the invasion of A.A. by much younger people most of whom are dual addicts.

It seemed to me that just overnight our group and several others were overrun with youthful **mopheads** who noisily occupied space but contributed nothing. They just didn't participate. Oh they ate the doughnuts and drank the coffee. But they didn't work in the kitchen, empty ash trays, help stack chairs or any of that good stuff. And when the basket was passed, all they did was **pass**.

The straw that gave the camel the pain in the back was the kid who showed up with the radio and attempted to have a rock and roll concert for himself during the discussion part of our meeting.

It all made me wonder. Where are all the kids coming from? Had someone, somewhere, turned over a large rock? The kids seemed to have no manners, no understanding of A.A., no sponsors.

I felt that the group was threatened; even thought of leaving it although I had been a co-founder of the group over 18 years ago. Some did leave. Others started a new group elsewhere on the same night.

Then, as has happened before in my life, my higher power stepped in and gave me a good rap on the knuckles. He did this by sending a young man 16 years old to ask me if I would be his sponsor. This young man, a dual addict, was just out of treatment. He told me he had been told to come to A.A. and to **find** a sponsor.

I've always tried never to say "no" to anything I'm asked to do in A.A. So this new sponsorship experience began. It has been quite an experience! When you consider that 50 years separates us in age you can appreciate that there is a slight generation gap! But I've been listening to young Jim just as I expect him to listen to me. It has been a learning **experience** for both of us.

I've learned that there are just a lot of young people going through treatment these days. So many, in fact, that our facilities in Cleveland can not handle them all. Therefore many are getting help in other cities such as Columbus and Toledo.

As a result of treatment and introduction to A.A. in hospitals, the young patients are encouraged to attend A.A. when they get home. They are told to go to A.A. and to find sponsors.

When you stop and think about it - where else **can** they go? A.A. is their only chance for continuing help, just as it is for us!

So they **show** up at our A.A. meetings. They're seeking that help they've been told they will find. They're seeking sponsors. They often bring friends and their friends are also seeking help and sponsorship.

SOBRIETY AND BEYOND

I stole this title for this article from the A.A. book of the same name because I want to point out that there is much available for us beyond sobriety.

One of our A.A. friends complained to us after three years of sobriety that he had less to show for it now than when he was drinking. Everytime he saved up a little nest egg, misfortune would strike and it would quickly be gone. He added, "I had nothing when I came into A.A. and today, I have even less." He went 'on, "I hear so much at meetings about the serenity and peace of mind that we are supposed to receive, personally, I feel that I am being short-changed.

That fellow members is known in A.A. as stinking thinking. Although, it took our friend twenty-five years to louse up his life, he now wants all the comforts of life without paying a penalty. Physical, spiritual and moral laws must be respected, and when we abuse them, we must pay the penalty in accordance to the damage done.

Perhaps if our friend would stop feeling sorry for himself and take an honest inventory, he may find more blessings than he merits. If he would look up at the stars rather than down into the quagmire, he could visualize a much richer life over the horizon. Self-pity is the major problem- for alcoholics and it must first be eliminated in order to find the key to any other problems. The worst part of the alcoholic's hell is not the pain but the frustration by longing for something squandered and now, not willing to pay the consequences.

If there were nothing beyond sobriety, we could agree with this type of alcoholic. Why stay sober and practice the principles of A.A.? Or, if our sobriety has no existence beyond the material things, we would ask, why take A.A. seriously? We would follow the crowd and not give a thought to the outcome. We would shout with the crowd, "Let's drink and be merry, for tomorrow we die!" But such a philosophy has never produced an honest, noble life, nor made any real contribution to the world or to any worthy cause.

By honestly admitting that we are alcoholics without any reservation attached to it, gives us the privilege to get over the threshold and through the door that leads to a more understanding life, that is richer in its possibilities and opportunities. We must accept the fact that we are put on this earth for a purpose and unless we serve that purpose, we cannot expect the same rewards that comes to them that do. Alcoholics are not the only one's that must endure long years of suffering, physically and financially, but we must be courageous and accept these things which we cannot change. We must have faith for there is a brighter horizon beyond with a more abundant life and we best not give up but carry on.

Ed B.
Akron Intergroup News

YOU CAN TELL WHEN YOU ARE ON THE RIGHT ROAD — IT'S UPGRADE.

THE TWELVE TRADITIONS OF AA— AS THEY RELATE TO AA MEETINGS:

TRADITION 3—Our membership ought to include all who suffer from alcoholism. We refuse none who wish to recover.

We must never compel anyone to pay anything, believe anything, or conform to anything.

We finally abandoned all membership regulations. The only requirement for AA membership is a desire to stop drinking.

Any alcoholic is a member of our Society when he/she says so.

End—

TRASH

I watched a rather dislevelled man move furtively toward a trash can, looking about to see if anyone was watching. He hastily pushed back the swinging lid and dug around in the can. He became so involved in his search that he completely disregared any onlookers. Every few seconds he would bring out an object that he deemed worthy of saving.

This puts me to wondering how many of us searched in trash in our lifetime? Not the trash cans along the street - we were too sophisticated for that, but the trash cans on different levels of life. We do find what we look for in life. The cheap and tawdry things of life are always there if that is what we are looking for, but there are also the fine and the beautiful.

The man at the trash can found what he was looking for - TRASH. You can always find it if you seek it. You can also find the better and good things in life, if you but search for them. When you discover the best things in folks, they will love you for it. But bring out the worst in them and they may despise you. Life is largely made up of what we seek and whatever we look for, we can usually find, which will determine our pattern in life.

Anonymous

ARE YOU PLANNING TO MOVE?

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

Name

Old Address Zip

New Address

City State Zip

It will help you end it will help us.



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

VOL. XL-No. 9

WHEN THE SUBJECT OF A.A. SERVICE
COMES UP, YOU SOMETIMES HEAR AN
A.A. MEMBER SAY: "I DON'T CARE
ABOUT THAT STUFF. IT'S JUST
BUSINESS AND POLITICS. ALL I NEED IS
MY OWN RECOVERY IN MY OWN
GROUP."

What this member doesn't realize is that he has been dependent upon A.A., service, not just from the time he called A.A., but for many years before that. How did he know there was an A.A. to call? Or how did his wife, or doctor or pastor or whoever suggested it, know about A.A. to tell him? Because our public information committee, a basic part of our service effort, has worked for years to tell people what A.A. is and how to reach it.

How did A.A.'s number get in the telephone directory? Why was central office or answering service, or a concerned A.A. member at the other end of the line when he called for help? A.A. service put them there. If he is in a hospital or prison he can't go out to find sobriety through our program. So A.A. service, by means of our hospital and institution committees, takes the program to him.

He received a supply of A.A. literature from the member who responded to his call for help, or at his first meeting, how did that literature get written and printed and distributed so it would be there for him when he needed it? A.A. service, through our literature committee, made sure it would be.

The member who dismisses service as having no relationship to his own recovery has missed the whole point of what A.A. service is and does. He is sober today because A.A. service made it possible. That's what it's for: To carry the message to alcoholics. It is our twelfth step, extended to reach thousands of suffering alcoholics we could never reach acting as individuals.

In a sense, A.A. service does utilize some of what our friend calls "business and politics." So what? All these activities have to be planned, financed, and put into operation. Capable, conscientious people have to be elected to carry out these responsibilities, men and women not only qualified, but willing to do the work.

Those who refuse to extend their A.A. activity beyond their own group may be lessening the chances of recovery for people they will never see. They certainly are denying themselves the enormous satisfaction of doing twelfth step work on a giant scale.

Jim O.
Hello, Central

THE NEWCOMER

Shortly before his death, our Co-founder, Dr. Bob, addressed the first A.A. Convention in Cleveland. In his short talk, he stated that if the Twelve Steps of A.A. were reduced to two words, those words would be "love and service."

He cautioned the assembled group to never **forget** that none of them would be there, if it were **not** for the fact that someone had taken the time, when they called for help.

Dr. Bob concluded his talk with these words. "So let us never get to the degree of smug **compacency** so we are not willing to extend or attempt to extend the help that was so beneficial to us, to our less fortunate brothers."

Nine years ago, I called the Chicago Central Office for help; and that very evening someone took the time to talk, to listen, to reassure and to give me hope.

When I made that call in 1971, I never in my wildest imagination expected that day to be my sobriety date; but for the first time in my life, I was face to face with another human being who understood, who did what I did, who felt like I felt, and who told me that over one million people like myself had found the answer in Alcoholics Anonymous. He told me I could find the answer there, too, and that he would help me; and he did, meeting after meeting and month after month. I owe my life to this man and to the fact that he took the time.

As my A.A. experience evolved, I came to understand that A.A. is a people to people program; that the very foundation of my sobriety is dependent, among other things, upon my willingness to carry the message to suffering alcoholics who reach out for help.

I now understand that the new people are the life blood of A.A. and that my willingness and enthusiasm to help them when called upon, is my life-line to continued sobriety.

I understand also that the purpose of the Twelfth Step call is two-fold; first, to carry the message, but also to reaffirm my commitment to my own sobriety by being reminded, through observation, of the confusion, pain, denial and utter hopelessness which once were so much a part of my life.

Frank M.
Here's How

IF YOU FIND A PATH WITH
NO OBSTACLES, IT PROBABLY
DOESN'T LEAD ANYWHERE.

CENTRAL BULLETIN



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

Harry D., Founder and Editor 1892-1968

VOL. 40 June 1982 No. 9

DISTRICT OFFICE CORNER:

Our primary function at your District Office is to see that anyone calling for help is not disappointed when we tell them they will be contacted.

A call turned to a group becomes the responsibility of the group. . .when we receive a call for help we try to contact the group that is nearest the caller's address. We do have difficulty at times when the group secretary is working and there is no one home to take the call. At those times we have to try the next nearest group. From time to time we hear from a group that they are not receiving any 12 step calls and this could be the reason. A call that comes in during the time we are in the office is given to a group before we leave the office.

Secretaries, just a few questions:

1. If you are not available to take 12 step information -have you considered asking another member to accept your calls until you can be reached?
2. Do you have a list of members willing to do 12 step work in your group? We know some are willing but are not quite ready when their time comes?
3. Do you believe that no call should go unanswered even if the office tells you it is a court referral, patient at a treatment center or the caller has agreed to call because of a suggestion from social workers, etc.? In other words, is our feeling still "I am responsible when anyone anywhere."

Just a little food for thought from

YOUR TRUSTED SERVANTS.

CENTRAL COMMITTEE MEETING
TUESDAY, JULY 6TH, 1982 - 8:00 P.M.
 OLD STONE CHURCH - PUBLIC SQUARE
 CLEVELAND, OHIO
 BE INFORMED
 GROUP REPRESENTATIVES **WELCOME**

OHIO YOUR PEOPLES CONFERENCE
JULY 16, 17, 18, 1982
 AKRON UNIV. AKRON, OHIO

A member of our fellowship was praying one night when it occurred to him to ask God if there was A.A. in Heaven. A booming voice responded, to his inquiry:

"My son, I have some good news and some bad news. The good news is that there is indeed a thriving A.A. Fellowship in Heaven. The bad news is that you are leading tomorrow night."

IN MEMORIAM

Walter Harkin, former secretary of the Shaker Group, also active member of our fellowship, passed away in May. Our condolence to the family.

Don Snowden, passed away May **26, 1982**. He was active member of our fellowship. Our Sympathy to the family.

DO YOU HAVE "A VOICE" IN AA?

DO YOU BELONG? - of course you do, if you have a desire to stop drinking. You are an A.A. member if you say so. But have you joined a "Home Group"? Are you taking advantage of all that A.A. has to offer? You can really strengthen that sense of belonging that we all crave by getting involved and participating in all of your group's activities. Assuming responsibility for at least voting in your group conscience, you are deciding the future and effectiveness of **A.A.** as a whole. If you are participating, the answer to "Who is running things around here?", is "YOU ARE." If you are abstaining, then the answer to that question is: "THEY ARE." Next to the individual, the **A.A.** group is the basic unit of our service structure: and, it is your conscience that your group representative is voting at Intergroup and the Service Assemblies. And what's more, it is your vote that determines how the group itself is to function. If there are things that you don't like about the way things are being run, whose fault is it really?

How do you become a group member?

We usually say that anyone is a member of A.A. if he or she says so. Tradition Tree says, "The only requirement for A.A. membership is a desire to stop drinking," and none of us can pretend to judge the desire in another's heart.

To join a group is usually the simple process of attending its meetings fairly regularly. Most groups have long ago given up such things as any formal procedure or ceremony for "joining"-although, of course, most groups do try to keep confidential lists of the names of members who wish to be notified of special A.A. meetings or other events, or are available for Twelfth Step work, and to record general membership information for the A.A. directory.

Most members feel more at home in one particular group than in others, and consider if their home group, where they accept responsibilities and try to sustain friendships. They do not meddle in the business or policy of groups which they visit but in which they would accept no service assignments.

A.A. is not a contest designed for individual or group rivalry or competition-to see which group is biggest, or who stays sober longest, or which group contributes the most service, or who is the most sought-after speaker. Therefore, all A.A. members are usually welcome at all groups' meetings, and will feel at home in any A.A. group.

THE LORD'S PRAYER

This beautiful paraphrase of the Lord's Prayer has been credited to an English clergyman of two centuries ago, The Reverend William March D.D.

Our Father-by right of creation. .by bountiful provision. .By gracious adoption.

Which art in heaven-The throne of Thy glory. . .the home of Thy glory. . .The temple of Thy angels. Hallowed **be Thy name**-By the thoughts of our hearts. . .By the words of our lips. . .By the works of our hands.

