



DISTRICT OFFICE CORNER

Dear Central Bulletin Subscribers Everywhere:

This letter is to announce that, acting upon the decision by the Central Committee, the new Editor of the Central Bulletin will be Terry W. who, I understand, has a sort of Committee set up to carry on with the task at hand.

I congratulate Terry and wish him the very best. When we had our conversation, I was told that he has a number of members who are **willing to** submit articles and are willing to further promote subscriptions as there are a number of new members coming to A.A. who have never heard of the Bulletin. Terry's new assignment begins with this month's issue.

What I need to express to all of you at this time is to give thanks for all the cooperation I have received during my time as **Editor...**I only had it for a short time after the previous Editor, Dick F. moved away from this area but, even though my schedule became quite tight at times and it wasn't always so easy making the deadline - it did get out to you. I will honestly miss my visits with you through the "District Office Corner"! I tried to make it kind of folksy, comfortable visit each month even giving a weather report for all of our friends who are living in different parts of the country. I will admit that on one or two (?) **occasions...**I strayed from the norm and spoke with my own heart on matters concerning our A.A. in this area. I was criticized by some and applauded by others for such actions but that was YESTERDAY, one of those days that do not exist in A.A. You see, A.A. gave me my life and many opportunities to grow and for that I am so very grateful!

Since 1981 when our beloved, Dick P. retired - I have been Secretary-Treasurer of the District office. I did not step into foreign territory when I accepted this position as I have been one of the District Office's Trusted Servants since March, 1972. On March 1, 1989 I will be retiring. It will be seventeen years (actually one year and two months after I came into A.A.) and I feel that it is time to take leave and enjoy some of the fruits of my sobriety. When I write **this...**I find that there is no way that I can possibly express my appreciation for all the help I have received from our A.A. community in my work here at the office...the understanding, some scoldings which made me a little **wiser...all** of this is just too much for me to share with you emotionally.

No one person is indispensable -there is always someone else waiting in the wings to follow **our** act and everything will continue to function as it always has and maybe better. There are a lot of good things happening in our District Office that I am going to miss out on. It is all really a new adventure...one I can step aside and watch and be glad all over again that I live the A.A. way. Never being one with an over-extended ego, I realize that it will be only a short time when you might want to mention something that "what's her name" did or didn't do and I accept that.

A.A. is working here, definitely. Terry is taking the reins of the Central Bulletin and **he** will have the same cooperation from the District Office with the subscriptions and mailing of **the** Bulletin as has always been. I really cannot close this letter to you without praising the beautiful people who do the printing of the Bulletin for us. I actually did very little - I couldn't have done anything without them...they are rare individuals who do not have to be members of A.A. to make their life **beautiful...**I feel I have known them forever. Thank you Fran and George and your staff for who and what you are.

Well, Terry, it is time now to hand this position over to you. I feel with your enthusiasm and ideas you can't miss. You have my heartfelt best wishes - so please carry on.

Imogene.



Published monthly by the Cleveland Central Committee of A.A. a non profit fellowship dedicated to service. Address all letters to Central Bulletin, 940 Rockefeller Bldg 614 Superior Ave N W Cleveland, Ohio 44113

Harry D., Founder and Editor 1692.1966

Vol. 47 January 1989 No. 4

District Office (216) 241 • 7387

GROUP ANNIVERSARIES

To share your group's celebration with other members of our fellowship, send a note with time, date and special instructions 60 days prior to the event.

IN MEMORIAM

Our deepest sympathy to the family and friends of these deceased members of our fellowship:

JOYCE G. SMITH — 20+ years in A.A. Came into A.A. in New York • member of South Euclid Non-Smoking Group.

MARIAN TUREK • Long time member of A.A. Helped start the Golden Link Group.

WILLIAM MANLOVE • member of A.A. in the Chagrin Falls Area.

RICHARD OLSON • Y.O.U.R. Group A.A. member passed away 12/2/88.

THINGS WE CANNOT CHANGE

CONFERENCE NEWS

National A.A. Men
Holiday Inn, Middleburg Heights, Ohio
April 14, 15, & 16, 1989

For information:

National Men Conference
P.O. Box 370001
Maple heights, Ohio 44137

Since March 1, 1972, Imogene and the Cleveland District office have been almost synonymous. For all these years, it's been her voice answering our questions over the phone; calling to ask for "volunteers" to speak to some outside group or another, or maybe just offering a smile and a cheerful hello when we've picked up literature for our group's table. And sometimes we've taken more than just a few minutes sharing a problem with her. (While hoping our Higher Power kept an eye on the car parked semi-illegally downstairs on West 4th, the Square or Superior.

Her retirement reminds me of just how fortunate we've been over the years in God's choice of trusted servants at our District Office. Dick, Isabel and Imogene have marked a path of service for those who follow - A.A. in Cleveland is a better place for their efforts.

Thanks from all of us Imogene, we'll miss you at the office.

But we will look forward to hearing from you in the pages of the Central Bulletin for years to come.

★ ★ ★ ★ ★

We hope to hear from many people in these pages - whether you're feeling glad, sad, or think you've been had - the Central Bulletin is open to every member of A.A.

GROUND RULES FOR PUBLICATION

1. No more than 200 words (We reserve the right to edit for brevity).
2. While we publish only first name, last initial and home group, we do require a telephone number (which we do not publish or give out) - we need to be certain someone is not using your name.
3. No unsigned messages, no matter how meaningful or provocative.
4. Topics should be of interest to AA's only. No politics, religion or economics. (Pro or Con)
5. Other than the above - anything goes. (Appropriate language, of course)

Terry W.

"ONCE IN EVERY HUNDRED YEARS'...."

On Sunday, January 15, 1989, Akronites and Clevelanders will honor the woman known in AA's history as "The Angel of Alcoholics Anonymous."

Forty years ago while visiting California, Dr. Robert H. S., Akron Co-founder of A.A., encountered a group of eager reporters. "Tell us about Sister Ignatia," they demanded of the visiting doctor.

A long moment passed. They waited for Dr. Bob to describe the heroic Sister of Charity of Saint Augustine who had courageously admitted A.A.'s first official patient back in 1939. Science met religion at Akron's St. Thomas Hospital when Dr. Bob and Sister Ignatia consolidated their efforts to aid alcoholics with their own special blend of quality medical care and A.A.'s spiritual program.

Finally, the doctor replied in his crisp, New England voice. "Gentlemen of the press," he stated, "Once in every hundred years a person like Sister Ignatia is born!"

Exactly one hundred years have passed since Sister M. Ignatia (Della Mary Gavin) was born January 2, 1889 in County Mayo, Ireland. And fifty years have come and gone since she gave A.A. its first hospital. Her life's work remains legendary in the annals of A.A.'s history, for she was the world pioneer of alcoholism treatment.

That is why on January 15 from 1:00 to 5:00 p.m. we will celebrate the centennial of her birth with an afternoon of history-sharing, spirituality, memories, and fellowship.

The party will take place in Akron at the Interval Brotherhood Home, 3445 S. Main St. in the Health and Therapy Building's Auditorium.

We hope all members of the recovering community will join us in making 1989 the year in which we take pride in our heritage and "Recover the History" of Ohio's important A.A. pioneers and their lasting contributions to today's recovering people.

"OF GRATITUDE"

I heard a guy say that taking the fifth step was like sending his bottom drawer to the health department. I know how he feels. My experience was the same. I have been trying to apply the twelve steps for a long time - almost half my life (and all of my adult life). Every time I need them, I am reminded that without those suggestions my life could well have remained that misdirected fog of confusion that I bumped through while drinking. The freshness, the newness of the steps of A.A. awakens my spirit every morning as I read them before my prayers.

Faith is the seedling of optimism. Gratitude - the mother of Humility. Those of us who have been granted the gifts of this sacred trust look around at -a meeting and wonder why it seems that some still resist these suggestions. Are we bad examples? Can they see in us the gifts of the steps? Do we tell them outloud how helpful the program is for us even after all these years. Even after our hair has gone grey or gone away all together. The steps never grow cold or old. They are guides that grow brighter every day, each shining it's own light on the darkness we felt before our HIGHEST POWER chose us for this new way of life.

I go to the book often to reinforce my gratitude. I talk about these gifts with my friends regularly. The calendar says another year has slipped by. How many is that now? Another stretches ahead. We really don't worry, we know that our lives are being guided by a God who loves us. He gave us the twelve steps. Love Him back my friend. Let each of us remember the new man or women, let us

remember back all those years ago when we felt abandoned. Let us remember how it was, how we got here and what it is like now. The years pass day by day and every day is a new one. The first one as we trudge this path to happy destiny.

Dan F.
Bay West Discussion

A SPECIAL GIFT

I've gotten a second chance at life. This is a special gift that was given to me from my Higher Power. When the moment of truth came to me and I was able to get a little bit honest, the door to Alcoholics Anonymous was open (which it had always been). My life is a miracle. Any alcoholic that stays sober and works the twelve steps can have the peace and love that they were trying to find in the bottle. So many beautiful experiences can happen to a recovering alcoholic, if they do what is suggested. The most important gift that happens are the changes inside. I began to be able to live, love and laugh. Life has a new meaning to me now. When the fear comes, there is a solution, faith in a Higher Power.

When I came into the program, I was a hopeless drunk who couldn't stop destroying myself and the lives of people who loved me. At this point, I wanted to quit drinking to cope with life, but I couldn't. If I continue to do what the program suggests, I know I will be able to keep this special gift, but I must continue to give it away.

Barb T.

WHO OR WHAT IS NCYPAA AND WHAT DOES IT MEAN

Well, to start N.C.Y.P.A.A. stands for Northeast/Cleveland Young People in A.A. The group organizes dances, round-ups, hay rides and other various sober activities to keep those young-at-heart people in A.A. together.

The group started with the purpose of promoting unity among groups on the West Side of Cleveland. After all, "our common welfare should come first; personal recovery depends on A.A. unity!" So far the results have been outstanding; those involved with the group have stayed sober and support is flowing in throughout the entire Cleveland metro area.

Last year at the Ohio Young Peoples Conference, the group submitted a "Token Bid" to invite the conference to the City of Cleveland in 1990. As many of you old-timers know, the conference is an annual weekend event which brings many members of A.A. together to promote unity and celebrate the new way of life many of us have come to enjoy. Being selected to host the 1990 conference has become one of the groups cornerstones. The goals that the group hopes to achieve include developing an intense fellowship in the Cleveland Metro area.

The group meets on the 2nd and 4th Sunday of every month at Stela Maris at 9:00 p.m. and all are welcome to attend. If you wish to inquire via the mail, just write to: N.C.Y.P.A.A. PO. Box 16866 Rocky River, Ohio 44116. And please do support our coming activities. Join us as we trudge the road to happy destiny. May God bless you and keep you until then.

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Cleveland, Ohio 44113

CENTRAL COMMITTEE

PURPOSE

Because better understanding is the key to Friendship;
 Because the public act of any group or individual involves our entire Fellowship;
Because we must continually take inventory of ourselves as individuals and as groups;
The A.A. Central Committee has these! purposes:
 To bring together representatives of all groups for discussions of policy and practice; to create high standards; to guard against exploitation or commercialization; to insure our humility as groups and individuals.
 To protect unity of thought and purpose through the Central Bulletin, the Area-wide Meetings, and such other activities as seem consistent.
 To maintain standards through the sponsoring of a Hospital Committee and such other committees as are necessary to carry on this work.
 To serve as a clearing house for ideas.
 The **Object** of the Central Committee is **SERVICE.**

MINUTES OF THE CENTRAL COMMITTEE

DECEMBER 6, 1988

ST. MALACHI'S CENTER

8:00 p.m.

Meeting was opened by Vice-Moderator, Roy R., leading members present in the Serenity Prayer. Roll call showed that 56 members were present, representing 55 groups.

Minutes of the November meeting were read and approved. Treasurer's report through November was given, showing a balance in the central Committee of \$368.75 and in the Central Bulletin account a balance of \$48.10. 57 speakers were supplied by the District Office to non A.A. groups for the months of January thru November.

COMMITTEE REPORTS:

Action Committee: Rudy W., nothing to report.

Central Bulletin: Theresa read the Central Bulletin report from Imogene: a total of 697 Bulletins were sent out, this includes 68 expirations. Recommended that anyone who wishes to continue their subscriptions check the date marked on the address label. She (Imogene) met with Terry W. with reference to the Bulletin and taking over, with willing helpers, the editing of the Bulletin.

Brecksville: Don E., representative, reported we still have five meetings a week at Brecksville, the meetings are well **attended** by outside members of A.A. as well as the patients, we carry the message of A.A. to the still suffering alcoholic.

Rosary Hall: Tom K., nothing to report.

Old Business: As delegated by the chair, a committee of volunteers has met to consider means of responding to Imogene's request for assistance as read at the last meeting of the Central Committee, the following action was taken:

1. Terry W. of Bay West was elected chairman.
2. Imogene and Terry met to review her letter
 - a. Imogene wishes to transfer responsibility back to an appointed/elected volunteer of the Central Committee as of 12/14/88
 - b. Imogene will consider continuing to write an article for publication within the Central Bulletin
 - c. She will announce her retirement with a letter of thanks in the January issue
3. Terry met with the printer Eikon Graphics to arrange for publication of the January issue (deadline 12/14/88).

RECOMMENDATION: The current sub-committee of volunteers will continue to oversee the publication of the Central Bulletin for a period of six months, with Terry W. serving as interim editor. Reports to the Central Committee will be provided at each monthly meeting.

New Business: There will be a meeting Tuesday, December 20th at 6:00 p.m. at St Malachi's Center. All interested members are welcome.

A new group was announced, **Westlake** Women Discussion, **Westlake** Christian Church, 25800 Hilliard, **Westlake**, Ohio, Wednesday's at 5:30 p.m., it's a closed non smoking group.

At this meeting an election for Vice Moderator was held, the name of John J. was placed in nomination, as no other name was entered, John J. won unanimously. There being no further business, the meeting closed with the Lord's Prayer.

Elvira A., Secretary

**CENTRAL COMMITTEE MEETING
 ST. MALACHI CENTER**

2416 Superior Viaduct

8:00 p.m. Tuesday, January 3, 1989

PLEASE ATTEND

Your group may be represented by you or a member assigned to be your group representative, Let us take an active part in these important meetings to uphold our—
UNITY IN FELLOWSHIP

Roy R., Moderator

Elvira A., Secretary



1, 2, 3, Bus Stop



The Story Behind the Serenity Prayer

The prayer we use to open every A.A. meeting has been credited to many a theologian, philosopher, and saint. Many people will swear St Francis of Assisi wrote it.

The people at our A.A. Grapevine some years back played Sherlock Holmes and tracked down the origin of this beautiful prayer. The following is the story as they put it together. We have not seen an original copy, but believe this is essentially the way it appeared in an early issue of *THE GRAPEVINE*.

"It was actually written by Dr. Reinhold Niebuhr, of the Union Theological Seminary, New York City, in about 1932, as the ending to a longer prayer. In 1934 the doctor's friend and neighbor, Dr. Howard Robbins, asked permission to use that part of the longer prayer in a compilation he was making at the time. It was published that year in Dr. Robbins' book of prayers."

Dr. Niebuhr says, "Of course, it may have been spooking around for years, even centuries, but I don't think so. I honestly believe that I wrote it myself."