Thy will be done on earth, as it is done in heaven-Toward us without resistance. . .By us without compulsion. . .Universally without exception. . .Eternally without declension.

Give us this day our daily bread-Of our necessity for our bodies. . .Of eternal life for our souls.

And forgive us our trespasses-Against the commands of Thy law. . .Against the graces of Thy gospel.

As we forgive those that trespass against us-By defaming our character. . .By embezzling our property. . .By abusing our persons.

And lead us not into temptation, but deliver us from evil-Of overwhelming afflictions. . .Of worldly enticements. . .Of Satan's devices. . .Of sinful affections. For **thine is the kingdom, and the power and the glory forever**-Thy kingdom governs all. Thy power subdues all. Thy grace overcomes all. . .Thy glory is above all.

Amen-As is in Thy purpose. .So it be in Thy promises. .So it be in our prayers. . .So shall it be in Thy praise.

By this prayer of our Lord-The Father bless. . .The Son adore. .The Spirit praise. Forever, Amen, Amen.



Remember! Your halo has only to fall a few inches to become a no&e.

-GEORGE E. BERGMAN

Be a Bulletin Booster

AA CENTRAL BULLETIN ORDER BLANK

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

Date

Name

Address

Street

City

Zone No.

One Year at \$3.50

Amount enclosed \$.....

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

HAPPINESS THEN...HAPPINESS NOW

What a difference sobriety can make in our lives! how our attitude can be changed is something so very precious! How it was then and how it is now, make me think of a simple word such as happiness.

HAPPINESS THEN:

The liquor store will give me another bottle of (whatever) booze on credit!

After searching for hours, shaking like hell, I found my hidden bottle!

Finding some money I hid months ago!

Getting the third or fourth drink to stay down, now I can drink some more!

Got a wedding invitation, can get even drunker!

Heard someone died, can celebrate in the bar next to the funeral parlor!

Woke up Sunday morning and found I saved enough booze to get me through until noon!

Hearing the doctor say I had a bad stomach from food digestion!

Someone at the bar says, "Give everyone a drink!"

Running into a drinking buddy and he or she says, "Here's the five bucks I owe you!"

Waking up without the usual hangover!

HAPPINESS NOW:

Seeing a newcomer in A.A. grab onto the program!

Having an old timer tell his tale!

A "slipper" comes back to tell about the hell and glad it's not me!

Meeting new friends all the time!

Realizing coffee is not poison!

Waking up in a clean bed!

Knowing where I was last night!

Laughing with someone, not at someone!

Can tell the sun is really shining, I'm not going blind!

Church bells really do ring, it's not in my head!

Crying because I'm happy!

Loving someone who expects nothing in return!

Needing people as much as they need me!

Looking forward to an A.A. meeting!

The list of hapiness "now" could fill a book but the true happiness I found in A.A. truly fills my heart!

Ruth C.

Here's How

When you take responsibilities on your shoulders, there isn't much room for a chip.

The woman called her doctor hysterically the other day and said, "Doctor, you've got to come right over. When my husband got up this morning, he took his vitamin pill, his ulcer pill, his tranquilizer pill, his antihistamine pill, his appetite depressant pill, and his heart pill, and then he lit a cigarette. Then there was a terrible explosion and now I can't find him anywhere."

IT TAKES PROPER PREPARATION

A non-alcoholic friend asked me,, "Why do some A.A. members go back to the bottle after they have regained their self-respect and the respect of their families and friends?" Then he went on to tell me that his neighbor had been sober and active in A.A. for nine years and then deliberately went back to the bottle, destroying everything that had taken nine years to build. He added that some one in this man's own group had not agreed with his A.A. philosophy, so he was trying to drowned his resentment in alcohol.

I do not believe that anyone can give a satisfactory answer as to why some people who have strived for years to surmount obstacles, can throw everything overboard when some simple disappointment strikes them. Perhaps, it is because some of these people have never learned to accept failure, never using it as a lesson and a stepping stone to ultimate victory.

After nine years of sobriety and association with this fellowship, a person should have acquired sufficient strength of character to handle misfortune when it suddenly strikes. We cannot call upon our reserve of faith and moral strength unless we have made **them** a part of our life during normal times. It is not enough to prepare for the expected; wisdom requires that moral and spiritual strength be also provided for the unexpected.

When we try to forde our own code upon others, we can be sure that some people will not agree with us. We cannot decide life's course for others. They must and will make their own decisions as to which direction their lives will move and the course by which they will travel, Life is an endless maze of large and small decisions and no one makes the right decision all the time. We can however, learn something from our mistakes and emerge stronger and wiser.

Life's pills are not all sugar-coated. There are times in every man's life when he must swallow the bitter pill to bring his moral temperature back to normal. Surely, a person is not thinking normally when he chooses the bottle or the pill-box to cure his wounded vanity.

Sometimes the road to peace and happiness goes through the valley of grief, sorrow and disappointments. This is part of the penalty we must pay for living in this world, and our success and failure is measured by the way we travel through this valley. If we humbly turn our will and our lives over to the care of God. He will guide us safely through the storm; sorrow will be followed by joy; confusion by order; hatred by love, and resentment by humility.

Without temptation there could be no moral victory; without bereavement and sorrow, there would be no sympathy; without weakness, there would be no need for helpfulness and service.

Ed B. Akron, Ohio

YOUR POWER TO BE

"What you are," wrote Emerson, "thunders so loud I can't hear what you say to the contrary."

You radiate what you **are!** You go forth to othres in love, in hate, in indifference, in warmth, in coldness, in cheer or in gloom. What you truly are, deep down inside, thunders silently as you meet and mingle with people.

The greatest sculptor is not **Rodin** or Michelangelo. The greatest sculptor is life.

You sculpture yourself **into** what you are by your dominant thoughts and acts. "Upon every face is written the life the man has lived," wrote Elbert Hubbard, "the prayers, the aspirations, the disappointments, all he had hoped for and was not-nothing is hidden or indeed can be."

What you are today is the result of the life you've lived up to this moment. What you will be tomorrow depends upon the quality of your life from now on. None of us is a finished product. We are each in the continual process of creating ourselves anew.

Your life emphasis should not be on possessing but on **BECOMING**. You should concentrate not on how you can have more, but how you can **BE MORE**. The way in which you apply your **POWER TO BE** will determine what you **ARE**.

Your greatest power is your **POWER TO BE**. To be more loving. To be more courageous. To be more joyous. To be more friendly. To be more sensitive. To be more aware. To be more forgiving. To be more tolerant. To be more humble. To be more patient. To be more helpful. . . **TO BE A GREATER HUMAN BEING.**

You only achieve identity by being the best of whatever you have it in you to be, by giving full expression to your own unique spirit, to your own ideals and values, to your own gifts and talents, to your own concepts of beauty and truth.

Your power to be finds fulfillment as you relate to others. Giving of the self enlarges the self, helps you to be more. What you become, through your power to be, is mirrored in the eyes of others as the man you are.

TO BE MORE is the supreme adventure of being.

Taken from-Adventures in the Art of Living
by Wilfered A. Peterson

ARE YOU PLANNING TO MOVE?

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

Name

Old Address Zip

New Address

City State Zip

It will help you end it will help us.



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

VOL. XL-No. 10

JUST RANDOM THOUGHTS

Did I smile at someone today and experience the thrill of seeing **them** smile back? Did I say something pleasant to someone today and which their attitude change? With so many people voicing complaints about everyone and everything, could I lighten someone's load of just living by saying, "I heard something nice about you." It wouldn't cost me a thing and I might even get a good feeling about it myself.

I am a member of A.A.-A member? Am I just a **member** or **do I belong** — **am I a part** of it? Did I acknowledge the grip that alcohol had on me, or did I go to meetings just to get someone off my back?

Wonder what the kids think of me—Wonder what they'd think of me if I hadn't sobered up.

Wonder if I'd have made the grade without involvement. It sure didn't hurt me to wash a few coffee cups at the Club or shovel the sidewalk once in a while. Involvement and sharing surely help to make the job of sobriety easier with more fraternizing and loving and comfort. Have I been able to contribute something to someone's sobriety because of my involvement? Have I been able to help someone else find a place in our A.A. family by making them feel wanted and needed? Have I been able to contribute to someone's feeling of self worth by making myself available for their help?

Am I helping others to become a part of the A.A. family? Am I helping them to find new friends and acquaintances to replace those barroom friends that they will be giving up? Our group is surely growing. Golly it's hard to believe that over 1100 people attend meetings at the Club **each** month.

How about my 12th Step work — am I making myself available? I've been wondering am I being fair? Is there a proper time to say nothing? Do I talk just to impress the newcomer? Am I talking too much? Do I give him a chance to answer? Do I know all of details of the newcomers problems? Do I give him a chance to express himself? I know there are many times he wants to talk, to get it off his chest — do I let him? Do I get into an argument with him? Do I antagonize him? I guess there are times when it's best for me to be quiet and listen.

In 12th step work, talking too much could become a real danger. It believe it is well to tell your story persuasively, but we can not overlook the fact that our man is loated with fears and apprehensions and needs a willing listener.

Isn't it amazing how many random thoughts can go bouncing through a person's mind when he works alone at night. I am going to re-read this list and see what areas I can find improvement for myself.

JIM L.
Silver Dollar

THIS DAY IS MINE

Please, May I Use It Well

This is the day that belongs to me, for it was given to me early in the morning, freely and without obligation. The moment that I accepted the gift, I accepted the responsibility for its growth. I received it in good condition, fresh and young and clean, and now that it is mine, I can choose what kind of day it will become. I can make it ugly by deciding to be miserable, or I can make it beautiful by deciding to be glad.

This is the day to be happy. I know I can be just as contented as I wish to be. Above all, I can find contentment now, instead of thinking it necessary to wait for some uncertain, future pleasure.

This is the day to be free, to cut the bonds of all those tomorrows and all those yesterdays. I would be unwise to waste any part of today in unless guilt or distress about a yesterday, or in pointless worry or panic about a tomorrow. This is the day to treat life **as a great** adventure and each moment of it as a satisfying, rewarding experience. Since I have but one chance at today, I want to live it fully, and I want to live it, well. I hope that I will handle myself in such a manner that when today becomes a yesterday, my memories will be pleasant, and when tomorrow becomes today, my regrets will be few. On this day, I do not want to indulge in crippling, selfish emotions such as anger, hatred and fear; I want instead to seek their opposites.

This is the day to be thankful, for some pains removed and some blessings received; to translate my gratitude from mere words into cheerful, wholehearted achievement.

This is the day to promise myself that I am going to build my world with gladness and with love-right now—because this is the only day that belongs to me.

H.W., Tornoto, **Ontario**
July, 1979 Grapevine

EXPERIENCE SUGGESTS THAT A.A. MEMBERS:

- Respect the right of other members to maintain their own anonymity at whatever levels they wish.
- When speaking as A.A. members at non-A.A. meetings, usually use first names only.
- Avoid the use of titles such as "A.A. counselor" when employed as professionals in the field of alcoholism (the title "alcoholism counselor" is preferred).
- Use the last names within the Fellowship, especially for election of group of officers and other service jobs.
- *From the revised pamphlet, "Understanding Anonymity", A.A. W.S., 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 is \$3.50 per Year.

Harry D., Founder and Editor 1892-1968

VOL. 40

July 1982

No. 10

DISTRICT OFFICE CORNER

Fellow members we want you all to know that we are sharing the heat and humidity with you just as we share our program.

One thing we have discovered that is when so many of us get sober we try to get our thinking and find that, in most cases of early sobriety, many of us with our brilliant minds (?) feel that we can add to and improve on many things we read and see practiced in the Fellowship of A.A.

Most things written and followed in our program have come about through trial and error and have been found to work - only after many mistakes in our way of going about achieving sobriety have we realized that many of the things we were in disagreement with - are the very same things our founders and our pioneers faced in trying to come up with a working program.

We say "keep it simple", "live & let live", etc . . . each person coming into A.A. has the right to work his/her program in the way that is best for them and we are not supposed to try to force our thinking and super intelligence' on others. Remember, please, that, especially in the terms of 'religion' in any one individual's way of working their program - that is their way. This fellowship is a spiritual one and we do help those with a God and those who have no God . . . and it is our one desire that no one thinks AA is trying to pour anything in us we do not want and could not handle. Especially here in our office we carry many "tools" that will help with your program. If we do not agree with some of the 'tools' and if they are not the necessary ones for our particular task of keeping sober - there are others that will fill our needs and these are the ones you should hang onto - we wouldn't want an electrician to do a plumber's job now, would we? Each have their own set of tools to use in their occupation and maybe the electrician could not do his job if all he had were the tools of the plumber.

THINK ABOUT IT!

YOUR TRUSTED SERVANTS.

CENTRAL COMMITTEE MEETING
TUESDAY, AUGUST 3rd, 1982 8:00 P.M.
OLD STONE CHURCH - PUBLIC SQUARE
CLEVELAND, OHIO
BE INFORMED
GROUP REPRESENTATIVES WELCOME

26th OHIO STATE CONFERENCE
HOST BY
OHIO GENERAL SERVICE
AUGUST 6, 7 AND 8, 1982
BOWLING GREEN STATE UNIV.
BOWLING GREEN, OHIO

JOE SAYS "THANKS"

Joe G. of the Workhouse Group & Mansfield Reformatory, would like to thank everyone for the many cards, letters and prayers, he has received in his recent illness. Words can not express his deep gratitude to the fellowship.