"It came to the attention of an early member of A.A. in 1939. He read it in an obituary appearing in the *New York Times*. He liked it so much he brought it in to the little office on Vesey Street for Bill W. to read. When Bill and the staff read the little prayer, they felt that it particularly suited the needs of A.A. Cards were printed and passed around. Thus the simple little prayer became an integral part of the A.A. movement."

Today it is the pockets of thousands of A.A.s; it is framed and placed on the wall of A.A. meeting rooms throughout the world; it appears monthly on the back cover of your magazine and every now and then someone tells us that we have quoted it incorrectly. We have.

"As it appears in the A.A. *GRAPEVINE*, it reads:

God grant me the serenity

To accept things I cannot change.

Courage to change things I can,
And wisdom to know the difference.

"Many tell us it should read:

God grant me the serenity
To accept the things I cannot change;
the courage to change the things I can;
And the wisdom to know the difference.

'The way it was originally written by Dr. Niebuhr is as follows:

God give me the serenity to accept things which cannot be changed;
Give me courage to change things which

must be changed; And the wisdom to distinguish one from the other."

"Dr. Niebuhr doesn't seem to mind that his prayer is incorrectly quoted. . . a comma. . . a preposition. . . even several verbs. . . the meaning and the message remain intact. 'In fact,' says the good doctor, 'in some respects, I believe your way is better'."

A.A. *GRAPEVINE*

SENERITY PRAYER

GOD, grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference.

Living one day at a time, accepting hardships as the pathway to peace, taking as He did this world as it is, not as I would have it,

Trusting that He will make all things right if I surrender to His will, that I may be reasonably happy in this life and supremely happy with Him, forever, in the next.

Reinhold Niebuhr,
1926



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Harry D., Founder and Editor 1892.1968

Vol. 47 February 1989 No. 5

District Office (216) 241 - 7387

GROUP ANNIVERSARIES

To share your group's celebration with other members of our fellowship, send a note with time, date and special instructions 60 days prior to the event.

CORY HOPE FAITH & LOVE • 1st ANNIVERSARY
Monday, February 6, 1989

Doors open 6:00 p.m. Eat 6:30 p.m.
1117 East 105th Street, Cleveland, Ohio 44108

IN MEMORIAM

Our deepest sympathy to the family and friends of these deceased members of our fellowship:

"Nobody died
or
Nobody told us"

THINGS WE CANNOT CHANCE

CONFERENCE NEWS

14th ANNUAL N.E. OHIO MINI - CONFERENCE
March 31 -April 1st - 2nd, 1989

Holiday Inn, Middleburg Heights, Ohio 44130
For Information call: Joyce K., 216-431-7800 ext. 216 (w)

NATIONAL A.A. MEN

Holiday Inn, Middleburg Heights, Ohio
April 14, 15, & 16, 1989

For information:

National Men Conference
P.O. Box 370001
Maple Heights, Ohio 44137

28th Annual
Hawaii AA Conference '89
October 5, 6, 7, & 8, 1989
Sheraton Waikiki Hotel

For Information:

Hawaii AA Conference
P.O. Box 23434
Honolulu, Hawaii 96822

A CLEVELAND CUSTOM

ALL YOU NEED **TO START YOUR OWN GROUP:**

1. A Resentment
2. A Coffee Pot

AND WHEN WRONG.. .

If you thought Barb T's "A Special Gift" was a meaningful - heart felt message of hope (as I did) - you really would have loved it the way she wrote it - before we lost a paragraph in the computer. Her description of change from a hanger-around big kid who lived from drink-to-drink and drug-to-drug to a (very) grown-up women of 26 who attends the absolute best COLLEGE of Nursing on a full time basis, while working full time and being active in her home group, and sponsoring and all that good stuff - is terrific WITNESS to the power to whom she gives credit.

Sorry for the lapse • Barb. . . Hope you'll start to say hello again now that I've been as prompt as can be gotten in a monthly publication.

★ ★ ★ ★ ★

The Cleveland District Office has a great new 12-Step opportunity for those of us with a few hours to spare. All it takes is your being at a specific telephone number for a block of time **AND** your willingness to talk to the suffering alcoholic who is seeking assistance through the District office telephone number.

It's important to stress two things:

1. **YOUR NAME AND TELEPHONE NUMBER** will not be given out. You will be contacted and given the name and number of the person seeking help.

2. You would not automatically become this persons sponsor. They are often just seeking someone to talk to. If they want to get a sponsor, they would do so like you and I did - at a meeting or through the District office. You need a meeting list and the type of program you can add to by giving it away. Call the District office at 241-7387 for additional information

★ ★ ★ ★ ★

Last month's bulletin featured an old subscription price for the bulletin. This month's \$4.00 price is correct.

(Sorry about that)

Terry W.

★ ★ ★ ★ ★

"Keep coming back. We don't have many failures, just some quitters!"

Maury S.

★ ★ ★ ★ ★

Late one night in the insane asylum, one of the inmates jumped up and yelled, "I am Napoleon!" Another inmate asked, "How did you know?" The answer was, "God told me." Just then, a voice from the next room shouted, "I did not!"

November, 1964, Grapevine

★ ★ ★ ★ ★

If you turn it over and don't let go, you will be upside down.

JACK

My sponsor died in May of 1987.

He was something very good in my life.

We were together (a day at a time) for almost eight years when he died. He was a man of great charm and at the time we met, sober for eighteen years. He would rarely speak to me in our countless driveway talks after an evening meeting, about his years in the program, but more about his personal sobriety and living and learning and loving, one day at a time. He would often say to me if this was a Program about just not drinking, he would have left years ago.

When he died I felt very much alone until an oldtimer said that if I kept him in my prayers, he would surely live in my heart.

Gone, thanks to him and the God he is with now, are most of the burdens of my past. Gone too are the sleepless nights induced by anger and fear.

I pray that I am grateful today. I pray that I may not forget where I might be but for the grace of God and my living friend; Jack.

Greg O.
Bay West Discussion

THIS ABOVE ALL

As we get older, we begin to realize the impermanence of accomplishments and indeed, of life itself. This realization tends to cast a shadow over our daily lives and leads to severe selfdoubt. Alcoholics seem to have overly strong egos that demand self-importance on a "forever basis"! If we cannot be immortal - we strive to be more important and significant than others. We become competitive in most facets of our life; trying to be the best - have the most - and above all, be recognized for both.

It's a no win ball game though: when we are defeated in this self- imposed contest, we become depressed and withdrawn. When we are successful, we are dissatisfied with our victory because of it's long term insignificance. Typically in alcoholics, this out-of-whack ego drive is not usually stopped until a personal bottom is hit-and hit hard. Once the ego surrenders, then we - as individuals - are able to see the nature of our wrongs and learn to control our response to reality. Then we seem able to find (and accept) peace, happiness and serenity. The old timers in our program have shown us how to accept life's impermanence and to enjoy one day at a time.

The key for me were the steps - and the self-knowledge that comes from love of (and from) others and a power greater than myself. Simple - YES. Easy - Not-so-very. But darn sure effective.

Bob S.

ANONYMITY IS THE SPIRITUAL FOUNDATION.. . .

The unity and fellowship of Alcoholics Anonymous never ceases to amaze me. Who would have ever thought that the nature of the self-centered drunk could and would lead to unity. I, as many of you, would never have done a favor or put forth an effort, unless there was something in it for me.

I once heard a story in which Joe announced his intentions to go to the store for cigarettes, Jack asked if Joe would get him a pack of brand "XYZ". Well to make a long story short, Joe traveled to three different stores to find the brand which his friend had requested. Upon arriving at his point of departure, Joe handed Jack his pack of XYZ's and said "here ya go" nothing more, nothing less.

Several years ago, I would have said there was something wrong with this picture. Joe did not mention his "out-of-the-way" efforts to his friend Jack. Joe sure did miss the boat on that one. Joe must really be a sucker, etc. The bottom line is that I was missing the boat.

N.C.Y.P.A.A. (Northeast/Cleveland Young People in A.A.) is a group of young-at-heart members who are attempting to provide unity among the A.A. community. Some of the upcoming events include, Soberfest 89, a Spring Round-up and several dances. Proceeds will be used to help bring the Ohio Young Peoples Conference to Cleveland in 1990. Its' members are anonymous and its intentions are sanctioned by the Central Committee.

The group meets on the 2nd and 4th Sunday of every month at Stella Maris at 9:00 p.m. and all are welcome to attend. If you wish to inquire via the mail, just write to: N.C.Y.P.A.A. PO. Box 16866 Rocky River, Ohio 44116. And please do support our coming events and activities.

AA CENTRAL BULLETIN ORDER BLANK

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Date

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Cleveland, Ohio 44113

ARE YOU PLANNING TO MOVE?

If so, clip this coupon and mail to 940 Rockefeller Bldg., 614 Superior Ave., N.W., 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 COMMITTEE

PURPOSE

Because better understanding is the key to Friendship;

Because the public act of any group or individual involves our entire Fellowship;

Because we must continually take inventory of ourselves as individuals and as groups;

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To maintain standards through the sponsoring of a Hospital Committee and such other committees as are necessary to carry on this work.

To serve as a clearing house for ideas.

The Object of the Central Committee is SERVICE.

MINUTES OF THE CENTRAL COMMITTEE

JANUARY 3, 1989

ST. MALACHI'S CENTER

8:00 p.m.

The meeting was opened by Moderator, Roy R., leading members in the Serenity Prayer. Vice Moderator John J., read the purpose of the Central Committee and The Twelve Traditions. In spite of the heavy snowfall, 22 members were present, representing 20 groups.

Minutes of the December meeting were read and approved. Treasurer's report was unavailable and will be presented in February. Two committee reports were provided.

CENTRAL BULLETIN: Terry W.

The January Bulletin was delayed due to the holiday; future mailings will be scheduled for one week prior to the Central Committee monthly meeting.

Less than 1/3 of the groups in our area subscribe to the Bulletin for their literature table. All Group Secretaries are encouraged to subscribe so that the activities of the district's committees are made known to the entire fellowship. The current price of the Bulletin is \$4.00 per year - approximately 33 cents per copy. An order blank is printed in each Bulletin each month.

BRECKSVILLE: Don E.

A service review was provided, touching upon the benefits of this type of Twelve Step Work. Working with others while they are in the hospital is an old Cleveland/AA custom -the direct benefit is to the sober alcoholic who helps. All members are encouraged to attend meetings held at area hospitals to share in this important part of our program.

General Discussion

A call for volunteers was issued by the Central Committee. Members of the fellowship who regularly attend A.A. meetings held at hospitals are needed to serve on our hospital sub-committee, serving as a Central Committee Representative to the hospital. Any member of our program (without affiliation with a hospital) may serve as an information link between the Committee and the Hospital. Attend next month's meeting for details and discussion.

A question was raised as to price and discount procedures on literature for meeting tables. This inquiry was referred to GSR, the Operating Committee and/or the District Office as being out of the scope of the Central Committee.

Kathi B. of South Pacific Group, Hawaii - reported on an A.A. Conference being held in October, 1989 (see Conference News).

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

CENTRAL COMMITTEE MEETING ST. MALACHI CENTER

2416 Superior Viaduct

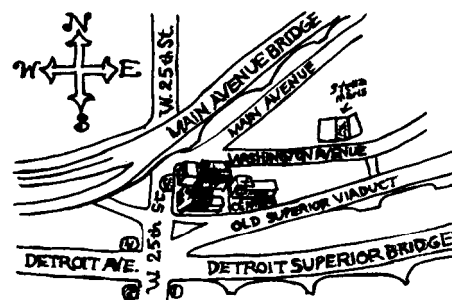
8:00 p.m. Tuesday, February 7, 1989

PLEASE ATTEND

Your group may be represented by you or a member assigned to be your group representative. Let us take an active part in these important meetings to uphold our—
UNITY IN FELLOWSHIP

Roy R., Moderator

Elvira A., Secretary



1,2,3, Bus Stop

March 1989

CENTRAL BULLETIN

Vol. XLVII—No. 5



Published by
Cleveland Central Committee of A.A.

940 Rockefeller Bldg.
614 Superior Ave. N.W.
Cleveland, Ohio 44113

ADVISORY COMMITTEE MEETING

This Advisory Committee Meeting is the annual election meeting. The fourth Thursday of March is the stated date for the meeting but that particular date is a Holy Day for the church and no outside meetings are held. To stay as close as possible to the stated date the fourth Wednesday was selected.

★ ★ ★ ★ ★

RELATIONSHIP BETWEEN THE CLEVELAND DISTRICT OFFICE OF ALCOHOLICS ANONYMOUS AND THE CENTRAL COMMITTEE OF THE NORTHEASTERN OHIO AREA

An elementary school student was writing a composition about the Platypus. The main body of his paper dealt with the unrelated oddities of his animal. His description included such facts as a horny leathery bill like a duck rather than a nose and mouth; fur like a seal but a tail like a beaver; claws on all four feet but with hollow spurs on the hind legs that excreted a venom and webbing of skin between the toes; giving birth by laying leathery eggs like a turtle but nursing its young like any other mammal. The youngster concluded his discourse by observing: "It looks like the work of a committee."

This might be a biased observation, but sometimes the end result of a committee's labors are unpredictable.

The first cooperative effort undertaken by groups in Cleveland, Ohio was begun by the late Jack Darrow early in 1940. He persuaded each group to send a representative to attend informal meetings periodically to consider matters which were of interest and importance to all groups and the members thereof. Within a short time, these meetings were formalized, were presided over by a moderator and a vice moderator, and minutes kept by a recording secretary. Central Committee has met the first Tuesday of each month ever since. Subcommittees were formed to serve A.A.'s collective interest such as the Hospital Committee, The Institutions Committee, the Consolidated Meeting Committee, the Action Committee, the Training Meetings Committee, the Central Bulletin Committee (which publishes the Cleveland Central Bulletin each month, etc.)

In late 1944, a committee was formed to create a central office. This office opened its doors in February 1945 and adopted the name: "A.A. • Cleveland District Office." It was operated by a full time paid employee with the title of Secretary. The committee which founded the office became autonomous and independent of the Central Committee and became known as the Office Operating Committee. This committee is actually a board of trustees which directs the affairs of the office. At present, the Office Operating Committee consists of eleven members who serve 3 year terms, and whose terms are staggered and thus overlap. Candidates for election are selected so that members will represent all sections of the territory served by the District Office, all races and both sexes. About eight months following the opening of the District Office, a meeting was convened of representatives from each group served, and thus became known as the District Office Advisory Committee. This meeting

has continued to be called four times a year ever since. It is the Advisory Committee which elects members of the office Operation Committee, keeps the Office responsive to the groups and vice versa.

At present, the District office is staffed by the Secretary, several full-time paid assistants and several part-time unpaid volunteers. Calls are received from alcoholics seeking help, relatives of alcoholics and others seeking information about the A.A. program or the service of the office. An up-to-date list of meetings, meeting places and times and group secretaries is compiled and distributed several times each year. It sponsors an annual intergroup dinner and speaker every year. It handles sales of literature and arranges for speakers, upon request, for A.A. and non-A.A. functions. It does the administrative work for Central Committee.

Cooperation with the General Service Committee of the Northeastern Ohio Area does not occur very often because there is not much occasion for it. However, relations are very good, and when there is occasion for cooperation, there is no problem in making this happen. For several years, the meetings of Central Committee and the Office Advisory Committee have been attended by the delegate of this area. Every four years Northeastern Ohio is the host area for the Ohio State Convention, and the District Office provides the literature, sets up the display and keeps the table manned throughout the convention. This is a tremendous asset to convention planners and provides the District Office with an opportunity to do some public relations work. The General Service Committee of Northeastern Ohio does not attempt to duplicate the services of any of the bodies aforementioned or to infringe upon their function.