IN MEMORIAM

MICHAEL LOCKSHAW, treasurer, of the Eaton Group with 18 yrs. of sobriety. Passed away June 24th. Our deepest sympathy to the family.

Correction from June 1982 bulletin should have read Walter Larkin, passed away.

WHAT IS IT THAT WE NEED SO DESPERATELY IN LIVING TODAY? LIFE "BEFORE A.A." LED US INTO A PRISON, LOCKED UP INSIDE IN FEAR AND NEGATIVITY. AN A.A. PROGRAM WORKED GUARENTEES CHANGE AND DELIVERY INTO A JOY OF LIVING TODAY. A 1948 "GRAPEVINE" READS:

"He is a slave not only to drink, but to his defective self as well. The New Way of Life gives back to the A.A. member his freedom if he follows it faithfully. Having lost his freedom, he can now properly appreciate it. What freedoms does he gain or regain?"

1. Freedom from hate
2. Freedom from guilt
3. Freedom from want
4. Freedom from fear
5. Freedom from self
6. Freedom from frustrations
7. Freedom from despair

(Reprinted: A.A.W.S.)

EXPERIENCE TODAY • HOPE TODAY • AND
STRENGTH TODAY WILL LEAD TO FREEDOM.

On his way out of church, a young man stopped at the door for a few words with the pastor. "Would it be right," he asked, "for a person to profit from the mistakes of another person?"

"Absolutely not!" replied the pastor.

"In that case," said the young man, "I wonder if you'd consider returning the ten dollars I paid you when you married my wife and I last August?"

FAITH

Nothing in life is more wonderful than FAITH. The one great moving force which we can neither weigh in the balance nor test in the crucible.

WHAT DOES IT MEAN TO BE FAITHFUL

If your car starts one time out of three, do you consider it faithful?

If the paper carrier skips the Monday and Thursday editions, would they be missed?

If you fail to come to work two or three times a month, would your boss call you a faithful worker?

If your refrigerator quits for a day now and then, do you excuse it and say, "But it works most of the time?"

If your water heater greets you with cold water one or two mornings a week, would you be understanding?

If you miss a couple of mortgage payments in a year's time, would your banker say, "Oh, well, ten out of twelve isn't bad?"

If we attend meetings only often enough to show we are lukewarm members, how faithful are we?

FACTS ABOUT ANONYMITY IN A.A.

- It is not the media's responsibility to maintain our Traditions; it is our own individual responsibility.

- A.A. members generally think it unwise to break anonymity of a member even after his or her death, but in each situation, the final decision must rest with the family.

- A.A. members may disclose their identity and speak as recovered alcoholics, giving radio and TV interviews, without violating the Traditions-so long as their A.A. membership is not revealed.

- A.A. members may speak as A.A. members only if their names or faces are not revealed. They speak not for A.A. but as individual members.

— Be a Bulletin Booster —

AA CENTRAL BULLETIN
ORDER BLANK

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

Date

Name

Address Street

City Zone NO.

One Year at \$3.50 Amount enclosed \$

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

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 the Step.) If you were a compulsive liar while you were drinking you will not 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 already have 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 A.A. meetings regularly, that is 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 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 that 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 Him for help each day is a real BLOCKBUSTER.

Dry Run

* * * * *

... NONE GET CURED BUT MOST GET WELL!

The new member's mother couldn't understand why he attended so many meetings a week.

"Look, Mom," he explained. "We have people in our group who have been doing that for 25 or 30 years."

"What a pity!" she replied. "But I suppose there are some who never do get well."

A.A. Grapevine -May 1981

* * * * *

THE POWER OF PRAYER

There are two types of diseases that are in absolute contrast to each other. In one type, the cause of the disease is the presence of germs or bacteria that are harmful to the human body. The other type of disease is caused by the absence of some chemical or some other vital substance that is essential to keep the body from becoming disordered. Many human ills are deficiency diseases, and can only be overcome by supplying those elements which are lacking.

So, in the first disease the germs must be destroyed or expelled before the body can be restored back to good health. And in the second case, the body can only be brought back to good health by supplying the vital elements which it lacks.

The alcoholic is a sick person. He is suffering from a physical and spiritual disease, but if he is fortunate enough to be hospitalized or if he can afford to pay a doctor, he will get medication for his illness. His doctor will give him medication to kill the germs that are harmful. And if he is suffering from the lack of the health-giving elements, he will be given vitamin shots to replenish the deficiency of the vital elements that his body needs.

But, his doctor cannot give him medication to bring his sick soul back to spiritual and moral health. He will have to seek spiritual medication from the Divine Doctor. He is just as sick in his soul as he is in his body and he needs Divine medication to destroy the germs that are causing his mental turmoil. And he needs spiritual vitamins to restore his moral and spiritual deficiencies and build up his resistance to ward off the harmful germs.

Prayer is the vitamin for the sick soul. Prayer will kill the germs that are detrimental to man's soul. Prayer will restore humility and expel the germ of selfishness. It will destroy the germ of hate and restore the element of love. It will banish the germ of doubt and suspicion and restore the vitamin of faith. Daily prayer for the soul is like a daily vitamin for the body. It will restore our moral and spiritual deficiencies.

The health of our soul is just as important as the health of our body. The two go together. Physical power and vast possessions will not give us spiritual satisfaction unless we learn to use them to enrich our spiritual welfare. We may live in a mansion surrounded by every conceivable luxury and yet be poor in our family relationship for lack of love and sympathy. We may accumulate large possessions that will satisfy every whim, and yet be poor in real satisfaction unless we include the vitamin of prayer in our daily diet.

We are living in a civilization that has all the material wealth to make man happy and comfortable, yet with all this wealth there is spiritual poverty. We need something more than material things and body comfort to build up our spiritual health against the forces of evil. We need the vitamin of prayer in a world where so many demands are made upon us by the hucksters of depravity.

Our scientific and modern civilization with all its marvels is suffering for lack of faith in God without which our physical and material progress is in vain. "Yes, we have life, but we need something that will give meaning to LIFE."

Edward B., Akron, Ohio
Akron Intergroup News

AA DOESN'T GUARANTEE TO OPEN THE GATES OF HEAVEN TO LET YOU IN, BUT - IT WILL OPEN THE GATES OF HELL TO LET YOU OUT."

ACCEPTANCE

Is acceptance of A.A.'s first step the only reason you are going to meetings? Are you aware of others in the room? Are you attending many meetings? Are you practicing all the principles in all of your affairs, or are you escaping in A.A. just as you did in the bottle? Are you supporting and serving one group, even though attending other meetings? Floating around seems like a good way of not being responsible. Alcoholics Anonymous is a nucleus for life, but it should be overflowing on your fellow man and be an asset to your community.

If you have accepted the first step, you have opened the door of A.A. Now, are you just standing there and looking around, or have you entered the spacious room and joined in the festivities? Have you tasted twelve step work and found how delicious it is? Have you tried on a service suit and found that it fits? Have you helped to set up and tear down the scenery of an individual gathering? OR - are you still standing in the doorway allowing other people to bring it to you. About all you are going to get in that small doorway is a chair, a table, and an ashtray, and a cup of coffee. All are inanimate objects which you can get anywhere.

MINA E.,
Crosstown Area News
Toledo, Ohio

ARE YOU PLANNING TO MOVE?

If so, clip this coupon and mail to One Public Square, Mezzanine 206, Cleveland, Ohio 44113, immediately. It is urgently needed before the next issue of the **Central Bulletin**.

Name _____

Old Address _____ Zip _____

New Address _____

City _____ State _____ Zip _____

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. XL No. 11

KEEP IT SIMPLE

"Keep it simple." advised cofounder Doctor Bob on several occasions before he passed away. Keeping it simple is a very important way for all of us to live.

We honestly believe that he had in mind that we should stay in our own back yard, working with alcoholics, and not to try to become authorities on medical treatment, religion, psychiatry or in other fields devoted to the treatment of the alcoholic.

He surely had in mind that we confine our activities to the program of AA as we understood it. Our First Legacy, consisting of the Twelve Steps is the **program**. No more . . . no less.

When we keep the program simple, it is easy to understand and easy to work. If this wasn't true, then how can anyone explain how a "brand new" man can stay sober his first week in AA with only faith and trust in his sponsor's advice. In most cases he is in a confused state of mind, dubious and full of trepidation.

Many belong to the school of thought that the sponsor should be very diligent in going over the Twelve Steps with a new man, time and time again. They urge the purchase of the big book, if even on a deferred payment plan, and recommend a thorough study of the contents so that meetings will take on some real meaning for him.

As time passes, our Second Legacy, the Twelve Traditions should be explained to him. This is of utmost importance, for as he is assimilated into group activity, the inner urge to exhibit gratitudes and leadership which is inherent in most, might prompt him to introduce exciting side shows or money-making projects which would run afoul of **AAs** good practice.

And finally he should be introduced to the Third Legacy which is making our philosophy available to alcoholics in every part of the world-in sections of the United States where there are no groups and the only AA contacts the alcoholic has is by mail. These "loners" receive weekly "leads" from the very efficient staff in the General Service Conference offices, maintained and supported by established groups throughout the United States and other countries. This service should be made clear to the new man. However, we believe none of the above should be introduced until the proper and opportune time arrives.

Let us never for a moment try to interpret **Doc's** "keep it simple" as though he had objections to providing all of the services we render through our intergroup offices, our General Service office, and our General Service Conference held each April and to which our area has a Delegate, elected for a two year term.

We thought like a lot of other people until we read "AA Comes Of Age," "The Third Legacy Manual" and become subscribers to the Grapevine.

We were fortunate to be around in 1950 when the Fif-

teenth Anniversary of AA was held in Cleveland, and also when the memorable Twentieth Anniversary was held at St. Louis in 1955.

When we hear the argument coming from some of our old time members that, because we didn't have the Second or Third Legacy when they came in . . . that they didn't need them then and don't need them now, we are reminded that we too at one time felt the same way. The only reason we can think of why we changed was that we became *in-*formed! Then our membership became exciting, more interesting, of more value. We developed a deeper sense of appreciation for the priceless privilege which we enjoy.

The great influence some of these non-cooperating old time members have with many others is beyond comprehension. AA must be fully cooperative to continue to grow-in service to the great multitude who need us. This service must be self-less, and certainly devoid of any desire for personal power or glory.

Let us always remember that the Program (our Twelve Steps) is just as simple as ever. Without doubt these never will be changed.

But let us be sure that we have read ALL about our great Fellowship which was developed from the rich experiences of **AAs** from every **state** of the Union, Canada, and many foreign countries and kept simple by the trusted, dedicated Delegates from every sector of the world. These are our guardians. No other Fellowship is like it. When Bill shed the "mantle of leadership" in 1955 and turned over his great responsibility to the General Conference Delegates, AA truly came of age. He was confident that AA now was in safe hands-in the hands of all of the groups from everywhere.

-Howard B. Independence
Jan., 1959 CENTRAL BULLITEN

Grapevine



"You stick with me, Hester, and they'll think we belong to some kind of a club, or something!"



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

Harry D., Founder and Editor 1892-1968

Vol. 40

AUGUST 1982

No. 11

DISTRICT OFFICE CORNER

Since this is the last full month of our summer season according to 'back to school' standards, we do not **particularly** want to lay anything too heavy on you - so we will go over some things that caught our attention over the summer.

We were reading in the newspaper one Sunday in July that another study had been done on whether or not the alcoholic can ever return to social drinking and it has been proven that the report of ten years ago by the Rand Corp. was not the true picture. To sum up the latest findings in following those who participated in the Rand program's progress, it was stated: "Complete abstinence is not just a treatment goal; it's the key without which there is no chance of a healthy recovery". (We could have told them that!)

Also we have been impressed by the many serious young people who are coming into A.A. with a 'sincere desire' to stop drinking. Their willingness and determination to get rid of old attitudes and develop new ones will surely set **them** on the path of a happy sobriety. These young people are going to be examples for others who came to us and were not quite so willing to change. ENTHUSIASM does make you glow!

We know that a lot of members get calls at their homes, businesses, etc. from schools and other outside organizations asking them to speak for them. This is great - but if you do arrange a speaking engagement we would appreciate if you would let the office know so that we can add this to our records as reports go out to our Fellowship on the number of public information talks that are given by members.

Our deepest wish is that economically bad times not affect anyone's desire to stay sober but to make their A.A. program stronger. The response to our June reminders on pledges shows us that there are a lot of grateful people out there in spite of the times.

We also want to take the time to say hello for our friend, George M. who for a long time had the sole responsibility for getting your Central Bulletin out to you. We miss you and your articles - By George!

Till we meet again. . .

YOUR TRUSTED SERVANTS.

IN MEMORIAM

NORMAN YOUNG, was killed by a automobile. He was a 40 year plus member of our fellowship from the Canton area. Our deepest sympathy to the family.

CENTRAL COMMITTEE MEETING
TUESDAY, SEPTEMBER 7, 1982 - 8:00 P.M.
OLD STONE CHURCH - PUBLIC SQUARE
CLEVELAND, OHIO
BE INFORMED
GROUP REPRESENTATIVES WELCOME

AREA WIDE MEETING
SUNDAY, SEPT. 12, 1982
2:00 P.M.