This delegate would be negligent if he did not acknowledge an invaluable assist given to General Service in 1956 by the District Office and Central Committee. This Area's participation in the General Service Conference was lackluster and unenthusiastic from 1951 through 1954, and nonexistent in 1955 and 1956. The late Harr Dankworth, founder and editor of the Cleveland Central Bulletin for 26 years, vigorously campaigned to make this area aware of its responsibilities, and the District Office assisted in setting up a meeting, obtaining meeting space and recruiting capable people to get the ball rolling again. As a result, Northeastern Ohio has sent a Delegate to every General Service Conference since 1956.

John B. Reprinted from Central Bulletin, May 1981

IN OUR 47th YEAR OF PUBLICATION

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, 940 Rockefeller Bldg 614 Superior Ave N W Cleveland Ohio 44113

Harry D., Founder and Editor 1692.1966

Vol. 47 March 1989 No. 6

District Office (216) 241 - 7387

GROUP ANNIVERSARIES

To share your group's celebration with other members of our fellowship, send a note with time, date and special instructions 60 days prior to the event.

KINSMAN SATURDAY MORNING - 2nd ANNIVERSARY

Saturday, April 29, 1989

Doors open 2:00 p.m.

★ ★ ★ ★ ★

SOBER SUNDAY

Sunday, April 9, 1989

9900 Madison Avenue

Food, Prizes, Fellowship - Everyone Welcome

★ ★ ★ ★ ★

SOLIDARITY - 33rd ANNIVERSARY

Sunday, April 2, 1989

4450 Cedar Avenue

★ ★ ★ ★ ★

WEDNESDAY NIGHT UNITY

April 8, 1989

First United Methodist Church

3000 Euclid Avenue

IN MEMORIAM

Our deepest sympathy to the family and friends of these deceased members of our fellowship:

CHARLOTTE BILSKI - fifteen year member of Welcome Group.

SETH M. FITCHET - seventeen year member of Lander Circle.

THINGS WE CANNOT CHANGE

WELCOME

Shirley H. of Seven Hills Serenity is now (March 1st.) our new District Office Secretary, She follows Laverne H., John H., George O'H., Crawford W., Dick P., and Imogene Z. (who retired February 28th after 8 years of dedicated service to Cleveland A.A.)

We're truly blessed in our area with the quality of people at the District office - I'm certain Shirley will continue this important Cleveland Tradition.

★ ★ ★ ★ ★

This month is the third month in which the minutes of the Central Committee have been printed in the Central Bulletin and not mailed in a separate mailing. The Central Committee voted to consolidate mailings in hopes of gaining greater understanding of how our committee system works - please consider reading the minutes at your regular meeting. The Bulletin makes a great addition to your literature table (maybe you oughta get a couple).

AND -YOU SHOULD HAVE A DELEGATE ATTEND EACH MONTHLY MEETING. It may be your group's secretary or any member appointed or elected to represent your group. See page 4 for meeting time and location.

TANSTAAFL - applies though. The cost of printing and postage does not come out of the District Office budget. An invoice for your group's subscription is enclosed. Please complete and return as soon as possible. **—THANKS—**

Terry W.

WHY I SWEAR

1. It pleases my mother.
2. It is a fine mark of manliness.
3. It proves I have self control.
4. It indicates how clearly my mind operates.
5. It makes my conversation so pleasing to everyone.
6. It leaves no doubt in anyones mind as to my good breeding.
7. It impresses people that I have more than an ordinary education.
8. It is an unmistakable sign of culture and refinement.
9. It makes me a very desirable personality among women.
10. It is my way of honoring God.

Rudy W.

CONFERENCE NEWS

14th ANNUAL N.E. OHIO MINI - CONFERENCE

March 31 -April 1st - 2nd, 1989

Holiday Inn, Middleburg Heights, Ohio 44130

For information call: Joyce K., 216-431-7800 ext. 216(w)

NATIONAL A.A. MEN

Holiday Inn, Middleburg Heights, Ohio

April 14, 15, & 16, 1989

For information: National Men Conference
PO. Box 370001 Maple Heights, Ohio 44137

28th Annual

Hawaii AA Conference '89

October 5, 6, 7, & 8, 1989

Sheraton Waikiki Hotel

For Information:

Hawaii AA Conference

P.O. Box 23434

Honolulu, Hawaii 96822

THE LANGUAGE OF THE HEART

For forty years I lived in my head and spoke the language generated from what I saw as my most powerful tool-my brain. I relied on that power and basked in the glory of its accomplishments. I had notions that the language of my heart, specifically my feelings, must be kept out of the way and concealed in order to allow my head to be in control. The roadblock I constructed between my heart and my head caused me much pain and frustration-there was a void in my life that only alcohol could fill. Alcohol's power to numb pain became my highest power until the day I realized it had taken control of my life.

It is in Alcoholics Anonymous that I have had the awesome experience of traveling from my head to my heart and learned to speak the language of the heart. It is in these rooms that I discovered that G-d resided in my heart and it was there I found love, joy, laughter, along with the realities of pain and sorrow that I had hid from for so long. The language of my heart uses fewer words-it feels more than it speaks, it listens more than it preaches, it touches the hearts of others without a single word-it is only comfortable with the truth. It is through this language that I feel alive today; I am a participant in life rather than an observer. I speak to my fellows and my G-d with the language of my heart, and am most grateful to have been given this second chance.

Kathy K.

Dear Fellowship Friends,

Hello, my name is Shirley and I'm an Alcoholic. Our new editor of the Central Bulletin has asked me to write an article to introduce myself to you, since I am replacing Imogene, who as you know, is retiring March 1st of the year. I came into the fellowship in 1980 and I claim Seven Hills Serenity as my Home Group.

I came to work in the Central Office on January 3rd of this year, and I continue to be amazed and pleased at the unselfishness, love and devotion that I have seen exhibited in that short time. With all this generosity from the fellowship, I cannot help but be enthusiastic about carrying the message and being one of your trusted servants. I am but the 7th person to occupy this position since the District Office was incorporated in 1945. I certainly have a lot to learn before I can even think of trying to fill the shoes of Dick P. and Imogene Z. Hopefully, I will be able to use their powers of example for the betterment and growth of myself and the fellowship. I'm finding so many excellent powers of example within the fellowship that I cannot help but succeed if I will only watch and listen to them.

These positive powers that I am speaking of are volunteering to speak to patients in treatment, helping with the aftercare, coming into the office to assist with the literature, and they are also the ones who are volunteering to do the Twelve Step Work. They are the individuals who send in anonymous donations to help make their amends and they are the more affluent groups who send in donations to help the struggling groups. These are a few of the things that I have seen thus far and I have only met a few of you. I look forward to meeting all of you in the near future. You are showing me "How It Works" and helping to keep the doors of Alcoholics Anonymous open. Thanks so much!

Yours in fellowship, Shirley H.

NOT FUNNY

It is difficult for me to criticize anything from the Central Office or the steering committee; but what I saw in the February issue of the Central Bulletin was very disturbing: "A Cleveland Custom, All you need to start your own group is a resentment and a coffee pot."

I have been in the program for a number of years and I have watched it's growth with great joy. I have seen many people give so freely of their time and I have seen many of these devoted members start new meetings to accommodate the growth in our program so each new person might be afforded the time and attention a smaller group offers; earlier meetings and later meetings; meetings in locations previously ill-served by A.A.; and meetings to serve "Secondary purposes" (Sex groups, youth, dually addicted people and non-smokers). Although I have never witnessed a new meeting started because of a resentment, I don't doubt that that does happen upon occasion (wherever you have two or more alcoholics you have two or more opinions); but to call this the Cleveland Custom is a terrible insult to the many hard-working, devoted AA's of Cleveland; to our old timers and to those who have so generously supported the Cleveland Central Office.

I hope to see this amended in the next issue of the Central Bulletin; and I hope to see the Bulletin dedicated to serving the Unity of Cleveland A.A.

Patricia O'D

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City _____ State _____ Zip _____

IT WILL HELP YOU AND IT WILL HELP US.

MINUTES OF THE CENTRAL COMMITTEE**FEBRUARY 7, 1989**

ST. MALACHI'S CENTER

8:00 p.m.

The meeting was opened by Moderator, Roy R., leading members present in the Serenity Prayer. Vice Moderator John J., read the purpose of the Central Committee and The Twelve Traditions. The roll call indicated that there were 50 members present - representing 49 groups.

Minutes of the January meeting were read and approved.

The Treasurer's report indicated that the Central Committee began the month of January with a balance of \$461.89, paid meeting space rent of \$25.00 and bank service charges of \$10.95, leaving a balance of \$425.94.

The Central Bulletin account had an opening balance of \$118.27, income from subscriptions of \$227.50. expenses for printing & postage of \$261.10, leaving a balance of \$84.67

One speaker was referred by the District office during January to outside groups.

ACTION COMMITTEE: No report.

CENTRAL BULLETIN: No report.

HOSPITAL COMMITTEE: Tom K. Rosary Hall, reports that the staff at Rosary Hall is seeking volunteers to sponsor patients at time of discharge. Too many court and welfare referrals are being released without sponsors and Rosary would like A.A. to become involved. The same problem holds true for patients referred by agencies and private placements - but to a lesser degree.

QUESTION FROM THE FLOOR; Will Rosary request sponsors at the time of admission? **ANSWER;** No it is too cumbersome and too difficult with the type of referrals coming in today.

No report from other hospital representatives.

OLD BUSINESS: None reported.

NEW BUSINESS: Rudy W. inquired on behalf of his group and other groups as to the Central Committee's view on the following: a member who is employed by a treatment facility and/or institution being allowed to also serve as chairman, secretary or treasurer of an A.A. group. The consensus of the committee indicated that **ANY A.A.** member was eligible to serve in **ANY OFFICE** of an A.A. group without regard to his or her employment. However, it was pointed out that each group is autonomous and -for example - a group meeting in an institution might want not to elect an employee of the facility as a group officer. Each group must decide for itself.

Three questions were raised as to group behaviour

1. Do we have the right as a group to restrict our business meetings to members of the group only?
2. Can we ask non-members to either leave or maintain confidentially as to group actions?

The committee agreed that any group could and should set its own guidelines, using the 12 Traditions as its reference.

3. May a closed A.A. meeting use materials **NOT AUTHORIZED** by A.A. as discussion starters, literature etc. - and do we have the right to object?

The committee agreed that closed meetings should utilize only A.A. materials so as to not add an additional element of confusion to an already difficult process. However, it was also pointed out that each group **IS** autonomous and may set its own guidelines. The committee recommends that the 12 Traditions be used as a basis of review for each group. Regarding to the right to object - it was recommended. A member who feels that something is going on at a meeting that violates the traditions has an obligation to all members new and old, to object from the floor or at a group consensus meeting - as he or she feels the need.

Shirley H. the new District Office Secretary was introduced and she then indicated her hope that more members would use the office and would stop to introduce themselves to her (see page 3).

Several new groups sought to be recognized by the committee; all were welcomed to our community and committee. Check with the District Office for more information on:

Sunday Night Big Book Discussion - Closed Mixed - Mentor.

Understanding How - A.A. study group - Limited Mixed. (I forget where)

Monday Night Broadview Heights 12 & 12 Discussion - Closed.

Wickliffe Thursday Open meeting - Wickliffe.

Bay Sunrise 7 am Thursday Closed - Mixed Discussion - Bay Village.

Mary B., Area Delegate for GSO, provided information on the 14th Mini-Conference, (see Conference News)

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

CENTRAL COMMITTEE MEETING**ST. MALACHI CENTER**

2416 Superior Viaduct

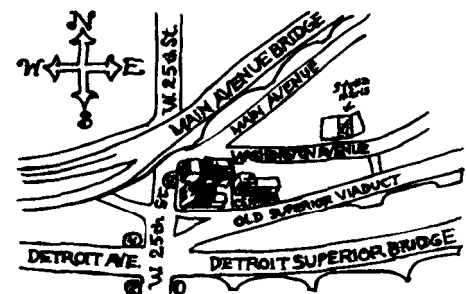
8:00 p.m. Tuesday, March 7, 1989

PLEASE ATTEND

Your group may be represented by you or a member assigned to be your group representative, Let us take an active part in these important meetings to uphold OUR—
UNITY IN FELLOWSHIP

Roy R., Moderator

Elvira A., Secretary





How The Lord's Prayer Became An A.A. Custom

For many centuries, the Lord's Prayer has been offered by various religious denominations both in public and in private worship. It is also said by non-religious groups, including athletic teams, before and after meetings and games. But when did it become a widespread A.A. custom to close meetings with a prayer? And why, if A.A. "is not allied with any sect (or) denomination," do we use this Christian prayer at all.

A.A. archivist Frank M. says: "Oldtimers' memories differ as to exactly when the Lord's Prayer was first used in A.A.. According to members who came to the Fellowship in 1938 and 1939, it was said at meetings then. Co-founder Bill W. thought it might have been a carry-over from the custom of one forerunner, the Oxford Group, but he was never really sure."

During its fledgling years, Frank notes, the Fellowship was more religiously oriented than it would be later. The main emphasis was not on one's drinking history, but on surrender, acknowledging one's character defects, and learning through the shared experience to live better lives - socially, ethically and religiously.

In those days, there was no A.A. literature; in fact, A.A. didn't even have a name. and so the early groups leaned heavily on Bible reading for inspiration and guidance. Meetings probably closed with the Lord's Prayer because, as Bill explained, "it did not put speakers to the task, embarrassing to many, of composing prayers of their own."

The religious slant changed as it became evi-

dent that A.A.'s program of recovery could cross all barriers of creed, race and religion - and as the Fellowship developed Twelve Steps *and Twelve Traditions* and other literature of its own. Yet use of the Lord's Prayer persisted in A.A., as it has everywhere else.

Frank points to a letter on the subject written by Bill in 1959. Responding to an A.A. member who had questioned the practice of closing meetings with the Lord's Prayer, Bill said, "This prayer is of such widespread use and recognition that the argument of its Christian origin seems to be a little far fetched."

Stressing that the leader of the meeting usually asks attendees to join him in the Lord's Prayer only "if they wish to," Bill observed, "The worst that happens to the objectors is that they have to listen to it...doubtless a salutary exercise in tolerance at this state of their progress!"

He further added that most A.A.'s believe in God as we understand Him, and have faith that "communication and strength are obtainable through His grace. Since this is the general consensus, it seems only right that the Serenity Prayer and the Lord's Prayer be used in connection with our meetings."

Of course Frank is quick to note, "the final decision about the Lord's Prayer - or about any other group activity - rests with the majority, or group conscience. As Bill said time and time again, group conscience in the long run 'will be wiser than the opinion of a single leader:'

From Box 459

The Lord's Prayer

Our Father who art in Heaven, Hallowed be thy name. Thy kingdom come. Thy will be done on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, But deliver us from evil. For thine is the kingdom, the power, and the glory, for ever and ever.

AMEN

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, 940 Rockefeller Bldg., 614 Superior Ave., N.W., Cleveland, Ohio 44113.

Harry D., Founder and Editor 1892-1968

Vol. 47

April 1989

No. 7

District Office (216) 241 • 7387

GROUP ANNIVERSARIES

To share your group's celebration with other members of our fellowship, send a note with time, date and special instructions 60 days prior to the event.

KINSMAN SAT U R DAY MORNING -2ND ANNIVERSARY

Saturday, April 29, 1989

Doors open 2:00 p.m.

★★★★★

LEE-SEVILLE A.A. GROUP

Saturday, April 29, 1989

Aldergate United Methodist Church

Doors Open 6:00 p.m.

Dinner 7:00 p.m.

Speaker 8:00 p.m.

Fun, Food, Money Prizes, Fellowship • Everyone Welcome

IN MEMORIAM

Our deepest sympathy to the family and friends of these deceased members of our fellowship:

ROBERT A. LEE • long time member of A.A. • home group, Willoughby Group. Passed away in Kings Mountain, NC Group.

RAY DYARMEIT • twenty year member of Laurel Group.

JOHN McGINNIS -twenty eight year member of Brooklyn. Group

JOHN WELLS • thirty year member of Lakewood Group.

THINGS WE CANNOT CHANGE

MY WAY LEADS TO THE HIGHWAY— I'LL TRY YOUR WAY

I'll let you in on a secret • back in 1969, when I came into the program, if the lead had said something like "Let's close by joining hands and singing • 'Mama's little baby likes shortnin, shortnin' • I'd have stood right up and sung 'Mama's little baby likes shortin bread' • without knowing the difference • or caring much either.

One of my sponsors took me to my first meeting and for months afterward he just showed up in my driveway at 7:30 p.m. (I remember mentioning that I'd like to stay home with the family for a night, he just laughed and suggested that they could use a break and we'd deal with reinventing fatherhood after I stopped shaking quite so much.)

Time passes though and I've come to rely on the sense of community that is created for me whenever a meeting ends with the Our Father. I feel less a sicko, suffering whatever • and more a member of Alcoholic Anonymous. And that's pretty important to me today. A.A. is just about the only organization that would have me • and keep me as a member while I try to survive my own sobriety.

I'm sober today by the grace of God • I feel grateful to be able to acknowledge this fact at the end of the meeting.

★★★★★

The article on the first page and the above were prompted by a question asked of me at a Twelve-Step Weekend in March. The guy asking was quick to point out that he wasn't asking for himself • but for those who might be offended • somehow. I told him that I didn't know why we used any of the prayers we did (Third, Seventh, Serenity, or the Our Father) • but • (see above). . . I then dug out the article on the front cover. Hope it helps. AND • if you are upset with how or what is said, prayed or whistled at a meeting -do what the first two million or so of us have done • ask your sponsor.

Terry W.

HELP NEEDED

Warrensville Crossroads A.A. Group (men only), Thursday nights, 7:30 p.m. at the Cleveland House of Corrections, needs literature to be given to inmates. Used or new, hard or paper bound A.A. literature will be gratefully acknowledged. Refer through the District Office.

CONFERENCE NEWS

NATIONAL A.A. MEN

Holiday Inn, Middleburg Heights, Ohio

April 14, 15, & 16, 1989

For information: National Men Conference
P.O. Box 370001 Maple Heights, Ohio 44137

NEW

We are pleased to announce the formation of a licensed Ham Radio Group made up of A.A. members. The purpose of the group is to enhance fellowship among members who may have difficulty attending regular A.A. meetings.

Pattered somewhat after 'Loners International: the plan is to schedule contacts via amateur radio with Haam operators at prearranged times and frequencies.

For more information: contact the group coordinator • Haam Radio, 4+5+9, • ARS N8KDW • 4121 S. Fulton Place • Royal Oak, MI 48072 USA • (313) 549 • 5275

LET GO

To let go does not mean to stop caring, it means I can't do it for someone else.

To let go is not to cut myself off, it's the realization that I can't control another.

To let go is not to enable, but to allow learning from natural consequences.

To let go is to admit powerlessness, which means the outcome is not in my hands.

To let go is not to try to change or blame another, it's to make the most of myself.

To let go is not to judge, but to allow another to be a human being.

To let go is not to be in the middle arranging all the outcomes, but to allow others to affect their destinies.

To let go is not to be protective, it's to permit another to face reality.

To let go is not to deny, but to accept.

To let go is not to adjust everything to my desires, but to take each day as it comes and cherish myself in it.

To let go is not to criticize or regulate anybody, but to try to become what I dream I can be.

To let go is not to regret the past, but to grow and live in the now.

To let go is to **fear less, and love more.**

Susan F.

SIGNS OF A SPIRITUAL AWAKENING

- ★ A tendency to think and act spontaneously rather than on fears based on past experiences.
- ★ An unmistakable ability to enjoy each moment.
- ★ A loss of interest in judging people.
- ★ A loss of interest in judging self.
- ★ A loss of interest in interpreting the actions of others.
- ★ A loss of interest in conflict.
- ★ A loss of ability to worry. (this is a serious symptom)
- ★ Frequent, overwhelming episodes of appreciation.
- ★ Contented feelings of connectedness with others and nature.
- ★ Frequent attacks of smiling.
- ★ An increased tendency to let things happen rather than make them happen.
- ★ An increased susceptibility to the love extended by others as well as the uncontrollable urge to extend it.

from District 13 Newsletter in Northern California

UPCOMING YOUNG PEOPLE'S EVENTS

The last two months have been busy ones for the young people in the Northeastern Ohio A.A. community. Several area and statewide functions took place, and with summer approaching many more are to come.

Cleveland A.A. members hit the road in early February with a trip to Southern Ohio for the Cincinnati Young People in A.A. Conference, which was held the weekend of February 11 at the Clarion Hotel in downtown Cincinnati. The program included round-the-clock leads and discussions on topics of special concern to young members, such as; responsibilities, spiritual growth, and working the A.A. program in our daily lives. The weekend was topped as usual by a banquet, lead and dance on Saturday night, and was a welcome retreat for fellowship and learning.

The new wave of sober dances continued on February 25, when St Christine's Church in Euclid was the site of a return to the '50s and '60s for a "Psychedelic Sock Hop!" combining the music of those two eras as well as the present one. The dance was well attended, and we thank those who put forth the effort to make it such a success.

Sober Clevelanders of all ages turned out for the roundup held at West Shore Unitarian Church in Rocky River on March 11. The day was set aside for panels, discussion groups, and a lead in the evening followed by a dinner and dance. Those who attended agreed that it was a memorable experience, and we hope to see those of you who couldn't make it make it at the next one.

Upcoming events include Soberfest, a day-long outdoor roundup set for June 3 in the Chagrin Metroparks Reservation, and the annual Ohio Young People in A.A. conference, to be held this year at the Holiday Inn Cascade Plaza in downtown Akron on the last weekend in July. OYPAA is the biggest statewide activity for young A.A.'s and promises to be especially big among the Cleveland population since it is so close to home. For more information on OYPAA, call Dave at 1-753-7018. Both these events are excellent opportunities to get together with other A.A.'s from all over for fun, fellowship and sober growth.

NCYPAA NOTE: Northeast/Cleveland Young People in A.A. will hold it's weekly meetings at 5:00 p.m. at **Stella Maris** on Washington Ave. on the second and fourth Sunday of every month. This is a new time, so we hope all will find it convenient to come out and get involved in sober activities. For more information, contact Thorn L. or Jim W. at the address below.

If you would like to keep informed about the A.A. centered activities in the Cleveland area, please drop a line to Thorn L. or Jim W. at P.O. Box 16886, Rocky River, OH 44116. If you'll include your first name and your address, we'll be glad to get you on our update list, so you'll get regular notices of what's going on around town. Best wishes of sobriety and fellowship in the program to all, and hope to see you around.

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IT WILL HELP YOU AND IT WILL HELP US.

CENTRAL COMMITTEE

PURPOSE

Because better understanding is the key to Friendship;
 Because the public act of any group or individual involves our entire Fellowship;
 Because we must continually take inventory of ourselves as individuals and as groups;

The A.A. Central Committee has these purposes:

To bring together representatives of all groups for discussions of policy and practice; to create high standards; to guard against exploitation or commercialization; to insure our humility as groups and individuals.
 To protect unity of thought and purpose through the Central Bulletin, the Area-wide Meetings, and such other activities as seem consistent.

To maintain standards through the sponsoring of a Hospital Committee and such other committees as are necessary to carry on this work.

To serve as a clearing house for ideas.

The **Object** of the Central Committee is **SERVICE**.

MINUTES OF THE CENTRAL COMMITTEE

MARCH 7, 1989

ST. MALACHI'S CENTER

8:00 p.m.

The meeting was opened by Moderator, Roy R., leading members present in the Serenity Prayer. Vice Moderator John J., read the purpose of the Central Committee and The Twelve Traditions of A.A.. The roll call showed that 34 members were present representing 32 groups.

Minutes of the February meeting were read and approved.

The Treasurer's report began the month of February with a balance of \$425.94, paid meeting space rent of \$25.00 and bank service charge of \$9.72, leaving a balance of \$391.22.

The Central Bulletin account had an opening balance of \$84.67, income from subscriptions of \$313.00, expenses for printing & mailing \$230.36, leaving a balance of \$167.13. Two speakers were supplied by the District Office to non A.A. groups for the months of January through February.

There were no committee reports given at this meeting.

OLD BUSINESS: There was a discussion regarding last month's report that Rosary Hall is seeking volunteer's to sponsor patients at time of discharge, a motion was made and seconded that the Action Committee inquire as to what their policy is and what they expect of the volunteer.

NEW BUSINESS: Several new groups were announced at this meeting, one The Promise, located at Antioch Independence Church, 2561 E. 110th St., Cleveland, OH., Monday's at 6:00 p.m. and Riverview Towers, 1791 W. 25th St., Cleveland, OH., Monday's at 7:00 p.m..

Bud K., brought to the attention of the Committee that some A.A. groups are having strictly drug users lead their meetings-if they are dual addicted, they only talk about drugs, it was the consensus of the Committee that a group conscience meeting be held letting your opinion be heard, as stated in the leaflet *Information On Alcoholics Anonymous*, "The source of strength in A.A. is its single-mindedness. The mission of A.A. is to help alcoholics. A.A. limits what it is demanding of itself and its associates, and its success lies in its limited target".

N.E.O. General Service: Mary B., Delegate invited all present to the 14th Annual Northeast Ohio Mini-Conference, March 31th through April 2nd, Middleburg Heights, Ohio.

The meeting closed with the Lord's Prayer.

Elvira A., Secretary

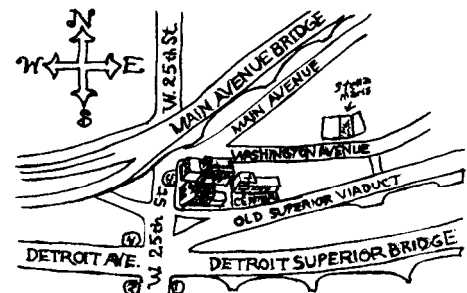
CENTRAL COMMITTEE MEETING ST. MALACHI CENTER

2416 Superior Viaduct
8:00 p.m. Tuesday, April 4, 1989
PLEASE ATTEND

your group may be represented by you or a member assigned to be *your group* representative, Let us take an active part in these important meetings to uphold *OUR—*
UNITY IN FELLOWSHIP

Roy R., Moderator

Elvira A., Secretary



1, 2, 3, 4, Bus Stop



Something's Wrong My Friends — And It Looks Serious

Just twenty-one members of our program showed up to vote at the Operating Committee election last month. Just twenty-one of almost 800 groups were represented. **AND** - other than the two members of the Committee and one employee from the District Office - we had no Black representation.

This was an important meeting too. Four members of the Operating Committee were elected; three to regular three-year terms, one to fill a two-year vacancy caused by a resignation. The Operating Committee is elected from among members of the Advisory Committee, and should represent all views of our program. To do that, there has to be as large a cross section of our membership as can be gathered together. Twenty-one seems somehow sad . . .

WHAT'S THE PROBLEM?

Among the comments passed on at the election meeting and by mail and phone afterward:

'The Operating Committee thinks they are running a railroad. The whole thing looks like a setup from start to finish. At least they had a Nominating Committee this year. What they ought to do is seek Volunteers early on and/or throw it open to the groups by mail. It appears as if they think they are the Management Committee-they sure don't seek advice from the Advisory Committee - all they do is ask for the rubber stamp of approval.'

'There was a Cav's game that night - they were probably out at the game.'

'A political meeting to seek petitions for m-funding those agencies who lost state money was being held the same night.'

'Who cares!'

'Typical apathy of today's program.'

'There are too many suits and ties running the show - they need to get a better cross section of people and start to share more with the program as a whole.'

'it's the fault of the treatment centers.'

(I told you I'd print whatever anyone had to say regarding the program - good or bad, sweet or sad - and maybe you think I've gone too far - but this is what IS going on . . .)

I can't pretend to know why, or even suggest a way to start working on the problem - but **IT IS SERIOUS**. This committee decides who works at the district office, who answers the calls for help that we all need to respond to, which groups get the Twelve Step referrals, how to spend the money brought in by fundraising, what literature is sold by the office, what hours we're open, what answering service to use after hours - and a whole lot more.

Maybe we all need to take an inventory regarding this situation; we as, individuals, our groups -and yes-the Operating Committee itself. And, as Father John used to say; "Prayer would probably help too."

Let's Live One Day At A Time — But Not A Day From The 1930's

There's a darn good AA in my home group - more than twenty-one years of sobriety, all twenty-one in the same home group, still sponsors with great enthusiasm, participates in group discussions as a peer - not as some kind of a guru, PLUS -a small business owner with proven management skills, now has some free time available and is looking to volunteer in an A.A. related activity.

Sound like a good candidate for the Operating Committee SORRY IT CAN'T HAPPEN HERE.

This member of our fellowship happens to be a female and our group is in an area where only men can be elected. Here's how it works: there are eleven members of the Operating Committee - whose function is to oversee the operation of the Cleveland District Office. These members serve three year terms, with terms overlapping so that we always have experienced people in charge.

HERE'S THE KICKER —

Those nominated and elected must be from the same geographic area and be of the same sex as the individual they are replacing. SO - only the same number of women will EVER serve at the same time. The "same area" concept means that there will always be a man representing my side of town

Terry W.

PS: Now that I think about it - having fixed boundaries kind of insures that Suburban White Males will **always** be in charge - **doesn't it?**

Just A Friendly Suggestion

Last year, and for the past several years, the Operating Committee has authorized the spending of almost **\$4,000.00** for "committee" expenses - primarily for the VICTORY DINNER, as sort of a (*well deserved*) reward for those who served as team captains during the annual fund raising for the District office.

Wouldn't it be neat to use the money to pay a staff member to keep the office open on Saturdays? I don't know how much we pay people to work at the office, but 2 people working 8 hours per week, 52 weeks per year totals just 832 hours. **I'll bet it could be done, and I'll bet the team captains would vote in favor of it too!**

If that's too drastic a change, how about buying them a VICTORY DOUGHNUT - and keep the office open 6 or 7 hours on Saturday.



Published monthly by the Cleveland Central Committee of A.A., a non-profit fellowship dedicated to service. Address all letters to Central Bulletin, 946 Rockefeller Bldg., 614 Superior Ave., N.W., Cleveland, Ohio 44113

Harry D., Founder and Editor 1692.1966

Vol. 47

May 1989

No. 8

District Office (216) 241 - 7387

GROUP ANNIVERSARIES

To share your group's celebration with other members of our fellowship, send a note with time, date and special instructions 60 **days** prior to the event.