AT
THE TEMPLE **NAR-TAMID**
EUCLID JEWISH CENTER
EAST 250TH AND LAKE SHORE BLVD.
SPEARERS, TOM & GERRY S.
EVERYONE WELCOME

CUYAHOGA HILLS GROUP
CUYAHOGA HILLS BOYS SCHOOL
4321 GREEN ROAD
BETWEEN HARVARD & EMERY ROADS
3RD ANNIVERSARY
THURSDAY, SEPT. 16, 1982
8:00 P.M.
PLEASE CALL DAVE G. FOR INFO.
226-3991

G.S.R. THIRD LEGACY MEETING
SUNDAY, SEPTEMBER 19, 1982
RAMADA INN, AKRON, OHIO

August 2, 1982

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

Dear A.A. Members:

Our Sober Recovery (OSR) Group has received a few Central Bulletins. The July 1982, Bulletin had a Thank You; from Joe G. for the cards, letters and the prayers he received.

As the Institutional Supervisor of the A.A. Meetings here at the OSR, I would like to tell you and your readers how grateful we are for A.A. men such as Joe G. It is a special kind of commitment that brings these men down to a "joint" like OSR. We see this commitment as they continually come in on time, consistently show concern and constantly share of themselves. We know when you give, you receive.

I am sure that Brothers like these will receive a great deal because they have given so much.

Cleveland A.A. has a number of good people, we know, we have met them inside the walls. Many many thanks to the Joe's of Cleveland who make the difference between life and death to a lot of other poor Joe's.

Sincerely,
John E. Caldwell
Supervisor, A.A.
OHIO STATE REFORMATORY
MANSFIELD, OHIO

ALWAYS • CAREFUL • TO • INVESTIGATE • OTHERS • NEEDS

ATTENTION MEMBERS
MEMBERS WHO SPEAK SLOVAK,
SERBIAN AND ROMANIAN
OR OTHER LANGUAGES, PLEASE
CONTACT THE OFFICE, 241-7387.

FACING LIFE

Sooner or later, everyone arrives at a point where life seems to have become too big to cope with. Life is really never too much for us, but it can seem to be. When this happens, we have lost our perspective, but it can be regained.

You may have come to think of the world as unspcakably vast - the earth, twenty five thousand miles around, and outer space, full of unknown worlds. But practically, the world is limited to your home, your job and your city. Even if you fly to New York or Texas, your world is no bigger than the interior of the airplane, and no further away than the nearest airport.

You may have come to regard the world as teeming with millions and millions of people. I reality, your world consists of a very small number of people - those who live with you, those who work with you, and those you are acquainted with.

And the awful menacing future that unending nightmare of shadowy days and **years!** Can't even bear to think about it? Well, quit thinking about it all. You live only a split second at a time and that is right this minute. You can think of only one thing at a time. You actually live only one breath at a time. Stop living in a tomorrow and live only until bedtime tonight.

In short that big bogey man, Life, can be cut down to his real size. Life is only this place, this time and these people right here and now. This you can handle at least today. "But my life is just one problem after another!" Of course it is -That's life.

Toledo Area New

YESTERDAY IS HISTORY —
TOMORROW IS GOD'S —
ALL WE HAVE IS TODAY —

Be a Bulletin Booster

AA CENTRAL BULLETIN
ORDER BLANK

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

Name _____

Address _____

City _____ Zone No. _____

One Year at \$2.00 _____

Mail to: _____

"THERE ARE NO 'MUSTS' IN THE PROGRAM"

By Clarence S., South Seminole AA Family Group
 Common to all alcoholics, bar none, is a problem with the drug alcohol. This common manifestation of an illness is, however, only a symptom of deeper underlying problems. Another symptom of alcoholism, found in every alcoholic in varying degrees is that of resistance. Resistance to change, resistance to facing facts about themselves and their illness, and, based on a warped and sick ego, a resistance to accepting real help and to following the directions of another. We simply do not like to be told what to do, how to do it, or when to do it. No matter what the positive good that may be offered as a result of **following** those directions, intact, most of us feel an emotional resistance which may well stop us cold in our journey to full recovery. This emotional resistance seems to persist long into the recovery process. Far after the cessation of drinking has **occured**. Hedge though we might try, the simple fact is just this and nothing less: This defiant resistance is the product of an alcoholic mind and is not the attitude of reverent acceptance found in the mind of a recovering individual.

It is for this very reason, we are fairly sure that this piece of literature will meet with tremendous amount of resistance; attempts to alter the meanings of its contents; condemnation of those who produced it; and attempts to conceal it from newcomers-which is who we are really trying to serve. We proceed with this endeavor because the Twelfth Step tells us to carry THIS message. Not the fellow down the street's message; nor our own personal message; nor the new and improved, watered down version of "THIS" message, which is being foisted upon so many of us these days. But THIS message. The message of miracle producing results found in the first **164** pages of the book ALCOHOLICS ANONYMOUS, intact, unedited, **uninter-**pretedf And that strong, original message tells us that there are many "musts" to be learned, practiced, and applied in our lives.

" . . . to change the things we can . . ."

ALCOHOLISM • HOW IT WORKS

In approximately the following order, the alcoholic encounters attempts to help him or her:

- The doctor tries to help and gives up.
- The minister tries and gives up.
- The psychiatrist tries to help and gives up.
- His employer warns and then gives up.
- The wife or husband tries and tries and tries and finally gives up.
- The mother tries, she never gives up and oft time makes it worse.
- A.A. has a try, but the alcoholic gives it up.
- The social worker works and works but finally gives up.
- The parole officer gives up.
- And after the third or fourth admission, the hospital gives up.

YOU SEE, NOTHING REALLY HAPPENS UNTIL THE ALCOHOLIC GIVES UP!

Perspective, Nebraska
 via Unity in Dayton

WHAT'S THE DIFFERENCE BETWEEN A 'MEETING' AND A 'GROUP'?

In many organizations, the individual member is the basic unit. This is not and cannot be true of Alcoholics Anonymous, because the individual is self-admittedly "powerless". The great effectiveness of A.A. is based entirely on "one alcoholic helping another". Without fellowship, without the group, the powerless individual would go insane and die. So the group is that important to us, it is the key to our very survival.

This being so, one would think that every one of us would be doing everything in our power to insure the group's survival. But then, that would require developing attitudes and behaviors so foreign to our nature. Like involvement, for instance, or commitment or responsibility. **Engaging** in strange unnatural behavior like being useful in service, cooperating with others, sometimes even working with no expectation of recognition!

They say about A.A., 'You get out of it what you put in to it'; but, in my experience, we usually get much much more. If all I was getting from my A.A. program was "mere survival", I probably wouldn't bother. The tremendous **benefits** outlined in the Twelve Promises do not come automatically, but they do come "... If we are willing to work for them".

Then why aren't more people involved in the essential business of operating the group's activities as effectively as possible, making every effort to insure the group's survival **and** to serve the "Primary Purpose" of carrying the message? The objection to service involvement heard most often is: "It's all politics." This is an obvious copout because "our leaders are but trusted servants, they do not govern", and because those "politicians" were put in that position by YOUR VOTE (or by default, by your not voting). Which puts the ball squarely in your court, how A.A. is run and by whom is your responsibility, **WHETHER YOU VOTE OR NOT.**

To help you determine if you belong to a group or **simply** attend meetings, here are the six points that define an A.A. group:

1. All members of a group are alcoholics, and all alcoholics are eligible for membership.
2. As a 'group, they are fully self-supporting.
3. A group's primary purpose is to help alcoholics recover through the Twelve Steps.
4. As a group, they have no outside affiliation.
5. As a group, they have no opinion on outside issues.
6. As a group, their public relations policy is based on attraction rather than promotion, and they maintain personal anonymity at the level of press, radio-TV, and film.

A wife who had been constantly criticizing her husbands driving all across the country asked him pleadingly: "Would you mind watching the road for a few seconds while I take my shoes off?"

The teacher was testing the knowledge of the kindergarten class. Slapping a half-dollar onto the desk, she asked, "What is that?"

Instantly a tot in the front row called out "Tails!"

ON APPRECIATING "WHAT SERENITY IS ALL ABOUT"

"Where is this Serenity everyone keeps talking about?" After being sober for a few months I remember feeling very frustrated and asked that very question at a meeting one night.

I was reading the Big Book, working the Steps the best I could, going to meetings, doing (I thought) everything I was told, and I wanted SERENITY now. A member of the group much wiser than I told me Serenity would come as soon as I stopped fighting so hard for it and just let it happen. Another member said we may not always realize when we have it, but we can sure tell when we lost it.

I started appreciating and taking time for little things -time to read a book, take the kids for a walk, watch the sunset. One fellow said to take time to listen to the birds singing when I wake up and to ask myself "How important is it?" before getting upset. All of a sudden, I started realizing those peaceful, satisfying moments were what Serenity is all about.

The beauty and goodness is all around me, given by God. It is up to me to see and appreciate it.

If we don't take time to do a daily inventory, we'll never know the joy of finishing a night-time inventory, when you can smile to yourself knowing that you're an OK person, have done your best, and really had a good day.

I find now that I sometimes have to actively plan for serenity. When I know I have an especially hectic day ahead, I find that if I take time first thing in the morning to thank God, not only for the day past • but for a new 24 hours, my day goes much smoother.

I have come to realize that we do have a daily choice, not only in regard to **drinking**, but in how our day goes. I can choose to charge headlong into the day, frantically trying to get it all done (not much chance for Serenity there), or I can decide to do for those things that really have to be done, including taking some time for myself. The rest of the things can get done another day, and sometimes some of them will take care of themselves.

I am still learning, and still have to work at it • but I know that Serenity is there and can be mine if I take the time to see it, feel it and let it happen.

(Pat K., N.D. Newsletter, via Hellow Central . . .)

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 Zip

New Address

City State Zip

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. XL No. 12

AM I THE MASTER OF MY LIFE?

Am I able to awaken to the beauty of each day with complete awareness of what life has in store for me on that day? If I have this awareness, am I able to control the events of the day with complete confidence? Whether the happenings or events be good or bad, will I avoid weakening or becoming frightened or frustrated to the point that the essence of life is tainted by my inability to cope with adversity? Through this awareness, the sun can ride high in the sky in my mental attitude, even if it is raining. If I meet with well-needed and welcome financial gain, praise of my accomplishments or whatever else might be the cause of tremendous elation and I am able to cope, then I am well on the way to becoming the master of my life.

When I have acquired sufficient knowledge of myself to lift myself from the doldrums of adversity or bring myself down to a palatable level from my Cloud Nine, then I feel that I am in better control of my own destiny.

We cannot, however, become arrogant and consider this to be a single person effort. We must be able to accept good constructive criticism. We must be able to place ourselves in someone else's shoes before condemning them. We must be aware of our own character defects and make good attempts to correct them and give sympathy and empathy to the needs of others. Above all, we must be content and happy to have our Higher Power as the compelling force to guide us in our attitudes, knowledge and search for greater strength; then I believe we could claim to have our lives under much greater control than ever before.

We could not profess, however, to be the master of our lives but if we have turned our will and our lives over to the care of God as we understand him as in Step 3, I would I have to say that HE is the Master of our lives and we have, only through our free will, tried to control our reaction to life.

In our association with and learning in A.A., many of these points that I have mentioned have been put in better perspective for us, and day by day it becomes easier and easier to cope and understand. This is not to say that every day is to be a perfect day, but as we grow and live and love in A.A., those imperfect days get further and further apart and the control of our lives becomes more firm.

Jim L.
Silver Dollar

LET'S STAY GREEN

A very dangerous thought to we alcoholics is that we are special. That for some vague or distinct reason our feelings are different, or due to our life style, age, sex, profession or economic situations, the rules don't apply to us.

In order to stay in A.A., we saw that an excuse for drinking was just an excuse; alcoholism doesn't care about excuses, it just progresses. Our defiance is what would do us in.

Now, it is each individual's responsibility to have a "program" the way they need it. However, when individuals or groups begin to violate these Traditions that protect and support A.A., then it may become a matter of life or death to many.

Does your group call group conscience concerning Traditions?

The simple fact that A.A. is available to use in recovery now means that SOMEONE had been conducting business according to Traditions. Someone before us had been responsible.

With the rapid growth of our Fellowship, there may be a greater need for group inventory, A.A. inventory as a whole, and a heed to suggestions. No problem is new or unprecedented, not really. With every problem, there is a principle to provide a solution. In fact, many psychologists have studied A.A., fascinated with an organization that has no organization!

We all in A.A. see and hear things which contradict A.A. according to Traditions, yet how many speak up? Will fear (same thing which afflicted us in active alcoholism) be an affliction to our Fellowship and continued growth in unity?

Do we have special excuses to allow some groups to violate Traditions? We have a primary purpose; let's keep this before all else. Have a Traditions meeting, do some reading on them — we need to keep these green too, in order to grow in the Cleveland Area.

SELF-RESPECT CANNOT BE HUNTED. IT CANNOT BE PURCHASED. IT IS NEVER FOR SALE. IT COMES TO US WHEN WE ARE ALONE, IN QUIET MOMENTS, IN QUIET PLACES, WHEN WE SUDDENLY REALIZE THAT, KNOWING THE GOOD, WE HAVE DONE IT, KNOWING THE BEAUTIFUL, WE HAVE SERVED IT, AND KNOWING THE TRUTH, WE HAVE SPOKEN IT.

From the Phoenix, **Ariz.** Newsletter.