None to Report

IN MEMORIAM

Our deepest sympathy to the family and friends of these deceased members of our fellowship:

PAT CONNER • 10 year member of A.A. • home group, Early Friday, active on the West Side

TESSIE R. KOZSEY • a member who would have celebrated her 22nd year of sobriety on the day after her death. She had been an early member of the Friendship Group and was a member of the Shalom Group at the time of her death

ALBERT W. LORENZ, Jr. • 15 year member of Lakewood Mens and West Clifton Groups. For years at Christmas time, Al either dropped off or sent a check to anonymously help some needy A.A.'s and their families.

THINGS WE CANNOT CHANGE

Just for Today • ALL DAY

Members who attend meetings at "The Just for Today Club" are sponsoring a 25 hour Alkathon • Continuous LEADS from 8:00 p.m. Friday through 9:00 p.m. Saturday • May 19 & 20, 1989

Speakers will be from throughout the Northeast Ohio area • a FREE buffet breakfast will be served from 8:00 to 9:00 a.m. on Saturday morning.

Contact the club for more information: 486-8693, 327 East 156th Street,

CONFERENCE NEWS

28th Annual

Hawaii A.A. Conference '89
October 5, 6, 7, & 8, 1989

Sheraton Waikiki Hotel

For Information:

Hawaii A.A. Conference
P.O. Box 23434

Honolulu, Hawaii 96822

★ WARNING ★

This Meeting Could Be Hazardous To Your Health

Recently, several meetings on the far east side received an announcement about a new meeting to be held on Wednesday, at 8:00 p.m. in the Mentor area. It implied approval from the Central Office and requested that the group secretary read it along with the regular announcements. The announcement stated that this would be a "closed discussion for the closed minded" • a meeting based on the concepts of "Rational Recovery"!

Rational Recovery was started by a group of A.A. members who couldn't handle "a// that Cod Stuff" - and has grown to some 86 meetings in 16 states.

We, of course, wish them well. Our program has ALWAYS offered any portion of our experience to anyone who feels that what we have might be helpful. The list of programs ending in "A" ranges throughout the alphabet and covers what seems like every problem known to the human condition. If a group feels the need to delete all references to a Power greater than themselves, or God as we understand him, or whatever • then they may use what is left with our best wishes.

HOWEVER —

We do ask but two things • leave us our good name (Atheist Alcoholics Anonymous seems a contraction in terms to those who know us, and would probably bring a lot of unwelcome telephone calls to the AAA) and two, don't solicit our group secretaries mailing lists. These are confidential and are not to be used for any purpose outside the program • no matter how well intended.

As somebody once said, (or probably would have if the need arose) go ahead and try whatever you may think works better than what we have • if it does not work out quite as well as you thought it was going to • come on back, **WE NEED YOU!**

Terry W.

P.S.: The headline is PERSONAL OPINION (MINE)

Join us in New Jersey



19th Northeast Regional
CONVENTION
October 6, 7 & 8th 1989

THE HILTON, MARRIOTT
& HOLIDAY INN HOTELS
Somerset, New Jersey

GUEST SPEAKERS • OPEN MEETINGS • WORKSHOPS • ALKATHON
• BANQUET • ENTERTAINMENT • A.A. • ALANON • ALATEEN •
LATE MEETINGS & RAP SESSIONS IN ALL HOTELS • COFFEE

For further information contact:
RESERVATIONS COMMITTEE - BOX 1010, WOODBRIDGE, NEW JERSEY 07095

Members from Court Programs and Treatment Centers

In the last years, A.A. groups have welcomed many new members from court programs and treatment facilities. Some have come to A.A. voluntarily; others, under a degree of pressure. In our pamphlet "How A.A. Members Cooperate," the following appears:

We cannot discriminate against any prospective A.A. member, even if he or she comes to us under pressure from a court, an employer, or any other agency.

Although the strength of our program lies in the voluntary nature of membership in A.A., many of us first attend meetings because we were forced to, either by someone else or by inner discomfort. But continual exposure to A.A. educated us to the true nature of the illness. . . Who made the referral to A.A. is not what A.A. is interested in. It is the problem drinker who is our concern. . . We cannot predict who will recover, nor have we the authority to decide how recovery should be sought by any other alcoholic.

Proof of Attendance at Meetings

Sometimes, courts ask for proof of attendance at A.A. meetings.

Some groups, with the consent of the prospective member, have the A.A. group secretary sign or initial a slip that has been furnished by the court together with a self-addressed court envelope. The referred person supplies identification and mails the slip back to the court as proof of attendance.

Other groups cooperate in different ways. There is no set procedure. The nature and extent of any group's involvement in this process is entirely up to the individual group.

This proof of attendance at meetings is not part of A.A.'s procedure. Each group is autonomous and has the right to choose whether or not to sign court slips. In some areas the attendees report on themselves, at the request of the referring agency, and thus alleviate breaking A.A. members' anonymity.

from Information on Alcoholics Anonymous
A.A. World Service, Inc.

**Bill Called Bob
Who Have YOU
Called lately**

It's Just Me Again

Recently I heard a lead by someone who has been in A.A. for over 7 years, is active in the program; and doesn't have a sponsor. That didn't surprise me. I've heard it before. And, by the way, I've been sober 6 years and I don't have one either (right now).

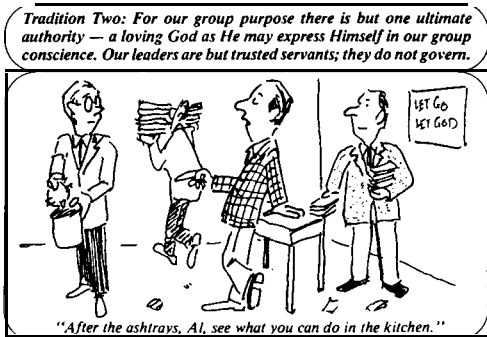
I decided to look into this matter-fits called taking an inventory). I found some altogether too familiar defects.

- 1. Procrastination** - the wonderful thing about procrastination is that I really am going to do it-later. The longer I go without a sponsor, the more likely it is I won't be working the program as honestly and rigorously as I need to. And, since no one will know, I can fudge a little. And, most important, as an Alcoholic, I'm not accountable to anyone. So life without a sponsor is just one more creative way of "running the show!"
- 2. Perfectionism** - Its not easy looking for one perfect sponsor, someone who has more sobriety, who can be a friend, guru, fill-in-the-need. Someone whose personality, lifestyle, etc. matches mine. Expecting too much of myself and others is an old problem.
- 3. Pride** - asking someone to sponsor me demands a certain humility. Its acknowledging that other people in A.A. are part of my Higher Power. Am I willing to believe that someone with less sobriety may be able to teach me about this program?

If I practice the third step, I should be able to walk into a meeting and ask someone there to sponsor me. That simple. Like the program.

After all, sponsorship is like marriage: who we choose is less important than what we do together later

I think I'll do it!
M.M., Tuesday Noon, The 24-hour Club



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

Date

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A d d r e s s
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City Zip

One Year at \$4.00 Amount enclosed \$

Mall to Central Bulletin 940 Rockefeller Bldg.
614 Superior Ave. N.W.
Cleveland, Ohio 44113

ARE YOU PLANNING TO MOVE?

If so, clip this coupon and mail to 940 Rockefeller Bldg., 614 Superior Ave., N.W., 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 COMMITTEE

PURPOSE

Because better understanding is the key to Friendship;
 Because the public act of any group or individual involves our entire Fellowship;
 Because we must continually take inventory of ourselves as individuals and as groups;

The A.A. Central Committee has these purposes:

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To serve as a clearing house for ideas.

The **Object** of the Central Committee is **SERVICE**.

MINUTES OF THE CENTRAL COMMITTEE

April 4, 1989

ST. MALACHI'S CENTER

8:00 p.m.

The meeting was opened by Moderator, Roy R., leading members present in the Serenity Prayer. Vice Moderator John J., read the purpose of the Central Committee and The Twelve Traditions of A.A.. The roll call showed that 61 members were present representing 57 groups.

Minutes of the March meeting were read and approved.

The Treasurer's report through March was given showing a balance in the Central Committee of \$427.25 and in the Central Bulletin account a balance of \$277.08. 19 speakers were supplied by the District Office to non A.A. groups for the months of January through March.

COMMITTEE REPORTS:

Action Committee: Rudy W., reported that he visited Rosary Hall, regarding last month's motion. His conclusion was that the patients should have sponsors before they are discharged and advised the staff at Rosary Hall to allow the patients to call the District Office for sponsors.

Central Bulletin: Terry W., reported the Central Bulletin is the oldest publication in A.A. - in order to survive, we need subscriptions from the groups and individuals. There is plenty of information out there and people to write articles. A member suggested giving a Central Bulletin subscription as a raffle prize.

Brecksville: Don E., announced there are five meetings a week at Brecksville, they are well attended by patients and the A.A. community, you are welcome to attend.

Eastside Veteran: Lucretia W., the meetings are well attended, no new business.

Serenity Hall: Joe K., reported the Saturday night closed meeting is well attended.

NEW BUSINESS:

Al T., announced the formation of a new group, A Long Way Back, 2600 Carroll Avenue, Cleveland, Ohio, Sunday's at 7:00 p.m.

Kathy C., brought to the attention of the Committee that a flyer is being sent to some groups of a new meeting Lgo-mei-kwid, based on the concepts of rational recovery. It states contact the Central Office or April schedule for details is totally false. The Cleveland District Office knows nothing about this meeting, "see Central Bulletin for further commentary".

Mark read a petition that's being circulated in some areas, the question was should A.A. members get involved. It was the consensus of the Committee that, the petition should not be signed in A.A. meetings, what an A.A. member does on the outside is his or her own affair.

Tom B. from radio station WMMS, asked the sanction of the Central Committee to use the District Office telephone number after the airing of a public information meeting on the radio. The Moderator ruled we have no jurisdiction on this matter.

A member announced a new group, Monday Nite Footwork, Kaiser West, 12301 Snow Road, Parma, Ohio at 8:00 p.m.

A motion was made and seconded that, the Action Committee investigate whether a local AA group is sponsoring a fee paid Big Book Seminar.

N .E.O. General Service:

Ron K. thanked those that participated in the Mini-Conference, and that the Bill W., story will be aired on TV, April 30th at 9:00 p.m.

The meeting closed with the Lord's Prayer.

Elvira A., Secretary

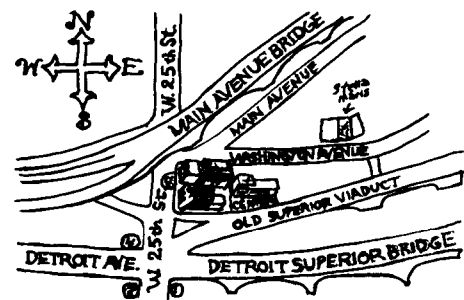
CENTRAL COMMITTEE MEETING ST. MALACHI CENTER

2416 Superior Viaduct
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PLEASE ATTEND

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UNITY IN FELLOWSHIP

Roy R., Moderator

Elvira A., Secretary



CENTRAL BULLETIN

Published by
Cleveland Central Committee of A A

940 Rockefeller Bldg.
614 Superior Ave. N.W.
Cleveland, Ohio 44113

Vol. XLVII-No. 9



The 50th Anniversary of the BIG BOOK

On June 10, 1935, Alcoholics Anonymous was founded by Bill Wilson and Dr. Bob Smith. Until 1937, Bill Wilson was an active participant in the Oxford Group, a self-help group for both lay people and recovering alcoholics founded on the premise of evangelism. In 1937, Bill and the New York group split with the Oxford Group as did the Akron Group and Dr. Bob. The Fellowship of Alcoholics Anonymous was born.

In December, 1937, a meeting with John D. Rockefeller resulted in \$5,000.00 for Alcoholics Anonymous and his advice provided foundation for the non-profit, self-sustaining nature of the organization. The support gained from those present at the Rockefeller meeting resulted in the formation of the Alcoholic Foundation in 1938. Alcoholic Foundation trustees requested that Bill Wilson develop promotional materials to raise funds for the floundering A.A. organization. In March or April of 1938, Bill commenced work on what would later be known as the "Big Book".

Chapters one and two of the Big Book were multilithed in the summer of 1938--to be used in a money-raising campaign. Eugene Exman, religious editor of Harper & Brothers, read the chapters and responded favorably with an offer to publish the book, sweetened by a \$1,500.00 advance against royalties. Exman later agreed that a society like A.A. should publish and control its own literature.

Hank P. developed the prospectus for the new publishing company that members of A.A. were intent on forming, and named it Works Publishing, Inc., derived from a passage of the James, "Faith without works is dead," or the Standard A.A. phrase, "It Works!"

The Big Book multilith campaign netted a response from Readers Digest, an editor of which promised a review and a feature story about the Fellowship. News of the Reader's Digest response rippled through the Fellowship, and friends and members raised \$5,000 and secured a loan for \$2,500, enough to support the writing process.

Bill Wilson authored 9 or 10 of the original 28 chapters. Akron members provided 16 stories, because they had the sobriety records necessary for writing personal testimonies. When writing the fifth chapter of the Big Book, Bill took great pains to ensure that there wouldn't be a single loophole through which the rationalizing alcoholic could wriggle out. The process of writing the Twelve Steps was one of comfort, stream of consciousness and automatic writing for Bill.

In January 1939, 400 multilith copies of the Big Book

were distributed to members and their trusted friends for final comment about content. Tom Uxell, an accomplished magazine editor and teacher of short story writing at New York University, edited the Big Book manuscript (typed by Bill's nonalcoholic secretary, Ruth Hock), trimming off at least one-third.

In April, 5,000 copies were printed on very thick paper stock, which was used to market the book for the planned price of \$3.50. Because of the thickness of the book, the popular title of the "Big Book" was coined. The first printing of the first edition of the Big Book had a red cover.

Reviews of the Big Book appeared in the New York Times, Liberty Magazine, the Cleveland Plain Dealer and the Washington Post, as well as a few reviews appearing in denominational religious press. With 5,000 copies of the Big Book not moving at all from storage, the struggling Foundation and hopeful A.A. members made desperate marketing attempts, all of which failed.

In 1940 John D. Rockefeller, with his son Nelson as host, arranged a dinner for A.A. members: 400 guests of great civic influence were invited, 75 confirmed. With the help of Rockefeller publicity consultants at the firm of Ivy Lee, a press statement was drafted, resulting in wide-spread publicity. In addition, Rockefeller purchased 400 copies of the Big Book for persons invited for dinner. In spite of the Rockefeller dinner publicity, however, Big Book sales did not set records.

Membership in A.A. early in 1941 was 2,000. The Fellowship experienced substantial growth after a March 1, 1941 Jack Alexander story appeared in the Saturday Evening Post. By the end of the year, A.A. had 8,000 members, and now was a national organization.

Since the slow birth of the Fellowship, the meager sales of the Big Book have turned into blockbuster figures. By 1955, first edition runs of the Big Book totaled 300,000. The combined total sales for the second edition copies pushed the books-in-print number to 1,450,000.

By the time the third edition went to print in 1976, A.A. membership had swelled to 1,000,000. The basic text of the Big Book remained the same for all editions, but the original 28 stories were increased to 44, and the stories themselves were updated to more contemporary content. The Big Book is now available in 14 languages and braille.

By September 1983, 4,000,000 copies of the Big Book have been distributed, and the five millionth copy of the Big Book was presented to Ruth Hock at the 50th Anniversary Convention of Alcoholics Anonymous in Montreal, Canada in July 1985.