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

Harry D., Founder and Editor 1892-1968

Vol. 40 SEPTEMBER 1982 No, 12

CENTRAL COMMITTEE MEETING
TUESDAY, OCTOBER 5, 1982—8:00 P.M.
OLD STONE CHURCH - PUBLIC SQUARE
CLEVELAND, OHIO
BE INFORMED
GROUP REPRESENTATIVES WELCOME

OLD TIMERS-BEFORE 1950
REVIVAL OF THE OLD SPIRIT
OCTOBER 2, 1982
MRS. LOIS WILSON
STEPPING STONES - P.O. BOX 452
BEDFORD HILLS, N.Y. 10507

G.S.R. THIRD LEGACY MEETING
ELECTION OF AREA COMMITTEE
OCTOBER 17TH, 1982
AMERICAN LEGION HALL
ROUTES 82 & 21
BRECKSVILLE, OHIO

IN MEMORIAM

GEO. "MURPHY" ARCHANKI, WAS KILLED IN A
HEAD ON COLLISION IN THE STATE OF NEW
YORK, SEPTEMBER 13, 1982 HE WAS A MEMBER
OF THE SUPERIOR GROUP. OUR SYMPATHY TO
THE FAMILY

JOE WURM, ACTIVE MEMBER OF THE HAGUE
GROUP AND OUR FELLOWSHIP, PASSED AWAY.
OUR CONDOLENCE TO THE FAMILY.

JOHN "DICK" LYNCH, ACTIVE MEMBER
OF THE FELLOWSHIP, PASSED AWAY
THIS MONTH. OUR SYMPATHY TO
THE FAMILY.

The A.A. member who refuses to give his or her name
on a personal level to provide help for a sick alcoholic is
placing personalities before principles, just as surely as
is the A.A. member who identifies himself or herself as
such at the media level. Our Tradition designates the ex-
act level where the line should be held.

SOME THOUGHTS ON GOSSIP

I hope I have learned to stay away from gossip and
not to judge others. To keep my nose in my own
business and to leave the lives of others and how they
choose to live up to their own discretion. I hope I keep
from getting involved with attacking others in the name
of "A.A." or in the name of "helping them to grow."
"Attack" only alienates others and strengthens their
denial tactics. To pull someone aside on a "one and one"
is to be respectful and also puts them on an even plane
with you. One equals one.

By meeting on a one and one I can build a relationship
on respect, equality, caring, sharing and sensitivity. I
hope to grant people the birthright of respect whether it
was granted to me or not. By behaving in a positive
manner I can learn maturity and develop an example
conductive to the healthy growth of both self and others.
In A.A. we are all equal. In A.A. we strive to serve each
other in sobriety.

Anonymous
Lakewood

LIVE WITH ENTHUSIASM

Youth is not a time of life. It's a state of mind. It's a
temper of the will, a quality of the imagination, a vigor
of the emotions, a predominance of courage over timidi-
ty, of the appetite for adventure over love of ease.

Nobody grows old by merely living a number of
years. People grow old only by deserting their ideals.
Years wrinkle the skin, but to give up enthusiasm
wrinkles the soul.

Worry, doubt, self-distrust, fear and despair -- these
bow the head and turn the growing spirit back to dust.

Whether 60 or 16, there is in every being's heart the
love of wonder, the sweet amazement at the stars and
the starlike things and thoughts, the undaunted
challenge of events, the unfailing childlike appetite for
what's next, and the joy of the game of living.

You are as young as your faith, as old as your doubt;
as young as your self-confidence, as old as your fear; as
young as your hope, as old as your despair.

So long as your heart receives messages of beauty,
cheer, courage, grandeur and power from the earth,
from man and from the infinite, so long are you young.

When the wires are all down, and all the central
places of your heart are covered with the snows of
pessimism and the ice of cynicism, then, and only then,
are you grown old indeed, and may God have mercy on
your soul.

Live every day of your life as though you expect to
live forever.

Anonymous

We have heard of many folks who trusted their
Higher Power too little, but have you ever heard of
Anyone who trusted Him too much?

ANONYMOUS

ALWAYS • CAREFUL • TO • INVESTIGATE • OTHERS • NEEDS

The Monday night "Country Club" Closed Discussion Group wishes to make the following clarification of it's function within the A.A. Community:

As governed by Group Conscience and clearly set forth by the Twelve Traditions and the Preamble of A.A., our first duty, as a group within the society of Alcoholics Anonymous, is to insure our own survival. Therefore, our meeting, being a closed discussion group, is devoted entirely to:

- a) Discussion dealing with alcoholism as defined by A.A. in the book "Alcoholics Anonymous" and NO OTHER definition.
- b) Discussion among those persons whose PRIMARY PROBLEM is Alcoholism, as so defined.

The group, in making this announcement, recognizes that we must avoid distractions and multi-purpose activities that would dilute the effectiveness of our primary purpose, which is specified in our Preamble; and is further established by the central theme of the Fifth Tradition: " 'Better to do one thing supremely well, than many badly. ' Around it the A.A. Society gathers in unity. . . the very life of our fellowship requires the preservation of this principal."

We welcome all who share this purpose with us, to share with us each and every Monday night. . .In discussion and not "statement".

Newsletter
Columbus, Ohio

LOOK ABOVE

A flying trooper spotted a speeder on an expressway and radiod a patrol car on the ground. The Patrolman stopped the speeding auto and discovered the driver to be drunk. The drunk was a bit uncertain as to how his speeding had been discovered. "How did you know that I was speeding?" the offender asked. As he wrote out the ticket, the patrolman pointed skyward. The drunk looked astonished and exclaimed, "You mean He's turned against me, too?"

Anon.

— Be a Bulletin Booster —

AA CENTRAL BULLETIN
ORDER BLANK

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

Date

Name

Address
Street

City Zone No.

One Year at \$3.50 Amount enclosed \$

Mail to Central Bulletin One Public Square, Mezzanine 4-5
Cleveland, Ohio 44113

A PROGRAM OF ATTRACTION

It is far too easy to say that we are not responsible for carrying the message outside the fellowship - that we have to wait for 'them' to come to us. This attitude has allowed us to become 'takers' over the years. We 'take' everything the Fellowship has to offer, and never bother to sweeten the pot. The truth of the matter is that we ARE responsible. We are the ones that have to carry the message . . . , not only is it our duty and responsibility, it is also the very basis for our continued sobriety and serenity.

In every chapter of the Big Book and Twelve and Twelve, we find evidence of the fact that those who got here ahead of us got and stayed sober by CARRYING THE MESSAGE. They didn't wait for the drunk to come to them - they went out after the .drunk and brought him to where he could hear the message.

Maybe it's time for us to carry the message a little more openly. It sure looks like there are going to be more people than ever who are going to need our help! I!

Remember this: Doctor Bob didn't call Bill W. • Bill W. called Doctor **Bob!!!**

(Marion R., Oxon Hill, Md., in "The Voice")

GROUP CONSCIENCE or "MISSING YOU"

A member who previously had been attending meetings regularly, stopped going. After a few weeks, several of his friends discussed this, and one member decided to visit the absent one.

It was a chilly evening, and our "friend" found the member at home alone, sitting before a blazing fire. Guessing the reason for the "friends" visit, the man welcomed him, led him to a chair near the fireplace, and waited. The "friend" made himself comfortable, but said nothing. In grave silence, he contemplated the play of the flames around the burning logs. After some minutes, the "friend" took the fire tongs, carefully picked up a brightly burning ember, and placed it to one side of the hearth, all alone. Then he sat back in his chair, still silent.

The host watched in quiet fascination. As the one lone ember's flame diminished, there was a momentary glow, and then its fire went put. Soon it was cold and gray.

Not a word had been spoken since the initial greeting. Just before our "friend" was ready to leave, he picked up the cold dead ember, and placed it back in the middle of the fire. Immediately it began to glow once more with the light and warmth of the burning coals around it.

As our "friend" reached the door to leave, his host said, "Thank you so much for your visit, and especially for your fiery suggestion. I shall be back at the next meeting.

Point: We live for each other, and without each other we die.

Newsletter
Columbus, Ohio

THE TRADITIONS

If someone gave you a precious gift - more valuable than any gift that a human being could give to another - and that gift saved you life, and changed it so drastically that you were spared additional suffering beyond belief - and they told you that in order to keep this gift - and continue to live free and joyful and with peace of mind, you had to do two things - give it away and preserve it - you would be nothing less than a fool or very is to do less than what was asked.

We in the fellowship of **A.A.** have been charged with just such a responsibility for our Twelve Steps, our Twelve Traditions, and our Twelve Concepts.

We give **away** this precious gift through out twelve step involvement of every kind - from that disturbing call in the middle of the night to our greeting to a new member at the door of a meeting room.

We **preserve** this gift by the unselfish dedication of many of our members to the protection of those principles that have thus far made A.A perhaps one of the most significant remedies of human misery of all time.

The principles, which have preserved this fellowship, through the thirty years since they were adopted - and even for sometime before they became widely publicized, are, of **course**, our Twelve Traditions.

Our Traditions were formed to insure us that this fellowship will always have a basis for a loving unity that will allow us to carry the same message to suffering alcoholics around the world.

The magnificence of this set of principles were surely inspired by power much greater than the authors - and are held together by a bond that I cannot help but keep repeating is a bond of love for each other and for our fellow man.

If, outside of A.A., I told you that there was an organization wherein common welfare came first - that to join required only your word - that it had no real opinions on anything nor did it endorse anything - that it chose not to promote itself - that it had no source of funds except a coffee can or a basket - that it had no rules, that each group was really on its own - and that not many people knew who the members were - but that this organization continued to grow in leaps and bounds, I am sure that you would either disbelieve its existence or attribute its success to something greater than a human being. Such is our **FELLOWSHIP!**

Each one of these Traditions has proven to be important to the survival of individual groups and A.A., and those groups that practice them are generally healthy, and continue to grow.

It is for you and me to be continually watchful of our precious Fellowship and Traditions - because if we do not - no one else will.

(This is condensed from a presentation on the Traditions written by a past delegate from Colorado, and I might add, written-beautifully.)

PEGGY S.,
 Delegate
 Northwest Ohio &
 Southeast Michigan

FEAR OF BEING SOBER

While making a twelve step call a while back, the man said, "I'm afraid to sober up. I don't want to face the prospect of the consequences".

Looking back on my life, I remember as a child not wanting to play a game because I was afraid I wouldn't know how, or be good enough. That would be embarrassing.

Many outgrow this fear as they learn to do things with adequate success, but it seemed this carried through to my adult life. But I found the ready solution, it was alcohol. It did things for me. My fears would disappear to the point where people used to remark that I was actually daring at times. This alcohol I was consuming soon became my best buddy. It got me through all the bad spots in my life, or so I thought, but it wasn't long before this buddy came more and more demanding, until it was controlling my whole life. My entire waking hours became occupied with planning how I could get my next drink. Also, it started to interfere with my sleeping hours (night sweats, horrible dreams, etc.).

Little wonder the man with whom I was visiting said he was afraid to sober up.

The A.A. Big Book says, "Fear is an evil corroding thread shooting through the fabric of our lives." Fear is surely a bar to reason and love, and it underlies guilt and depression. A person who has reached this state, such as I had, finds it very difficult to buy the great promise of A.A. unless we who have been through it can relate to the beginners and tell them how it worked for us. One of the promises the program clearly states is, "Fear of people and economic insecurity will leave us." Another is, "We will instinctively know how to handle a situation **wich** used to baffle us."

Our job must be to try to explain that God must be sought, and with His help we will be able to overcome fear of the future. He will help us decide which are good or bad fears, and, we must ask as we do in the Serenity Prayer, "the wisdom to know the difference". We must learn the importance of a real fear of taking that first drink and prove to others that there is no fear of living a sober life.

Ken G.
 Silver Dollar

ARE YOU PLANNING TO MOVE?

If so, clip this coupon and mail to One Public Square, Mezzanine 206, Cleveland, Ohio 44113, immediately. It is urgently needed before the next issue of the **Central Bulletin**.

Name

Old Address Zip

New Address

City State Zip

It will help you and it will help us.

CENTRAL BULLETIN

OCTOBER 1982

41ST YEAR OF PUBLICATION
OF YOUR CENTRAL BULLETIN



Published by
Cleveland Central Committee of A.A.
One Public Square
Mezzanine Room #6
Cleveland, Ohio 441 13

Vol. XLI-No. 1

ANEVENTTOBEREMEMBERED

When Marge K. and I accepted Lois Wilson's invitation to the Long-Timers Meeting at Stepping Stones, Bedford Hills, New York, we did not realize we were in for quite an adventure.

We left Cleveland Saturday, October 2nd, on a 9.25 A.M. flight, arriving New York 11.20 A.M. We had to get to Grand Central Station for a Commuter train at, we thought, 12:15 P.M. We hopped into a cab urging the driver to hurry - he did and we made it to find out the next train was at 1:15 P.M.1

We had not been to Grand Central Station for years so we were shocked to find it was not the most elegant place for a Saturday luncheon and although we are fearless in most situations we did not think it wise to either sit down or walk around the main Concourse so we found a sort of restaurant and stayed there until train time which was a half hour late leaving. We were met at Bedford Hills by an AA who drove us to Stepping Stones.

By then it was 3:00 P.M. and we were just in time for the picture taking of over 100 long-timers in AA. They came from several States and from Ontario, Canada.

A huge tent have been set up and a buffet dinner was served. Each table seated ten of us. After the dinner we went into the house - the home of Lois and Bill since 1945 - beautifully furnished and with mementos of their world wide travels.

It was here in the living room we were all seated and each one of us had a minute or so with a microphone to identify our beginnings. After that we were driven to our motel room at Mt. Kisco to fall into bed exhausted.

Sunday, too cowardly to face Grand Central station again, we left around noon by cab to La Guardia Airport and there we sat and sat, ate and snacked until 6:50 P.M. for our return flight to Cleveland.