Reprinted from "The Oasis Newsletter" Columbus, MS

+++++

"Our hope is that when this chip of a book is launched on the world tide of alcoholism, defeated drinkers will seize upon it to follow its suggestions." - Alcoholics Anonymous

IN OUR 47th YEAR OF PUBLICATION



Published monthly by the Cleveland Central Committee of A.A. a non-profit fellowship dedicated to service. Address all letters to Central Bulletin 940 Rockefeller Bldg 614 Superior Ave NW Cleveland Ohio 44113

Harry D., Founder and Editor 1962-1966

Vol. 47

June 1989

No. 9

District Office (216) 241 • 7387

GROUP ANNIVERSARIES

To share your group's celebration with other members of our fellowship, send a note with time, date and special instructions 60 days prior to the event.

COMMUNITY SUNDAY GROUP EIGHTH ANNIVERSARY

Sunday, June 4, 1989
Congregation Beth Am

3557 Washington Blvd., Cleveland Heights

Doors open 6:30 p.m.

Lead 7:30 p.m.

IN MEMORIAM

Our deepest sympathy to the family and friends of these deceased members of our fellowship:

JERRY FRINK • passed away April 19, 1989. Home group, Deaconess Wednesday Women.

JEAN NIXON • 17 years of sobriety. Member and Secretary of Bedford Wednesday Nite Group.

JIMMY SHIELDS • 15 years of sobriety. Passed away May 8, 1989. Member of Long of Heart Group.

THINGS WE CANNOT CHANGE

Just in Case You were Wondering . . .

Apparently people do read the Central Bulletin • Last months issue for sure.

Several objected to "hanging out our dirty linen for all to see" • an overwhelming majority felt a change in the operating Committee electoral process was long overdue.

NOBODY FELT THE GENDER ISSUE SHOULD REMAIN A PART OF THE PROCESS (Men replacing men, Women • women)

I'd offer a simple solution to the area restrictions; create just six districts, reflecting our geographic make up and publish the boundaries to the groups • seeking nominations by mail. Add 5 "at-large" committee members who would be elected from any part of our area. Now we'd have an opportunity for a program based Operating Committee representing the will of the people of the program, under guidance of the Advisory Committee.

HOW DOES IT GET CHANGED?

Well • contrary to popular belief, the Operating Committee does **NOT** have the power to change itself. It is set

up to act upon the advice of the Advisory Committee. The A/C is made up of one (1) representative of each group in our area and meets in January, March and October. Only the Advisory Committee can make changes in our area constitution.

If you think a change is in order • plan on attending the October meeting. I'll offer a reminder. . .

Terry W.

Upcoming Events

Northeast/Cleveland Young People in A.A.

Those of you who have been around the program for a while know that summer brings a lot of spare time for AA-related activities. The newer members also recognize summer as a time where they can spend more time around the AA program, meeting more members, strengthening friendships and trusts, and having fun while staying sober. We hope that the following list will provide some ideas for your summer plans.

Saturday, June 3 marks the date of the first annual Soberfest, to be held in the North Chagrin Reservation of the Cleveland Metroparks. Soberfest will be a day-long event at which there will be speakers, discussions, entertainment, and meals. This new event promises to be a success for upcoming summers as well as this one, so bring yourself and a friend and make it a day to remember.

One of the biggest AA-related functions in Ohio takes place the last weekend in July this year, when the 1989 Ohio Young People in AA Conference will be held on July 28-30 in Akron, at the Holiday Inn-Cascade Plaza downtown. This conference has usually attracted over 500 members from all around the midwest, and is an excellent chance to renew old friendships with out-of-town friends and find new friendships as well. The round-the-clock meetings, the dances, the fellowship and the fun all add up for one of the most exciting activities of the year. Since it's so close this year, why not come down and spend a weekend of sober recovery and fun.

Another NCYPAA Roundup will be held on Saturday, August 12 at the Bay Village Community Center, Cahoon and Lake Roads in Bay Village. The roundup will start at around 9:00 a.m. and, like the previous ones, will include discussions, panels, and a meal and dance at the end of the day. More information will be available as plans for this event progresses.

If you would like any more information about these or any other events in the areas, please feel free to get in touch with us. We will send you more information if you mail your name, address and phone number to:

NCYPAA

P.O. Box 16866

Rocky River, Ohio 44116

Attention: Tom L. or Jim W.

You'll receive updates about the activities planned for the upcoming months, and we'll be glad to contact you by phone if you ask for more specific information. We hope to see you at these summer outings, and we hope this will be a sober summer of growth and fun for all.

Founders Day Herald

Akron, Ohio, Birthplace of AA, June 10, 1935

1989

54th Annual AA Founders Day Weekend at Akron University June 9, 10 & 11, 1989

NOTICE: Due to construction work at the University, it has been necessary to change some meeting place, and eating facilities.

EARLYBIRD MEETING

3 p.m. Friday, Father Jack Ryan shares his love and life of sobriety.

FOR THE CONVENIENCE OF FRIDAY AFTERNOON ARRIVALS ...

Friday dinner will be available at cafeteria prices from 4:30 to 6 p.m.

OLD TIMERS PANEL ACTIVITY IN SOBRIETY

Old Timers are the ones to watch and follow. Come & join n. Friday at 7 p.m.

AL-ANON AND AA LEAD

Friday at 8:30 p.m. Malinda and Ted f.l. from Cleveland, OH share their "Vision of Recovery." Partners in longevity and service.

12 TRADITION SKIT Friday 10:30 p.m.

ALKATHON LATE FRIDAY NIGHT

11:30 p.m. til ?? Come and share with us.

AL-ANON RAP SESSION

Paula S. chairs the late night discussion. "That AL-ANON Magic"

YOUNG PEOPLE'S FRIDAY NIGHT DISCUSSION

Share your experience, strength and hope with Michelle M. and her panel.

SATURDAY MORNING A.A.

Joe R. of North Canton, OH. Was he too young at the age of 22? Listen to him share his 32 yrs. of sober living. 10 a.m. Sat. morning.

AL-ANON PANEL

Kim W. introduces the topic "Restore Us To Sanity." Panelist Sue P., Dean Ft., and Pam B. Saturday 10 a.m.

ALATEEN PANEL

Saturday 1:00 p.m. Alateen members give away their message of hope: "The Shared Gift."

ACTORS GUILD 2 SHOWS ON SATURDAY

"JOHN'S OTHER LIFE"

Amateur Actors Guild presents the script that revolves around John Smith, his family and friends during his "other life" before he found a solution.

A.A. SATURDAY SPEAKER

Saturday at 2:30 p.m. Lou M. from Kingston, Tennessee is still "young at heart" after 48 years of sobriety.

AL-ANON WORKSHOP

3:00 p.m. Saturday. Barb G. chairs afternoon workshop titled "Start By Forgiving."

APPRECIATION/ FELLOWSHIP DINNER

Saturday evening 6:00 p.m. Reservations needed.

THE BIG MEETING

Saturday 8:00 p.m. Denny L. from PA is witty and humorous. Share laughter, tears and happiness in a life of sobriety.

FELLOWSHIP DANCE Saturday night after the meeting, 10 p.m. until 1 a.m. D.J., music and lots of fun.

TEEN DISCO

10 p.m. to 1 a.m. Open to all. D.J., lite show and music.

DR. BOB'S MEMORIAL SERVICE AT GRAVESIDE

We gather together in the fellowship and gratitude for the Co-Founders Dr. Bob and Annie in a Memorial Service Sunday morning 8:00 a.m. Motorcade forms at 7:30 a.m.

SUNDAY MORNING MEETING

11:00 a.m. at Rhodes Arena. A nun that has lots to be thankful for. Come and share her humility.

Sunday Breakfast will not be a breakfast meeting this year. Tickets can still be purchased @ \$6.00 each by MAIL ORDER ONLY. Mail to: Founders Day Committee, P.O. Box 12, Akron, OH 44309. SEND STAMPED SELF ADDRESSED ENVELOPE — NO REFUNDS. Breakfast to be served between 9:00 a.m. and 10:00 a.m.

ALL DAY BUS TOURS SATURDAY

Starting 9 a.m. leaving every hour on the hour, visiting locations that are part of our A.A. heritage.

OPEN HOUSE

St. Thomas Hospital original Alcoholic Ward and the new Interim Care Center Sat. a Sun. 10 a.m. to 3 p.m.

HOSPITALITY ROOMS WITH NON-STOP COFFEE

OPEN HOUSE AKRON AREA CLUBS

SPECIAL LOW COST FOR PACKAGE PLAN

The bargain price for the package plan is just \$75 per person.

HERE'S WHAT YOU GET FOR YOUR \$75

Lodging for Friday and Saturday nights at Akron University, based on double occupancy. Breakfast, lunch and fellowship dinner Saturday. Plus bus tour and Sunday morning breakfast. Registration fee included.

TO OUR FRIENDS FROM OUTSIDE THE U.S.A.

We must ask that a remittance be made with U.S. Money orders or reservations will be returned.

MESSAGE CENTER (216) 374-1645

A message center and emergency phone service will be located at General Information Desk, Rhodes Arena for incoming calls from Friday a.m. to Sunday p.m.

DEADLINE ON FOOD TICKET PURCHASING

Tickets for all meals must be purchased by Sunday June 1st for cost control. No meals will be sewed without tickets. Meal prices: Sat. morning breakfast \$5.75, Sat. Lunch \$7.00, Appreciation Fellowship dinner \$13.00, Sun. morning breakfast \$6.00. All tickets are included in Package plans.

WE MUST INSIST THAT NO OUTSIDE VENDORS BE ON THE CAMPUS GROUNDS DURING FOUNDERS DAY WEEKEND.

There will be a \$5.00 registration fee for all except those who have purchased a package plan.

CENTRAL COMMITTEE

PURPOSE

Because better understanding is the key to Friendship;
 Because the public act of any group or individual involves our entire Fellowship;
 Because we must continually take inventory of ourselves as individuals and as groups;

The A.A. Central Committee has these purposes:

To bring together representatives of all groups for discussions of policy and practice; to create high standards; to guard against exploitation or commercialization; to insure our humility as groups and individuals.
 To protect unity of thought and purpose through the Central Bulletin, the Area-wide Meetings, and such other activities as seem consistent.
 To maintain standards through the sponsoring of a Hospital Committee and such other committees as are necessary to carry on this work.
 To serve as a clearing house for ideas.
 The **Object** of the Central Committee is **SERVICE**.

MINUTES OF THE CENTRAL COMMITTEE

May 2, 1989

ST. MALACHI'S CENTER

8:00 p.m.

The meeting was opened by Moderator, Roy R., leading members present in the Serenity Prayer. Vice Moderator John J., read the purpose of the Central Committee and The Twelve Traditions of A.A.. The roll call showed that 50 members were present representing 48 groups and 2 visitors.

Minutes of the April meeting were read and approved. There was no Treasurer's report.

COMMITTEE REPORTS:

Action Committee: Rudy W., reported on a new group and a 12 step call.

Central Bulletin: Terry W., posed a question to the Committee, which will be discussed in New Business in the form of a motion.

Brecksville: Don E., reported there are five meetings a week at Brecksville, and the hospital administration has cut the number of beds from 60 to 30 for alcoholic patients.

Eastside Veterans: Lucretia W., reported the meetings are well attended, no new business.

Serenity Hall: Joe K., reported there are two alcohol programs at Serenity Hall beside the A.A. meeting.

NEW BUSINESS: regarding last months Action Committee motion that the Committee investigate the N.A.S.A. groups sponsoring a Big Book Seminar, Action committee member John J. contacted Dave W., a member of the group, the answer is yes, and Dave was at the Central Committee meeting to answer questions.

Terry W. made a motion and it was seconded that the Central Bulletin subscriptions be limited to members of Alcoholics Anonymous and groups of Alcoholics Anonymous; that outside agencies not be permitted to subscribe to the central bulletin. After a lengthy discussion, through a show of hands the motion was carried.

A member read a flyer that's being circulated in some area of an A.A. meeting being held on WMMS radio, a suggestion was made that the Action Committee look into this.

The action Committee was also asked to look into the Madison B.B. 12x12 Discussion, to determine if it is an open or closed meeting.

N.E.O. General Service: Mary B., delegate, passed out a leaflet, Information on Alcoholics Anonymous, and invited members to Mantua, May 21st where the delegates report will be given.

The meeting closed with the Lord's Prayer.

Elvira A., Secretary

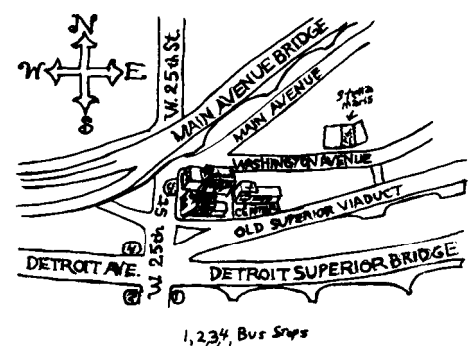
CENTRAL COMMITTEE MEETING ST. MALACHI CENTER

2416 Superior Viaduct
 8:00 p.m. Tuesday, May 2, 1989
PLEASE ATTEND

Your group *may be* represented by you or a member assigned to *be your group* representative. Let us take an *active* part in *these important meetings to uphold our—*
UNITY IN FELLOWSHIP

Roy R., Moderator

Elvira A., Secretary





“... AND THROUGH SUCH FRAGILE DUST, GOD’S PLAN EMERGES.”

Jim B. made a talk some years ago out in Sacramento, California and what follows are excerpts from the tape of his talk on A.A. history.

“... We had pretty well gotten the book (Big Book) together...The original idea was to call this book “One Hundred *Men*”, and that was the thing we were working on through 1938 while the book was being printed. Then all of a sudden one of these women got into the picture. Florence R. got sober and as the book was getting near to completion, she had been sober for about a year. She said, hey, “what do you mean One Hundred *Men*?...it should be One Hundred Men **and** One *Woman*.” Well, we thought a minute and realized that would be a hell of a thing to put on a marquee, so we thought we had better change that name. Then there was heckling over what we would name the book. In the original red book the words Alcoholics Anonymous are not in it anywhere. No mention of group in the book. All those things were coming **after**...I mean, the name came after the book was finished, so that is why the name was not in the book. We talked about alcoholics in the book, but not Alcoholics Anonymous.

Then an interesting thing happened...like everything does in **A.A...things** come from the damndest spots. We were figuring on using “Exit” for the name of the book, or “This Way Out” or “The Way Out”: “The Way Out” was winning by a long shot when we sent somebody down to the Congress in Washington, D.C. to check up on how many titles were on hand...there were 12 of “The Way Out” registered and we thought we had better not bring it to 13. We threw that out.

We had just pulled a guy out of the State Hospital up there named Joe W. who had been the founder of the N-Magazine. Joe had a wet brain and the hospital didn’t think he would stay out very long. So, he got in one of these meetings and in a very lucid moment, he said, “hey, let’s call this anonymous...alcoholics...no one said anything for a few moments. Alcoholic Anonymous...and before you know it, that is where the name came from. Joe W. went back to the nut house and has been there ever since. So you never know where these things come from. Joe came out of State Hospital just long enough to give us the words, Alcoholics Anonymous.”

from the “*Silent Rostrum*” 7/87

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, 940 Rockefeller Bldg., 614 Superior Ave., N.W., Cleveland, Ohio 44113.