Was all this travelling worth it? Yes, Marge K. and I agreed. We realized it was a once-in-a-lifetime meeting for all of us still around and mobile "Long-timers."

The invitations came from Lois Wilson a great lady of 921. She planned and directed the whole affair and made all the decisions. She greeted us warmly. In a talk to us she said Bill always thought big (this drew laughter from the men who had known him) and he used to say that AA, Alanon and Alateen would save the world. She told us the home Stepping Stones would be converted to Stepping Stones Foundation.

How grateful I am to be a part of the early days of AA (since 1947) and to know I would not be alive today if I had not accepted it. I thank God for AA, for its incredible growth, for Alanon, for Alateen. Surely AA is the miracle of this generation!

Maggie G.

IMPORTANT DAY

A few random thoughts about a very important day in my AA life.

Oct. 2, 1982 The occasion being a gathering of over 125 members who were active in AA before 1950.

After a very arduous trip, we arrived in Bedford Hills N.Y. "Stepping Stones" The home of Lois Wilson. The time about 2:00. We were cordially greeted by Lois. Almost immediately I realized importance of this meeting. It told the story of the great pioneering effort of our beloved AA program. I never felt I was part of this before. We of the Cleveland area were well established by 1944 especially for the woman alcoholic. Which I became part of

We had the 3 minute recorded talk session for every one present which brought back fond memories and that I too was part of this time and really belonged here.

The day also consisted of Picture taking a lovely dinner and good fellowship.

My dear friend Maggie G & I are very grateful for a day we won't forget.

My only regret is that more of my well deserving friends could not attend.

Marge K.

* * * * *

The man who succeeds and gets along well with people is genuinely interested in them.

* * * * *

Dear Trusted Servants

Noting the "Hello" in the August Bulletin, I belatedly acknowledge it with reciprocated good wishes. I miss the activity possible and the doors open to an A.A. who can listen, but since joining the L.I.M. Group as a loner sponsor have been able to carry the message by correspondence far and wide - sometimes overseas. A great experience.

The note in the Bulletin about my articles is one of the few times I ever learned they were read. Perhaps one of these days I'll have a brainstorm and submit some copy.

From gleanings here and there have surmised there have been some changes at one Public Square but my efforts to inquire of the few AA's I meet have been without avail. I ask if Dick retired and if so who is Secretary — but no one has told me.

Thanks again and all good wishes to each.

Sincerely,
George M.

P. S. There must be a good many sober AA's who because of illness, infirmities or handicaps of one kind or another can't get or attend meetings. However, their lives could be made a lot less lonely with frequent telephone calls, regular visits and cards and letters of friendly greetings. Sobriety is a lifetime deal for us.



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 66, Cleveland, Ohio 44113. Subscription price - \$3.50 per Year.

Harry D., Founder and Editor 1892-1968

Vol. 41

October, 1982

No. 1

DISTRICT OFFICE CORNER

The primary purpose of Alcoholics Anonymous is to bring help to the suffering alcoholic. When we receive a call for help here, we try to get help for the caller in the area where they live. Each of our A.A. groups cover a certain area but, at times, we have difficulty reaching the groups. We hear from some areas that do not receive enough 12 step calls and they feel neglected - this happens because there is not one there when we try to contact them. May we suggest that:

1. You report the new secretary of your group to the District Office as soon as possible after election.
2. Report your new alternate's name and phone number.
3. If group secretary cannot be reached by phone during the day and there is no one home to take the calls, it would be a good idea to consider appointing one of the members who will be available - to take the messages and can pass them along to you when you get home.
4. Try to report back to the office on all calls - receptive or not receptive

We would also like to congratulate those who give so willingly and unselfishly of their time in getting your Central Bulletin together. Through their efforts the Central Bulletin is now entering its 41st year of publication making our Central Bulletin the oldest publication of its kind in A.A. There is always room for one more subscription so if you don't take it, you might enjoy this Bulletin coming to you once a month. We have a lot of members with a whole lot of gratitude out there - suppose you share some of your feelings with us by submitting an article to the Central Bulletin. Think about it . . .

YOUR TRUSTED SERVANTS

CENTRAL COMMITTEE MEETING
TUESDAY, NOVEMBER 2, 1982 - 8:00 P.M.
OLD STONE CHURCH - PUBLIC SQUARE
CLEVELAND, OHIO
BE INFORMED
GROUP REPRESENTATIVES WELCOME

GRATITUDE SUNDAY
NOVEMBER 21 1982 - 2:00 P.M.
ST. JOSEPH CHURCH
PIONEER TRAIL OFF ROUTE 44
MANTUA, OHIO

SOUTHWEST SUNDAY GROUP
19TH ANNIVERSARY
DECEMBER 5TH, 1982 - 8:30 P.M.
BEREA HIGH SCHOOL - CAFETERIA
N.W. CORNER OF BAGLEY & EASTLAND RDS.
JACK M. HOPE SOUND, FLA. FORMERLY FROM
THIS AREA, MEMBER OF PARMA SATURDAY
GROUP
EVERYONE WELCOME COME AND SHARE

IN MEMORIAM

ED SMITH OF THE OLD CORLETTE GROUP PASSED AWAY, OUR SYMPATHY TO THE FAMILY.

JOHN KING, MEMBER OF THE LANGUAGE OF THE HEART & LEE-SEVILLE GROUPS PASSED AWAY OCT. 3, 1982. OUR CONDOLENCE TO THE FAMILY.

RICHARD W. MOHNEY, MEMBER OF THE BROOK PARK GROUP PASSED AWAY SEPT. 29TH, 1982. OUR SYMPATHY TO THE FAMILY.

HARRY TROMMETTER, PAST SECRETARY OF THE LIBERTY GROUP PASSED AWAY OCT. 15, 1982. OUR DEEPEST SYMPATHY TO THE FAMILY.

BE

Be understanding to your enemies, but be loyal to your friends.

Be strong enough to face the world each day, but be weak enough to know you can't do everything.

Be frugal with what you need yourself, but be generous with those who need your help.

Be wise enough to know that you don't know everything, but be foolish enough to believe in miracles.

Be willing to share your joys, but be willing to share the sorrows of others.

Be a leader when you see a path others have missed, but be a follower when you are surrounded by the mists of uncertainty.

Be the first to congratulate an opponent who succeeds, but be the last to criticize a colleague who fails.

Be sure where your next step will fall, so that you won't stumble.

Be sure of your destination, for you may be going the wrong way.

Be loving to those who love you, but be loving to those who don't, for they may change.

Above all, be true to God
and be yourself.

(Author Unknown)

I'M NOT ALONE ANYMORE

There were many times in my drinking life when I manipulated people to get my own way; rigorously and without honesty.

Today, three years into a new, sober life, this is changing. Yet, sometimes I feel alone and isolated, as so many people in my everyday world are practicing the ways I'm learning to change. My new path demands rigorous honesty, and I'm finding that I demand that from others; especially in my personal relationships. However, each time in the past few months, when I have allowed myself to be vulnerable and let a person see the new me, I have been met with rejection. How do I deal with the present pain of seeming failure in my person relationships?

This question was answered last Sunday.

I went to an A.A. meeting and there with my friends, I told them of my pain. They hugged me and confirmed that I was on the right track and by no means a failure; that God is on my side and through His strength my personal relationships would get better. They said that to remain on this new path set out for me, would be difficult, but knowing that it is right and that it will lead to the peace and serenity that I have come to love, I should continue, no matter what tempting forces beckoned to return me to my old manipulative ways.

Yes, I went to the right place for my answer • a place where people like myself are recovering a day at a time and working to change their old life into a new honest one.

I'm not alone anymore. Here's How

ONLY ONE TO A CUSTOMER

This bright, new day. Complete with 24 hours of opportunities, choices, and attitudes. A perfectly matched set of 1440 minutes. This unique gift, this one day, cannot be exchanged, replaced or refunded, Handle with care, Make the most of it, There is only one to a customer.

— Be a Bulletin Booster —

AA CENTRAL BULLETIN
ORDER BLANK

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

Date

Name

Address street

..... City Zone No.

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

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

THE TWELVE TOOLS OF A.A.

1. GOD as I understand Him. When all else fails, God can and will if He is sought.
2. OPENMINDEDNESS. In order to give the program of A.A. a chance, we must be openminded to any suggestions.
3. HONESTY. Without honestly admitting our disease of alcoholism, we would not face the facts and recover.
4. EACH OTHER. I can't, you can't, WE can. No man is an island unto himself.
5. LOVE, for God, for ourselves, and for others. Most of us acquire this virtue as we work the steps. Hate breeds resentment which could lead us to another drunk.
6. PHONE, as in telephone. Always reach for the phone, not a drink. If you don't have any A.A. phone numbers, ask and you shall receive.
7. ANONYMITY, which keeps us humble in the awareness that as human beings we are all equal. And so that those who wish privacy are not deprived of it.
8. PESIRE. Sobriety cannot be forced on you, you must want it for yourself.
9. RESPECT, for alcohol which is cunning, baffling and powerful, and which has no respect for any man or woman. And respect fbr ourselves, for God, and for others, without which we could never become "respectable".
10. UNITY, without which the program of A.A. would die. United we stand, divided we fall. We must not deviate from our program of recovery.
11. NEWCOMERS, who help us to remember where we are coming from, and who give us a tremendous sense of purpose and fulfillment as we help them to achieve sobriety.
12. KNOWLEDGE, both what we have learned from religion and medicine, and what we have learned through God and our own experience. We must share it, we must not let it go to waste.

When you take the first letter of each of the Twelve Tools, it spells out the message:

"GO HELP A DRUNK"

Start now! In order to keep it , you must give it away!

Ben T.
North Mountaineer group
Phoenix, Arizona

SERENITY PRAYER WORKS BACKWARDS

He gave me the WISDOM to know what I could not change; the COURAGE to change what I could and to ACCEPT what I couldn't with SERENITY.

IGNORANCE CAN BE FIXED
STUF'IDISFOREVER.. . .

ARE YOU A MEMBER IN NAME ONLY

No doubt many members have heard the statement that "there are a lot of willing people in the world, some are willing to work and the rest are willing to let them." This statement can be applied to almost every group, as there are a lot of willing members in every group but not enough members who are willing to work.

It seems that there are some members in A.A. who do not belong to any particular group. They jump from one group to another and never stay long enough to get truly acquainted, nor do they contribute anything to the welfare of any group. Sometimes, this is because the sponsor failed to stress the importance of adopting a group, and developing a sense of loyalty by attending meetings regularly and taking a part in all group activities.

A person is only wasting his or her time, looking for a perfect group. There is no such group of human beings and particularly a perfect group of alcoholics, where disagreement seems to thrive. Even the little group of twelve apostles were far from perfect. Becoming a member of A.A. is not just an individual affair, nor is it a matter of joining a group and then forgetting about it.

If there were no loyal members at the group level, there would be no groups, no Alcoholics Anonymous and no one to help the alcoholic who wants and needs help. The primary purpose of A.A. is to help other alcoholics to achieve sobriety and to improve our own character defects. Yet, there are some men and women who claim to be members of A.A. but have not attached themselves to any group and have not experienced the feeling of true companionship. They attach too much value to the material things and not enough on the eternal things and in their haste to make up for lost time, they lose their sense of loyalty and gratitude.

"Were there not ten cleansed but where are the other nine?" This question was asked nineteen hundred years ago. Only one out of ten had the gratitude to come back and give thanks. This same question is still being asked because men and women have not made spiritual or moral progress over the centuries.

Group and individual failures are due to the breakdown of group loyalty be men and women who profess to be members of A.A. and groups will need something more than just members who only come to meetings when it is convenient for them. Each group needs men and women who are not only members but who are upright and uplifting. It is one thing to be a member of a group; it is better to be loyal and help to improve the group. There are a lot of men and women who quit drinking and claim to be members of A.A., but that is all that can be said for them.

No one can be happy who lives only for himself. The joy of living comes from being a loyal member, a part of something, that is bigger, better and more enduring than we are. Real joy comes from being loyal to a group of men and women who transform derelicts from useless drifting and wasted indulgence, to earnest endeavors and noble purpose.

The essence of loyalty and gratitude cannot be restricted to just joining A.A. Peace and contentment can be seen in the faces of loyal members who make the decisions and do the work. The parasitic members are those who cannot truly feel these implications because they have not accepted any responsibility and have not worked toward any common good.

Ed B.
Akron Inter-Group

BE HONEST WITH YOURSELF

It's not easy to take a good hard look at yourself and write down what you see. If you think it is, then try it and then read it back to your better half. The looking at the good and bad in oneself is, though we may not believe it, one of the hardest parts of a happy sobriety.

This is not a one time job, as long as you are sober. I found out after years of sobriety that I have to take the Twelve Steps and go over them. Not that I'm afraid of drinking, but I want to live happy. I used to think alcohol would make me happy, and it did in a certain way, but the next day, if I was honest with myself, I had a very unbalanced budget, which we hear so much about today on T.V. and newspapers. I can't raise my taxes like the government does, so I have to work on the 12 Steps and find out what is wrong. I can't blame it on alcohol because I don't use it.

Maybe I have a low opinion of myself and a low opinion of me. Then is when I have to be honest with myself and find the better side. I'm not what I think but I have to be honest and know that those emotional gears need cleaning.

Not long ago I had a good AA friend of mine who couldn't be honest with himself and he was in terrible shape by letting those emotional gears of his run without the oil from the Twelve Steps. The last time I saw him he had a smile instead of a frown.

Be honest and accept the things you can't change and change the things you can, and laugh at the minor upsets in life. Then you will say, "He's a jolly good fellow and he doesn't drink".