Harry D., Founder and Editor 1892-1968

Vol. 47 July 1989 No. 10

District Office (216) 241 - 7387

GROUP ANNIVERSARIES

To share your group's celebration with other members of our fellowship, send a note with time, date and special instructions 60 **days** prior to the event.

FRIENDS of DETOX A.A. GROUP FOURTH ANNIVERSARY

Tuesday, September 19, 1989

HARBOR Light

1710 Prospect Ave., Cleveland Ohio

Doors open 7:00 p.m.

Guest Speaker Rudy W. • Solidarty Group

IN MEMORIAM

Our deepest sympathy to the family and friends of these deceased members of our fellowship:

PAT PATTERSON • deceased May 27, 1989. 27 year member of Bedford Wednesday Group

INMAN RUCKER -deceased May 24, 1989. 19 year member of Language of the Heart Group.

THINGS WE CANNOT CHANGE

COMING EVENTS

Summer 1989

11th O.Y.P.A.A. Conference, Akron, Ohio

Contact: Dave F. (216) 753-7018

August 25, 26, 27, 1989

Big Book Seminar

Holiday inn, 7230 Engle Road

Middleburg Hts., Ohio 44130

Special Saturday Night Speakers

Tom & Glenda B. Avon Lake, Ohio

Contact: Dave W. Work (a.m.)(216) 267-2000; Home

(216) 281-4523 or Alice T. (216) 362-1233

October 1989

9th Annual Warren Roundup, Warren Ohio

Write: Warren Roundup, PO. Box 2171 Warren, Ohio

44484 or Call: (216) 799-2199

November 1989

3rd T.C.Y.P.A.A., Toledo, Ohio

Contact Dave S. (216) 282-2100

November 1989

6th Annual A.A. Women's Conference, Akron, Ohio

Contact Dave S. (216) 282-2100

Coincidence-(Sort Of)

Reading through the article on the front cover of this month's Central Bulletin, brings to mind just how lucky we've been in the coincidence department.

Just imagine:—

If Roland hadn't met Ebby who knew **Bill**—

If Henrietta Seiberling hadn't been trying to help Dr. Bob and if her minister hadn't known about it when **Bill** called—

If Sister Ignatia hadn't been assigned to "light duty" on the reception desk when Dr. Bob called looking for a hospital bed—

If Hank hadn't stayed sober long enough to lend his organizational skills to publishing the **Big Book**—

If John D. hadn't thought the program worthwhile enough to lend his support and *throw in* a couple of *bucks too*—

If Clarence S. hadn't been told to try a meeting in Cleveland without all that Oxford stuff, and—

If Joe W. hadn't come out of the sanitarium long enough to give us a name for the world to grasp.

What is obvious is the immediate name recognition within the general public. I doubt if anyone in the U.S. is unaware of just what the initials A.A. stand for, and they probably have a darn good understanding of WHAT we do too. (Drunks get sober there.)

They may not know how it happens-but they sure do know that it happens! (Hey, I don't how it works **either**—all I know is that it works just fine.)

The value of all this is in bringing new people to our Fellowship. Dick P. secretary of our District Office for so many years, always reminded us in starting a new group or in any speaking **assignment**—"Keep the A.A. name clean -we hold it in trust for the next guy!"

Have a nice summer.

Terry W.

Thoughts

Have you ever pondered the idea that if you were never a practicing alcoholic, you could never have become a sober drunk?

If you never did any wrongs, how could you make any rights?

If you never had any pain, how could you feel joy?

If you never felt the deep darkness of the night, how could you appreciate the rays of dawn?

If you never knew the cravings of addiction, how could you understand the struggle for freedom?

If you never tried to change, how could you know your potential to grow?

If you have never eased a hurt, warmed a heart, dried an eye, you'd have missed the experience of loving.

If you'd never been to A.A., you would never know the mending and the bonding among members.

But for the Grace of God!

Marilyn

What I Know NOW That I Didn't Know Before A.A.

In my schooling I was taught to "seek the perfection of God" But in seeking perfection, I kept failing and with it came guilt. A.A. says we do not seek perfection. We only try to be better! Dump your guilt

In my early schooling I was taught I could change the world. Now I believe through A.A. that I can only change myself by being sober. I cannot control people, places or things.

I was taught I could be anything I wanted to be. I no longer believe this. There are happenings and coincidences beyond my control. I must accept the things I cannot change. As a regional sales manager for a national corporation, I bossed and controlled people in the '50s and '60s. Then I lost all control in the takeovers and mergers of companies in the '70s to '80s.

I could not accept being forced out. I went into uncontrolled drinking. I became an alcoholic.

I neglected my God -all my values were on material things.

I bottomed out. Ten years ago, I was brought into Alcoholics Anonymous, and with the Grace of God and the help of fellow **A.A.s**, I have been sober. My values today are more spiritual.

Ralph W., Nite and Day Group

Humor is a wonderful tool for shaping us back down to size.

Don't worry about keeping up with the inevitable. It will always know where to find you.

A good sponsor is a person who can tell you to go to hell in a way that makes you look forward to the trip.

All I Ever Really Needed To Know I learned In Kindergarten

Most of what I really need to know about how to live, and what to do, and how to be, I learned in kindergarten. Wisdom was not at the top of the graduate school mountain, but there in the sandbox at nursery school.

These are the things I learned: Share everything. Play fair. Don't hit people. Put things back where you found them. Clean up your own mess. Don't take things that aren't yours. Say you're sorry when you hurt somebody. Wash your hands before you eat. Flush. Warm cookies and milk are good for you. Live a balanced life. Learn some and think some and draw and paint and sing and dance and play and work every day some.

Take a nap every afternoon. When you go out into the world watch for traffic, hold hands and stick together. Be aware of wonder. Remember the little seed in the plastic cup. The roots go down and the plant goes up and nobody really knows how or why, but we are all like that.

Goldfish and hamsters and white mice and even the little seed in the plastic cup-they all die. So do we.

And then remember the book about Dick and Jane and the first word you learned, the biggest **word** of all: LOOK! Everything you need to know is in there somewhere. The golden rule and love and basic sanitation. Ecology and politics and sane living.

Think of what a better world it would be if we all-the whole world-had cookies and milk about 3 o'clock every afternoon and then lay down with our blankets for a nap. Or if we had a basic policy in our nation and other nations to always put things back where we found them and cleaned up our own messes. And it is still true, no matter how old you are, when you go out in the world, it is best to hold hands and stick together.

Opinions expressed herein are not to be attributed to Alcoholics Anonymous as a whole, nor does the publication of any article imply any endorsement by either Alcoholics Anonymous or the Central Bulletin.

Exceptions to this disclaimer are printed excerpts, quotations, etc. from the Alcoholics Anonymous books and pamphlets which are printed with permission of the Alcoholics Anonymous World Services, Inc. and the Alcoholics Anonymous Grapevine, Inc.

**AA CENTRAL BULLETIN
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Please write distinctly by hand. Do not print. Do not use corrections.

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One Year at \$4.00 Amount enclosed \$

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614 Superior Ave. N.W.
Cleveland, Ohio 44113

ARE YOU PLANNING TO MOVE?

If so, clip this coupon and mail to 940 Rockefeller Bldg., 614 Superior Ave., N.W., 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 COMMITTEE

PURPOSE

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MINUTES OF THE CENTRAL COMMITTEE

JUNE 6, 1989

ST. MALACHI'S CENTER

8:00 p.m.

The meeting was opened by Vice Moderator, John J., leading members present in the Serenity Prayer. Rudy W., read the purpose of the Central Committee and The Twelve Traditions of A.A.. The roll call showed that 50 members were present representing 45 groups, there were 3 duplicates and 2 visitors..

Minutes of the May meeting were read and approved.

The Treasurer's report through May was given, showing a balance in the Central Committee of \$908.29 and in the Central Bulletin account a balance of \$338.59. 23 speakers were supplied by the District Office to non A.A. groups for the months of January through May 1989.

COMMITTEE REPORTS:

Action committee: Rudy W. gave a favorable report on the groups. John J., reported on the outcome of his visit to the Madison B.B. 12x12 Discussion, it's a closed meeting.

Central Bulletin: Terry W. had nothing to report.

Brecksville: Don E. reported that there are five meetings a week at Brecksville, the doors are always open, outside visitors are always welcome.

NEW BUSINESS: A new group was announced, Manor Park Smoke Free B.B., Lutheran Pilgrim Church, 14224 Detroit Ave., Lakewood, Ohio, Thursday's at 7:30 p.m.

Friday Wake-up group was announced: Suburban Temple, 22401 Chagrin Blvd., Beachwood, Ohio, 7:30 a.m.

A new group, Early-Bird Thursday, Lee Heights Community Church, 4612 Lee Road, Cleveland, Ohio, 6:00 p.m.

N.E.O. General Service: Delegate, Mary B., invited all members to the Northeast Ohio General Service open house, Sunday June 25, 1989, at 2:00 p.m., St Joseph's Church, State Route 44 and Pioneer Trail, Mantua, Ohio. The lead will be Bill W.

The meeting closed with the Lord's Prayer.

Elvira A., Secretary

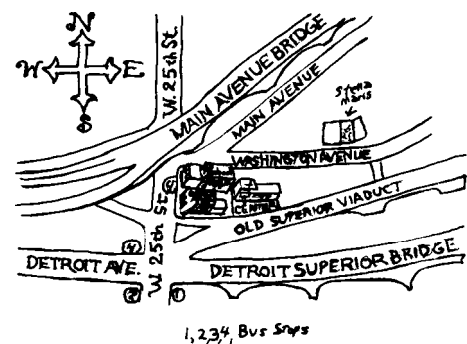
CENTRAL COMMITTEE MEETING ST. MALACHI CENTER

2416 Superior Viaduct
8:00 p.m. Tuesday, April 4, 1989
PLEASE ATTEND

Your group may be represented by you or a member assigned to be your group representative. let us take an active part in these important meetings to uphold OUR—
UNITY IN FELLOWSHIP

Roy R., Moderator

Elvira A., Secretary





EMOTIONAL SOBRIETY

This article is the substance of a letter Bill wrote to a close friend who also had troublesome depressions

January 1958

I think that many oldsters who have put our AA "booze cure" to severe but successful tests still find they often lack emotional sobriety. Perhaps they will be the spearhead for the next major development in AA — the development of much more real maturity and balance (which is to say, humility) in our relations with ourselves, with our fellows, and with God.

Those adolescent urges that so many of us have for top approval, perfect security, and perfect romance — urges quite appropriate to age seventeen — prove to be an impossible way of life when we are at age forty-seven or fifty-seven.

Since AA began, I've taken immense wallops in all these areas because of my failure to grow up, emotionally and spiritually. My God, how painful it is to keep demanding the impossible, and how very painful to discover, finally, that all along we have had the cart before the horse! Then comes the final agony of seeing how awfully wrong we have been, but still finding ourselves unable to get off the emotional merry-go-round. How to translate a right mental conviction into a right emotional result, and so into easy, happy, and good living — well, that's not only the neurotic's problem, it's the problem of life itself for all of us who have got to the point of real willingness to hew to right principles in all affairs.

Even then, as we hew away, peace and joy may still elude us. That's the place so many of us AA oldsters have come to. And it's a hell of a spot, literally. How shall our unconscience — from which so many of our fears, compulsions, and phony aspirations still stream — be brought into line with what we actually believe, know, and want! How to convince our dumb, raging, and hidden "Mr. Hyde" becomes our main task.

I've recently come to believe that can be achieved. I believe so because I begin to see many benighted ones — folks like you and me — commencing to get results. Last autumn, depression, having no really rational cause at all, almost took me to the cleaners. I began to be scared that I was in for another long chronic spell. Considering the grief I've had with depressions, it wasn't a bright prospect.

I kept asking myself, "Why can't the Twelve Steps work to release depression?" By the hour, I stared at the St Francis Prayer. "It's better to comfort than to be comforted." Here was the formula all right. But why didn't it work?

Suddenly I realized what the matter was. My basic flaw had always been dependence — almost absolute dependence — on people or circumstances to supply me with prestige, security, and the life. Failing to get these according to my perfectionist dreams and specifications, I had fought for them. And when defeat came, so did my depression.

There wasn't a chance of making the outgoing love of St Francis a workable and joyous way of life until these fatal and almost absolute dependencies were cut away.

Because I had over the years undergone a little spiritual development, the absolute quality of these frightful dependencies had never before been so starkly revealed. Reinforced by what grace I could secure in prayer. I found I had to exert every ounce of will and action to cut off these faulty emotional dependencies upon people, upon AA, indeed, upon any set of circumstances whatsoever. Then only could I be free to love as St Francis had. Emotional and instinctual satisfactions, I saw, were really the extra dividends of having love, offering love, and expressing a love appropriate to each relation of life.

Plainly, I could not avail myself of God's love until I was able to offer it back to him by loving others as he would have me. And I couldn't possibly do that as long as I was victimized by false dependencies. For my dependency meant demand — a demand for the possession and control of the people and the conditions surrounding me.

While those words "absolute dependency" may look like a gimmick, they were the ones that helped trigger my release into my present degree of stability and quietness of mind, qualities which I am now trying to consolidate by offering love to others regardless of the return to me.

This seems to be the primary healing circuit: an outgoing love of God's creation and his people, by means of which we avail ourselves of his love for us. It is most clear that the real current can't flow until our paralyzing dependencies are broken, and broken at depth. Only then can we possibly have a glimmer of what adult love really is.

Spiritual calculus, you say? Not a bit of it. Watch any AA for six months working on the new Twelve Step case. If the case says "To devil with you:" the twelve-stepper only smiles and turns to another case. He doesn't feel frustrated or rejected. If his next case responds, and in turn starts to give love and attention to other alcoholics yet gives none back to him, the sponsor is happy about it anyway. He still doesn't feel rejected; instead he rejoices that his one-time prospect is sober and happy. And if his next following case turns out in later time to be his best friend (or romance), then the sponsor is most joyful. But he will know that his happiness is a by-product — the extra dividend of giving without any demand for a return. The really stabilizing thing for him was having and offering love to that strange drunk on his doorstep. That was St. Francis at work, powerful and practical, minus dependency and minus demand.

In the first six months of my sobriety, I worked hard with my alcoholics. Not a one responded. Yet this work kept me sober. It wasn't a question of those alcoholics giving me anything. My stability came out of trying to give, not out of demanding that I receive.

Thus I think it can work with emotional sobriety. If we examine every disturbance we have, great or small, we will find at the root of it some unhealthy dependency and its consequent unhealthy demand. Let us, with God's help, continually surrender these hobbling demands. Then we can be set free to live and love; we may then be able to Twelfth Step ourselves and others into emotional sobriety.

Of course I haven't offered you a really new idea — only a gimmick that has started to unhook several of my own "hexes" at depth. Nowadays my brain no longer races compulsively in either elation, grandiosity, or depression. I have been given a bright place in bright sunshine.



Published monthly by the Cleveland Central Committee of A.A., a non-profit fellowship dedicated to service. Address all letters to Central Bulletin, 940 Rockefeller Bldg, 614 Superior Ave., N.W., Cleveland, Ohio 44113.

Harry D., Founder and Editor 1892-1968

Vol. 47 August 1989 No. 11
District Office (216) 241-7387

GROUP ANNIVERSARIES

To share your group's celebration with other members of our fellowship, send a note with time, date and special instructions 60 days prior to the event.