Always remember, it's not what other people think of you but what you think of yourself.

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.

Name

Old Address z i p

New Address

City State Zip

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 441 13

Vol. XLI-No. 2

A DAY TO REMEMBER

In last months Central Bulletin I read the two writeups by Maggie G. and Marge K. about their trip to attend Lois Wilson's reunion of A.A.'s and Alanon members who had joined A.A. or Alanon prior to 1950. Both letters were very interesting. I enjoyed reading them very much.

My wife and I also attended this reunion which was held on Saturday, October 2nd 1982 in Lois Win's estate called Stepping Stones in Bedford Hills, New York. My wife is 74 and if God is willing I will be 80 next January. Our flight from Cleveland to New York left at 7:30 A.M. and arrived in New York at about 9:30 A.M. We took a limo from the airport to the New York Grand Central Station and we were very lucky that when we got to the station the train was just leaving for Bedford Hills which is a very affluent suburb near New York City.

An A.A. member was at the station and he drove us and another couple who had also gotten off the train to Lois place. Before we got to her house we went through a most beautiful wooded area. As soon as we arrived we were taken into the house and in a room as large as a dance hall we saw about 150 persons sitting in circles and each one was requested to identify themselves and as quickly as possible say when and how A.A. had arrived in their areas. A man had a bell that would ring as soon as anyone's talk was being prolonged. It was at this event that we heard very fascinating and colorful stories from men and women all the way from Taxes, California and Canada.

It was getting late for lunch so at this time not everybody had a chance to talk. I understand that later in the afternoon an opportunity was given to those who had not had a chance to identify themselves earlier in the morning. We were requested to go outside and pose for pictures and then help ourselves to a buffet lunch. By this time my wife and I were exhausted and a member drove us to the station so we could get back to New York.

Among the many hostesses at this event was Ellen Wing, an executive in our A.A. General Service in New York. All the time we were there this girl went out of her way to make our visit as pleasant and comfortable as possible. We wanted to visit our A.A. offices in New York so we stayed in New York Saturday night into Sunday and Monday morning we sent to the A.A. General Service Office in New York. This was quite a surprise. The offices are located on Park Avenue, one of the busiest sections in the world. They occupy three floors and there are about 105 employees. Of this number 19 are A.A. members. There are several editors for the Grapevine and other publications.

My wife and I were profoundly impressed with the efficiency we observed in all the departments and the uncommon discipline shown by all the employees. We were shown mementos of the early phase of A.A. not only from various

parts of our country hem but also of other parts in the world. We felt very fortunate that we stayed over the weekend so we could visit our grand A.A. offices. It was a most surprising and gratifying adventure. We felt more fortunate and thankful than ever that we are part of our grand A.A. family.

Dick P.

WHY A.A. WORKS

The methods used by Alcoholics Anonymous are not medical methods. They are not scientific procedures. They are not professional activities. No one has anything for sale. No one pretends to be objective. The methods are the voluntary expression of love, sympathy and concern, by those who have suffered, for another who is suffering. They depend upon the mutual stimulation and example of group feeling in workers toward a common high purpose.

Because they haven't understood A.A. some doctors have been critical of it. Because they didn't always understand psychiatry, or because they were disappointed in its accomplishments, some members of A.A. have been critical of it. Such mutual criticism is not very important and by now has subsided. Personally disintegration can proceed beyond the reach of A.A. efforts and members of A.A. fellowship are often glad to enlist psychiatric help.

And on the other hand, drunkenness is disgusting; alcoholic addiction is pitiable. There might be some advantage in considering neither of them as sicknesses. To do so is, for many people, to excuse them, to repudiate responsibility of the individual for the consequences of pouring into his stomach something that he knows will poison him.

We believe today that many sicknesses involve a personal responsibility and certainly in alcoholic addiction there is a failure of willpower, a lack of sufficient conscious determination which no doctor can cure. This leads to a loss of internal integrity which impairs the contact of an individual with his fellowman and with God. These are more than medical problems; they are also moral problems. They are problems which the founders of Alcoholics Anonymous and the thousands who have been inspired by them have learned to deal with in another way, which is not easy, a way which is not infallible, but a way which has and is working for many and which should have the blessing and help of more.

by Dr. Karl Menninger
via Plain "N" Straight
Reprinted with permission of
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.

Harry D., Founder and Editor 1892-1968

Vol. 41 November, 1982 No. 2

CENTRAL COMMITTEE MEETING
TUESDAY, DECEMBER 7TH, 1982 - 8:00 P.M.
OLD STONE CHURCH-PUBLIC SQUARE
CLEVELAND, OHIO
BE INFORMED-SEND YOUR GROUP
REPRESENTATIVE TO THIS MEETING

SOUTHWEST SUNDAY GROUP
19TH ANNIVERSARY
DECEMBER 12TH, 1982 - 8:30 P.M.
BEREA HIGH SCHOOL - CAFETERIA
N.W. CORNER OF BAGLEY & EASTLAND RDS.
JACK M. HOPE SOUND, FLA. FORMERLY FROM
THIS AREA, MEMBER OF PARMA SATURDAY
GROUP
EVERYONE WELCOME COME AND SHARE

IN MEMORIAM

JOE ROGGENBURK, Old Time active member of the Brooklyn Group. Our sympathy to the family.

DON COSTELLO, SR. Thirty-Three year member of our fellowship passed away October 19, 1982. Our condolences to the family.

WHAT IS UNIQUE ABOUT A.A.?

A lot of mental horsepower has been generated and expended to define what is unique about A.A. I personally would like to submit what is unique about 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 proved once again that by spiritual means, large numbers of drunks can recover - but the Washingtonians proved that, 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 it 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 the counting 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 life or death. I cannot live without A.A. - you cannot live without A.A. - yet you and I are A.A. - we have to be, in spite of ourselves, responsible for us. In spite of me, I have to be responsible, and responsibility is what Traditions are 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 - and when we serve, we guarantee that A.A. 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, Twelve Traditions, Twelve Concepts. . . . Our Three Legacies.

Jack B. Oregon Newsletter

GOOD OLD DAYS?

(They may be coming back!)

If you have sort of a nostalgic view of the days before hospitals accepted alcoholics as patients, if you have kind of wondered how it must have been back in the days when you had to sit up all night with a man shaking to pieces, had to carry a pint of whiskey in the glove compartment of your car to taper them off, and in general, wished from time to time, for an opportunity to return to those thrilling days of yesteryear - just hang around awhile, they may be coming back. I am aware, incidently, that some of the data that I am about to give you is generated from places that would be considered "outside issues" but the information is important enough that I feel we have to consider it - nonetheless.

Sister George of Rosary Hall indicates that between 20 to 25 percent of all people who come seeking treatment are without medical insurance. They can take a number of them, of course, but too many is just beyond their capacity. Afterall, they have to pay for the lights, heat and groceries just like anyone does and there is only so many people that can be taken in at no charge. Jane Mazzarella of Merrick Hall indicates that while the problem is not as quite as severe, because of a broader base of referrals from different areas from around the state, it is a trend and a growing one. John Harnish pretty much confirms the same pattern of a noticeable trend, that if it continues, will become a major problem. However, the most dramatic impact occurred in a discussion with Betty Collins of Alcoholics Services of Cleveland. According to this agency . during 1981 five percent of those requesting treatment were unemployed and most often without medical insurance. During the first quarter of 1982, that figure had risen to 30% . and it is getting worse!

Sounds like a good topic for discussion in groups, certainly we are going to have to adapt our response to the calls coming through the central office and obviously we can't continue the practice of just dumping everybody in a treatment center doorway and picking them up when they are all 'better'.

Terry W.

Bay-West Discussion

ALWAYS • CAREFUL . T o . INVESTIGATE . OTHERS . NEEDS

ALCOHOLICS ANONYMOUS IS NO PUZZLE • IT IS A BLESSING TO MANKIND!

GRATITUDE

The very word fills me with emotions I cannot describe!

The AA Program and My Higher Power •GOD• have brought me to this point in my life that is so much better than it was two years ago, that I am truly one of AA's miracles today.

About this time two years ago, my life was as unmanageable as possible and still exist. That is what it was, exist. I did have to suffer more, at my own choosing, until I was totally bankrupt, in all respects, and ready to accept this Program.

But let me get on to today, the good things that make me feel so great. I must put my sobriety at the very top, for without that, there is nothing to follow. My sponsor told me that, and I believed her, and golly she was right. I have a job, a roof over my head, food, family and friends. Each day God gives me things in my life that are amazing. Privileges that I thought would not be in my life again. GOD does these simple things for me, dinner at friends homes, going to college graduations, going to Parent's Day at another College, these are joys of sobriety for me. The tears come to my eyes thinking of how you people kept telling me it would get better, and it does, the patience and understanding, when I was having difficulties, the recognition of my inner turmoil and the solution, ask GOD for help! Telling me that the cruel world is still out there, Pat, just keep working the steps and work on Pat.

The love that has returned to me through this Program makes my life full and there is little time for loneliness and depression. I thank God many times each day for the gift of my sobriety and every night I thank Him for the many blessings He has given that day.

My emotions run on high with gratitude!!!
To God and AA!!!

Pat
AArea News
Toledo, Ohio

Be a Bulletin Booster

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

Date

Name

Address street

City Zone No.

One Year at \$3.50 Amount enclosed \$

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

TRUSTED SERVANTS

It is ever timely and important to keep reminding ourselves that we are but trusted servants in A.A., as stated in Tradition Two, especially for those of us that accept the responsibility of taking an office.

These two words should be deeply ingrained in our minds when we accede to any position where authority to a degree is granted us in order to perform for the common benefit.

Any of us, elected or appointed to hold any office must work in unison and harmony in order to function as a working unit for the betterment of all in A.A. Differences of opinion are a part of progress and should be recognized and accepted as such, but always, and always, the majority shall rule, for it is that conscience that has permitted A.A. to prevail from its very beginning.

No one individual is greater than another and no one should dictate policy or procedure, for then, progress is hindered and a strain is set up within that body which is both distasteful and detrimental to our cause.

A.A. has never had a master or masters, it does have co-founders, who religiously adhered to and worked within the servant concept, all their sober lives.

Anyone that oversteps this Tradition will find to their dismay that there are those who not only observe it but will protect it. The best interests are not served in A.A. when such a condition arises and is permitted to exist.

A.A. is now in its 48th year and it has prospered well during all its years. Let us as individuals do nothing that would disrupt or impede that progress and growth by putting ourselves before principles.

Editor
Akron Intergroup

WE CAN'T BE EVERYTHING TO EVERYONE

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

The thing I am talking about is true love for my fellowman through the elimination of self-centeredness. A.A. has taught us what true love is and how to strive for it. Love means no severe judging, no resentments, no malicious gossip, and no destructive criticism. It means patience, understanding, compassion and helpfulness. Trying to incorporate these ideas in our daily A.A. life brings true peace of mind, most of the time, and more importantly, we move further and further away from that first drink.

If we would STAND WELL with a great mind, leave him with a favorable impression of yourself; if with a little mind, leave him a favorable impression of himself.

Samuel Taylor Coleridge

THANKFUL FOR ALL I HAVE LEARNED

Grapevine, November 1968

I am THANKFUL today for the years of my drinking, as well as for the years of my sobriety in AA. Perhaps I am more thankful for those drinking years than for these sober ones. The drunkenness, the illness, the insanity, the antisocial behavior, the loss of love and friendships, and, above all, the total self-destruction of myself as a decent human being led me into death of the spirit-and caused me to be born again. In the darkness, I wept and cursed and drank and passed out. And yet, in moments of sobriety, I kept searching for the answer, for help. Even when drunk, I cried out for it secretly. And I was given help. I found AA.

I am thankful that I was an agnostic, self-willed and self-annihilating. I had been christened and raised in an orthodox faith which was not for me. I left the church at a young age, and then there seemed to be no God to turn to. I knew of no power greater than myself. I am thankful that I tried, for ten drunken and terrible years, to pull myself up by my own bootstraps. No one could have reached me, though psychiatrists and doctors tried. I was unreachable. It was a stretch in the road of my life where I had to stumble on alone. I can say I am grateful for the way I came.

I bless the past retroactively, and love all my so-called enemies, and forgive myself for my own trespasses. I am grateful that I was humiliated, that I stumbled around in cheap bars, that a bartender once knocked me down for trying to steal a bottle. I am grateful that one of my husbands once beat me up. I am grateful that I was twice in the divorce courts before joining AA.

I love everybody whom I ever associated with, all my life long. I bless my friends and my so-called enemies, and I pray each day that they will be happy, useful, loving, and free, as I am slowly learning to be. I am thankful that I contemplated suicide, not once, but a good many times, How else would I know what it is like to lose your life in every way except physically? How else can I taste gratitude for the return from death?

Had I been a sober, mature citizen at the outset, I might have been a good woman, that is to say, a happy wife, a loving mother, a kind neighbor, perhaps even a success in my chosen career. And I could never have understood what it's like to be in the gutter. And I could never have helped anyone else out of the gutter with that greatest of all the gifts of AA-Twelfth Step work. I would not belong to this Fellowship that, as far as I know, is the greatest group therapy going anywhere in this world. I would not have in my possession now a pearl of wisdom that is polished by my own experience. It is invaluable. I can give it to others.

F.M., New Canaan, Conn.

GIFT'S

FOR THESE, THY GIFTS...I AM THANKFUL!

- I am thankful..To be released from alcohol, but I am more thankful to be bound by the responsibilities of sobriety.
 - I am thankful..To be bound by the responsibilities of sobriety, but I am more thankful for the returning possession of my sanity.
 - I am thankful...For the possession of a little sanity, but I am more thankful for the hope of an eventual and infinite peace of mind.
 - I am thankful...To turn my back upon despair, but I am more thankful to turn my face toward hope.
 - I am thankful...To be free from the undefined fears with which I traveled dark yesterdays, but I am more thankful to walk in the shadow of known fears today.
 - I am thankful...To be concerned about my honesty, but I am more thankful to be honest with myself about my dishonesty.
 - I am thankful...To lose my cankerous and cantankerous jealousy of the gifts of others, but I am more thankful to gain a free and glowing appreciation of these gifts.
 - I am thankful...To be released from spiteful envy of the talents of others, but I am more thankful to be desirous of even meagerly emulating those virtues.
 - I am thankful...To be unfettered from the pain of pride, but I am more thankful to walk straight in humility.
 - I am thankful...To struggle against selfishness, but I am more thankful to strain toward fellowship.
 - I am thankful...To be emancipated from hate, but I am more thankful to be enslaved by love.
 - I am thankful...To learn that others may love me, but I am more thankful to learn to love others.
 - I am thankful...For the challenges of the future, but I am more thankful for the bitter lessons of the past.
- Therefore this night, God, teach me second to be able to laugh, but teach me first to remember that I cried. Teach me second to help others, but teach me first to harm none.

PRAY EARNESTLY; YOU CAN'T EXPECT A THOUSAND DOLLAR ANSWER TO A 10-CENT PRAYER.. . . .

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 Zip.....

New Address

City State Zip... ..

It will help you and it will help us.



Published by
Cleveland Central Committee of A.A.
One Public Square
Mezzanine Room 205
Cleveland, Ohio 44117

VOL. XLI-No.3

I AM RESPONSIBLE

When anyone, anywhere reaches out for help, I want the hand of AA always to be there: and for that, I am responsible.

I don't think there is an AA member anywhere who has not read that statement, so basic to our fellowship, the heart and guts of the 12th step.

But something seems to happen between the reading and the doing. We read it, or hear it and say, "Yeah, that's terrific, that's what this fellowship is all about". We spend a few minutes feeling warm and good about the tremendous job our fellowship is doing in carrying the message, and then go back to our usual mode of not carrying it ourselves, assuming that George is doing an adequate job.

But good old George is not.

Every group in our area should send a representative to our central committee meetings and advisory meetings.

Sure they do!

That is why these meetings can be held at Old Store Church; the average attendance of 30 to 40 people does not create overcrowding.

I AM RESPONSIBLE

If you have read it, if you believe it, where are you? You are George.

SELF-DECEPTION

One of the stubbornest defects of the alcoholic is the tendency to justify his mistakes. Non-alcoholics who wants to stay sober, self-deception of this sort is a luxury only slightly less perilous than taking that first drink.

Let's face it. Mistakes don't really matter, not if they are made in good faith, are quickly and honestly recognized as such and rectified where ever possible. In fact, the alcoholic who can make Step 10 a part of his life gains far more than self-knowledge.

By continuing daily to take personal inventory and, when wrong, promptly admitting it, he can absorb his mistakes into the personal storehouse of experience that adds to his wisdom. In a world where passing the buck has become the answer to almost any legitimate complaint, to admit a mistake freely and honestly brings about some strange results. At least, it will astonish anyone who is **geared up** to combat excuses or evasions from the alcoholic.

At best it can, and often does, turn a potential enemy into a well-wisher.

The Reviver, Australia
via Silver Dollar



Season's Greetings



A CHRISTMAS LEAD

T'vas da night before Christmas und all troo da house
Vun creature vas stirring.. **mine** husband.. .da louse.
His stockings vas hung from da back of a chair
Und he looked at his glass mit a drunkenish stare.
His pay check came home in a bottle this year
Und I knew dot Saint Nicholas wouldn't come here.
I tought of da kiddies asleep in dere beds
Vile visions of presents danced troo dere heads.
But I knew dat da gift dat vould made da kids smile
Vould be to see Pop off da booze for **avile**.

Ven all of a sudden dere arose such a clatter
Dat I jumped out of bed to see vat vas da matter.
Ven vat to my vaundering eyes should appear
But two nicely dressed gents mit eyes bright and clear.
Dey said dat dey came dere, da old man to see
Und dey brought out a paper vat said on "Who Me?".
Dey talked und dey laughed und dey told of dere
drinkin'
Und before dey vas troo, I could tell Pop vas **tinkin'**.
On Christmas our Pop didn't drink all dat day.
He just sat dere und shook und mitout much to say.

But dat vas da last time dat Christmas came roun'
Dat Pop acted up like a drunkenish clown.
Now ven da kids ask, "Mom, is dere Santa Klause?"
I say, "Sure, vun night two of dem came to our
hause".
Each twenty four hours is like Christmas day
Since dose two Saint Nicks brought us gift of A.A.
Now here is vat our family wishes for you
Peace und good will und sobriety too.
Und here is a greeting from **Alanon** wive,
Merry Christmas to all, und to all a good life.

Editor's Note: The foregoing has appeared in Central Bulletin from time to time in years past and is shared again by reason of interest it has always elicited. Initially it appeared some twenty years ago in Independence Group Newsletter.

THE ANSWER IN THE MIRROR

While drinking, we were certain that our intelligence, backed by will power, could rightly control our inner lives and guarantee us success in the world around us. This brave philosophy, wherein each man played God, sounded good in the speaking, but it still had to meet the acid test: How well did it actually work? One good look in the mirror was answer enough. *As Bill Sees It Pg 225*



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

Harry D., Founder and Editor 1892-1968

Vol. 41 DECEMBER 1982 No. 3

CENTRAL COMMITTEE MEETING
 TZJESDAY, JANUARY 4TH, 1983-8:00 P.M.
 OLD STONE CHURCH-PUBLIC SQUARE
 CLEVELAND, OHIO
 BE INFORMED-SEND YOUR GROUP
 REPRESENTATIVE TO THIS MEETING

ADVISORY MEETING
 Tuesday, January 25, 1983-8:00 P.M.
 Old Stone Church - Public Square
 Cleveland, Ohio
 Sale of Dinner-Dance Tickets

G.S.R. THIRD LEGACY MEETING
 SUNDAY, JANUARY 16, 1983-2:00 P.M.
 ST. JOSEPH'S CHURCH-MANTUA, OHIO
 STATE ROUTE 44 & PIONEER TRAIL
 ONE MILE SOUTH OF ROUTE 82

IN MEMORIAM

ANDREW PROK, OLD TIMER OF
 BEREA FRIDAY GROUP, PASSED
 AWAY RECENTLY. OUR CONDOLENCES
 TO THE FAMILY.

LEO SIMON, 40 YEAR MEMBER OF
 OUR FELLOWSHIP. CO-FOUNDER OF
 BEREA THURSDAY GROUP. PASSED AWAY
 AT HOLY FAMILY HOME. DEC. 3, 1982
 OUR DEEPEST SYMPATHY TO THE FAMILY.

RALPH SALISBURY, 2.5 YEAR MEMBER
 OF THE NEWBURGH GROUP PASSED
 AWAY. OUR SYMPATHY TO THE
 FAMILY.

PETER VIROSTKO, 10 YEAR MEMBER
 OF OUR FELLOWSHIP DIED RECENTLY.
 OUR CONDOLENCES TO THE FAMILY.

'PLEASE, GIVE YOUTHS A BREAK!'

I hear quite often these days about "all the young people trying to take over the place!" As a young person in A.A. (I'm 24), I feel a certain concern about the prevalence of this idea.

It seems to me that some people think that young folks trying to sober up are out to get them personally; that anyone under 30 who says he has a drinking problem is not a "real" alcoholic, or that someone who took something other than Jim Beam to get where he was going is less qualified to feel pain than a "pure" alcoholic. Don't get me wrong, I don't feel that A.A. is the place for a pure heroin addict to go to clean up, but, please, give us a break!

I got to A.A. by taking anything I could take to change the rules . . . booze, pot, L.S.D., whatever. I told myself that I had a drinking problem several years before I sobered up, and my first solution was to try to find something else to kill the pain, without the side effects of blackouts and hangovers, ect. All I succeeded in accomplishing was getting to A.A. several years before I might have, had a mixture of drugs not been available.

It seems to me, based on my own experience and what I can see among young A.A.'s, that perhaps we of the under-the-hill-gang got sicker than our more experienced friends and that we may have a harder row to hoe to get sober.

We probably are sicker overall than the over-thirty crowd. And perhaps some of us do tax the patience of those around us more than most of our older members do. But we who have both drinking and youth among our problems need your support, not your criticism. Some of us, perhaps exceptions in some older members eyes, have proved ourselves as reliable, responsible, stable A.A.'s

I am thankfully one of those exceptions. Today, I enjoy the respect and attention of many who, a few years ago, watched me with cautious concern. Compared to where I was 5 or 6 years ago, I have, by the grace of God, made some progress toward responsible adulthood.

I made that progress through the help and concern of a number of older members who were willing to overlook the year's difference in our ages and share their experience with me.

I needed people who had experience in living their lives out there in the real world to help me learn how to hold a job or balance a budget or pay the bills on time. I simply didn't know how to function in the world, and the teachers I went to (and still go to) were the older members. They had the living experience I needed to learn how to live, and thank God they were willing to put up with my growing pains while I tried to assimilate their knowledge.

I owe a great debt to them, which I probably will never be able to pay in full. I suspect that many young A.A.'s owe a similar debt to older members. We simply do not have the years of living experience that come along with years of living, and we have often no other place to turn for that experience than to you.

So share your years with us, and perhaps we can trudge together along the road of happy destiny. May God bless you and keep you, until then.

Keith M.
 Cincinnati Newsletter

NOT GOD (A BOOK REVIEW)

I was given this "history of AA" the other day, and while my immediate, very personal reaction was to think it contained some sort of hidden criticism of the program (or maybe of me. . .since I do have some strange friends). . .it turns out to be a worthwhile attempt at creating an understanding of the early days. More importantly it shows clearly the capacity for genius present in us all. Warren C. used to say often that our greatest danger would come from our losing the sense of group self that made A.A. work. (You may, if you like, believe that it was not only God inspired but indeed, God directed. . .it makes no real difference in the ability to believe that the program works for everybody. . .pretty darn well too.) Keep in mind however, this is a book written by some guy as a means of getting his Doctorate. . .not as a testimony.

For those who believe that the cliches "easy does it and Keep it simple" preclude reading anything that might make you think. . .don't read it. For those who prefer to hold dear the concept that our founders were 100 men and women who were led to a state of semi-sainthood and whose personal lives were directed by a higher power to such an extent that the realities of the often-times troubled world never again intruded; be darn certain not to read it. . .It could be dangerous to your ego.

For those who feel that AA is a people program, made up of you and me and them and us, whose daily lives reflect a higher power as filtered through jobs, families and all the daily strife of (sometimes) just gettg through another day, read it. You may be better able to appreciate the impact of AA when seen through the eyes of an outsider. A man who is faced with the evidence and believes. Without the emotional mind-mess and without the personal knowledge of what a day can be like, when only not taking a drink has value, or the days when not even thinking of a drink as a solution but knowing those times when it seems tough as hell to leave the overall direction of our lives in the hands of our higher power and equally aware of those days when God is right there. . .here.

What this guy did was to search out through interviews with Bill and Clarence and Most of all Warren, plus what must of been hundreds of others, not only what happened, not only what it was like. . .but, too how it felt.

To borrow a chapter title from James Joyce, this was done without the "Guilt and Glory" of being one of us. It's an awakening kind of book. Read it (but borrow it if you can. . .its expensive).

Terry W.
Bay West Discussion

They claim that Christopher Columbus told Queen Isabella when he got home from his American tour: "Well, I bet I'm the first man that ever got nineteen hundred miles on a galleon."

LET US BE THANKFUL

There are people in all walks of life that think of Thanksgiving Day as occurring only on the fourth Thursday in every November for the purpose of giving thanks and then sit back and wait three hundred and sixty five days to again voice their appreciation.

Thanksgiving Day was never intended to replace thoughts of thanks throughout the year. It was specifically intended to call our attention to the importance of giving thanks for all the blessings we receive day by day, and that by bestowing thanks, we may continue to receive the gifts that God has so kindly granted us.

Many of us that were encircled and stranded by that liquid curtain for so many years, our mental and physical faculties controlled by alcohol, were inhibited from voicing our thanks or showing any appreciation. Now that we have been liberated and again free to use our faculties, without permission from that bottled master, we should be grateful and not have it seem a duty to devote a part of each day in thanksgiving.

During those years when we were held captive by alcohol, we failed to thank God for many gifts that we received but failed to recognize. The concern and friendship shown by our families and friends, the help and assistance extended by fellow workers and our bosses, had all slipped by us and went unnoticed and unrewarded through our neglect. We owe a debt of gratitude to them and many others for their efforts to help, and of which we are now aware.

Let us on this Thanksgiving Day take a moment to reflect and express to all where possible, our sincere appreciation and most of all, thank God, as we understand Him. Let us too, be ever aware of our responsibilities and that we might share our gift with others, for unless we share them, we cannot keep them. Let us with renewed effort try to liberate all that are yet encircled and stranded within that liquid curtain, who are in such dire need of help.

* * * * *

Ed B. Akron, Ohio

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 _____ Zip _____

New Address _____

City _____ State _____ Zip _____

It will help you and it will help us.