TUESDAY YOUNG PEOPLES ANNIVERSARY

Tuesday, August 1, 1989
7:00 p.m. Laurel Hospital
35000 Euclid Ave., Willoughby, Ohio
Doors open 7:00 p.m.

THE FRIENDSHIP GROUP 29th ANNIVERSARY

Monday, September 11, 1989 - 8:30 p.m.
Boulevard Presbyterian Church
24600 Lake Shore Boulevard Euclid, Ohio
LEAD-FOOD-FELLOWSHIP, plus
The Groups' Traditional Candlelight Ceremony
"Pass It On"

IN MEMORIAM

Our deepest sympathy to the family and friends of these deceased members of our fellowship:

CHARLES PERRY-deceased June 18, 1989. 31 years sobriety. Home group Garden Valley.

TONI SCOTT - 3 year member of Solidarity Group.

THINGS WE CANNOT CHANGE

letter to the Editor

Terry:

Publish SPIRITUAL ARTICLES to help AA's, like Imogene did, and not CRITICISM - which can be handled in Committee Meetings - or cancel my subscription!

Ralph W.

Learning? ? ?

40 years ago, when I was ten years-of-age, the only qualification necessary to become a member of the YMCA was to be a YMC. Before I could use the pool however, I learned that there were certain additional requirements called for. I had to come up with \$5.00 for a membership fee, pay a nickel for a towel, walk through a foot bath and sit in on a 30 minute Bible lesson -then I could swim for the morning. I also had to behave according to the rules; no running, no horseplay and no foul language. (There were other rules I'm sure -these I remember).

20 years ago when I became a member of AA, the only qualification for membership was the same as today's - a desire to stop drinking. But, I soon learned from my sponsors and my home group that there were other needs: no membership fee, and they would give me a crying towel free of charge - but I was encouraged not to run too fast, to hold down the horseplay and watch my language - and -but you can fill in the rest. Each of us learns the rules - for ourselves - from the same sources. Of course, if you don't have a sponsor or a home group you will likely have a harder time learning the ropes - and it might take a slip or two to see the light. But you will learn -all of us do (or die).

The cover article is dedicated to all of us who learn the hard way - AA does not view getting sober as the end result of the program, but rather the starting point. (Why else does the Big Book end with a promise that we'll meet "trudging the road to happy destiny" and not "and they lived happily ever after":

Terry W.

I Found It

A member of my home group mentioned to me the other day that I had achieved my nineteen years of Sobriety by living the way God intended for me.

Every day presents another challenge to improve my Relationship with my Higher Power. Each challenge met has presented me with the opportunity to improve my character.

Now I've found that actively working on changing my defects has altered my character. It therefore follows during my 'quiet time; I am able to have a little introspective thinking which permits me to live Step 11.

Yes, it is true that we will not achieve perfection, but the rewards from working towards this goal are well worth the effort.

Many have sought it, but few find it for very long.

Ron M., Berea.

COMING EVENTS

Summer 1989

11th O.Y.P.A.A. Conference, Akron, Ohio
Contact Dave F. (216) 753-7018

August 25, 26, 27, 1989

Big Book seminar
Holiday Inn, 7230 Engle Road
Middleburg Hts., Ohio 44130
Special Saturday Night Speakers
Tom & Glenda B. Avon Lake, Ohio
Contact: Dave W. Work (a.m.1) (216) 267-2000
Home (216) 281-4523 or Alice T. (216) 362-1233

October 1989

9th Annual Warren Roundup, Warren, Ohio
Write: Warren Roundup, P.O. Box 2171, Warren, Ohio
44484 or Call: (216)799-2199

November 1989

3rd. T.C.Y.P.A.A., Toledo, Ohio
Contact Dave S. (216) 282-2100

November 1989

6th Annual A.A. Women's Conference, Akron, Ohio
Contact Dave S. (216)282-2100

from PROBLEMS OTHER THAN ALCOHOL

The following excerpts from a Grapevine article by A.A.'s co-founder Bill W. represent principles which have been reaffirmed by the members of the A.A. General Service Conferences of 1969, 1970 and 1972.

- 'The problem of drug addiction in its several forms lies close to us all. It stirs our deepest interest and sympathy. Many A.A.'s, especially those who have suffered these particular addictions, are now asking, "What can we do about drugs - within the fellowship, and without?"
- "Specifically, here is the list of questions we are often asked:
 1. "Can a nonalcoholic pill or drug addict become an A.A. member?" No
 2. "Can such a person be brought, as a visitor, to an open A.A. meeting for help and inspiration?" Yes
 3. "If so, should these nonalcoholic pill and drug users be led to believe that they have become A.A. members?" No
 4. "Can a pill or drug taker, who also has a genuine alcoholic history, become a member of A.A.?" Yes
- "Now there are certain things that A.A. cannot do for anybody, regardless of what our desires or sympathies may be. Our first duty as a fellowship, is to insure our own survival. Therefore, we have to avoid distractions and multipurpose activity:'

- "Sobriety - freedom from alcohol - through the teaching and practice of the Twelve Steps, is the sole purpose of an A.A. group. Groups have repeatedly tried other activities, and they have always failed. It has also been learned that there is no possible way to make nonalcoholics into A.A. members. We have to confine our membership to alcoholics, and we have to confine our A.A. groups to a single purpose. If we don't stick to these principles, we shall almost surely collapse. And if we collapse, we cannot afford to help anyone."
- "I see no way of making nonalcoholic addicts into A.A. members. Experience says loudly that we can admit no exceptions even though drug users and alcoholics happen to be first cousins of a sort. If we persist in trying this, I'm afraid it will be hard on the drug user himself, as well as on A.A. We must accept the fact that no nonalcoholic, whatever his affliction can be converted into an alcoholic . . . and an A.A. member."
- "A.A. cannot give A.A. membership to nonalcoholic addicts. But, like anyone else, they should be able to attend open A.A. meetings, provided, of course, that the groups themselves are willing."

Reprints of complete article available at 10¢ each from:
 A.A. World Services, Inc.
 P.O. Box 459, Grand Central Station
 New York, NY 10163

Tradition One

It is amazing to me that AA has survived over fifty years with its loose structure and lack of a dominating organization. I have seen many large corporations merged and go under for lack of a strong organization. Everyboby out for his own good. But in AA we have a common bond. We all were suffering alcoholics who have been close to hell and have come back to sanity and sobriety. It is God's will.

AA says our only purpose is to help the suffering alcoholic. And we do not get well and better by analyzing our problems but by sharing and caring for other alkie's and spreading the message.

An AA saying is: "PRINCIPLES ABOVE PERSONALITIES". We cannot like everyone but we should try to love them. And if we can't do that, we can always move to another table or another group.

One of the problems in AA today is what I call "Treatment Center AA": To explain, many alkie's today first go to treatment centers and hospitals and are indoctrinated up to two years in outpatient centers or halfway houses. They use the Twelve Steps for feelings, emotions, family relationships, sex, etc. And when the client comes to AA, he or she brings all these different problems to the AA tables - playing psychiatrist. AA is about alcohol and alcoholism. We are to relate our topics to our alcohol drinking and alcoholism. Alcoholism is the disease of depression, anger, resentment, alienation, perfectionism, etc. Example: alcoholic divorce is an acceptable subject but a divorce after five years sober from a sober mate should be discussed in another therapy like Relationships Anonymous, in my opinion. We must have one message - alcoholism - all over the world.

Ralph W.

AA CENTRAL BULLETIN
ORDER BLANK

Please write distinctly or print to avoid errors

Name _____ Date _____

Address _____
 Street _____

City _____ Zip _____

Mail to: AA Central Bulletin, 34, Rockefeller Bldg., 314 Superior Ave. N.W., Cleveland, Ohio 44113

ARE YOU PLANNING TO MOVE?

If you are planning to move to 340 Rockefeller Bldg., 314 Superior Ave. N.W., Cleveland, Ohio 44113, please notify us immediately. Return this card before the next issue of the Central Bulletin.

Name _____

Address _____
 Street _____ Zip _____

City _____ State _____

IT WILL HELP YOU AND IT WILL HELP US.

CENTRAL COMMITTEE

PURPOSE

Because better understanding is the key to Friendship;
 Because the public act of any group or individual involves our entire Fellowship;
 Because we must continually take inventory of ourselves as individuals and as groups;

The A.A. Central Committee has these purposes:

To bring together representatives of all groups for discussions of policy and practice; to create high standards; to guard against exploitation or commercialization; to insure our humility as groups and individuals.

To protect unity of thought and purpose through the Central Bulletin, the Area-wide Meetings, and such other activities as seem consistent.

To maintain standards through the sponsoring of a Hospital Committee and such other committees as are necessary to carry on this work.

To serve as a clearing house for ideas.

The **Object** of the Central Committee is **SERVICE**.

MINUTES OF THE CENTRAL COMMITTEE

JULY 11, 1989

ST MALACHI'S CENTER

8:00 p.m.

The meeting was opened by Moderator, Roy R., who lead members present in the Serenity Prayer. Vice Moderator John J. read the Purpose of the Central Committee and The Twelve Traditions. The roll call showed that 33 members were present representing 31 Groups and the NEO-General Service Committee, with one visitor.

Minutes of the June meeting were read and approved.

COMMITTEE REPORTS:

Central Committee Financial report: (see below).

Central Bulletin Account: (see below).

Action committee: Rudy W. reported on the continued growth in meetings and membership and stressed the need for "old-timers who are familiar with the need for inclusion of the Twelve Traditions in our group activities to stay **INVOLVED**."

Hospital Committee: No report.

Central Bulletin: Terry W.; Long range plans are being made to develop a "theme" around each monthly issue of the Central Bulletin - reflecting our membership's experience, strength and hope regarding the Twelve Steps and Twelve Traditions. The means of **generat** such information was referred to the New Business portion of the meeting.

OLD BUSINESS:

The issue of the Central Committee Meeting being **CLOSED** to all but alcoholics was reaffirmed. The Committee clearly indicated its intent to allow it's stated purpose (above) to be pursued in atmosphere of mutual understanding.

NEW BUSINESS:

1. A motion was offered to specify the reprinting of the Grapevine brochure "PROBLEMS OTHER *THAN* ALCOHOL" within the pages of the Central Bulletin. After a discussion as to our willingness as individuals to help all who suffer from addictions of every type - through referral, personal assistance where it can be given - and to provide a welcome as a possible source of solace at OPEN meetings - the motion carried. (see page 3)
2. A motion was offered to seek articles, comments, and experience with the Steps and Traditions from our membership for inclusion in a series of affirmative and informative views within the Central Bulletin. The request for help to be highlighted in an enclosure within the August issue. After discussion -the motion carried. (insert announcement)
3. A question was raised as to the use of the group secretaries list for a group-sponsored seminar. The matter was referred to the Action Committee.

N.E.O. General Service: The Delegate reported on a seminar to be held on Sunday, August 20th at 2:00 p.m. - at St. Joseph School Hall, Route 44 South. All group representatives are welcome. Contact the District Office for additional information

The meeting closed with the Lord's Prayer.

Elvira A., Secretary

**CENTRAL COMMITTEE MEETING
ST. MALACHI CENTER**

2416 Superior Viaduct
8:00 p.m. Tuesday, August 1, 1989

PLEASE ATTEND

Your group may be represented by you or a member assigned to be your group representative. Let us take an active part in these important meetings to uphold our—

UNITY IN FELLOWSHIP

Roy R., Moderator

Elvira A., Secretary

| Central Committee Report | | June 1989 |
|---------------------------------|---------------|------------------|
| Balance Forward | | \$908.29 |
| Sale of Literature | 400.00 | |
| Rent for 6/6/89 Meeting | 25.00 | |
| Printing of Literature | 267.20 | |
| Bank Charge | 8.63 (300.83) | 99.17 |
| New Balance | | \$1,007/ |

| Central Bulletin Report | | June 1989 |
|--------------------------------|----------------|------------------|
| Balance Forward | | \$338.59 |
| Total Deposits | 144.00 | |
| Printing Central Bulletin | 174.00 | |
| Mailing 662 Central Bulletins | 55.61 (229.61) | (185.61) |
| New Balance | | \$252.98 |



SLOGANS

ACT AS IF
KEEP IT SIMPLE

ONE DAY AT A TIME

LET GO...LET GOD!

FIRST THINGS FIRST

LIVE AND LET LIVE

EASY DOES IT

DON'T SELL THE SLOGANS SHORT!

It has been said that we get sober on the slogans and stay sober on the Twelve Steps. Many of us come into A.A., see the slogans, read them, and pass them off as unimportant or trite. I am convinced, through my own experience and that of others, that we should learn the slogans and put them into use in our daily lives.

Like others, when I first approached A.A., I saw these corny sayings and thought, "Oh brother, what bunk!" I believed that these slogans were just for A.A.s who were retarded - certainly not for paragons of intellect such as myself. All that was necessary for me was a fast start and a faster skim through the Twelve Steps, and sainthood would be achieved with hardly any effort on my part.

I decided that I would give myself plenty of time - twelve months - to complete the Steps, and then, as a grandsponsor of mine says, I would "levitate and do other miraculous performances." This

modest plan, I thought, really showed humility on my part, and also great compassion for those retarded A.A.s who, after years in the Program, were still working the Steps. Secretly, I knew that I *could* work those Steps in nothing flat, but I had to think of those other poor, sick alcoholics who might lose all hope through being unable to keep up with my fantastic recovery pace.

Six months later, I wondered where my speed had gone. I did not have the slightest idea what "One Day at a Time" meant and certainly didn't understand "First Things First." That mule (I didn't have a horse) was still *behind* the cart, stubbornly trying to do it his way. I consoled myself with the thought that I would catch up in the following six months and finish the steps in the allocated time anyway.

Slightly more than eleven months sober, I finally had to bring the old mule around to the front of

the cart - which by now was overloaded with self-pity, selfishness, and a tremendous ego. At this time I realized that if I was to have a contented sobriety - any at all in fact - I'd better get my head right-sized in a hurry and try it the same way my sponsors and the old-timers were doing it. In spite of my superior intellect, they were the ones with the contented sobriety, and I was the one still spinning in a whirlwind of "I'll do it my way." I had to "look at the record," as one of my sponsors had been telling me over and over again. I had to admit no only that my way didn't work, But that I didn't have even the slightest idea how to begin to learn to live today.

Here is where the slogans came in. They had been there all the time, waiting to be used.

Reprinted with permission from
The A.A. Grapevine, Inc.
January 1974



Published monthly by the Cleveland Central Committee of A.A., a non-profit fellowship dedicated to service. Address all letters to Central Bulletin, 940 Rockefeller Bldg, 614 Superior Ave., N.W., Cleveland, Ohio 44113

Harry D., Founder and Editor 1892.1968

Vol. 47 September 1989 No. 12

District Office (216) 241 - 7387

GROUP ANNIVERSARIES

To share your group's celebration with other members of our fellowship, send a note with time, date and special instructions 60 days prior to the event.

NEW APPROACH TO LIFE

Sunday, September 3, 1989

Doors open 4:00 p.m.

St Francis Church

E. 71st & Superior Ave., Cleveland, Ohio

WINDERMERE SUNDAY 7th ANNIVERSARY

Sunday, October 22, 1989

Doors open 5:00 p.m.

Windermere United Methodist Church
14035 Euclid Ave., East Cleveland, Ohio

IN MEMORIAM

Our deepest sympathy to the family and friends of these deceased members of our fellowship:

EDDIE CALVIN - passed away August 6, 1989. 12 years of sobriety. Member of Old Timers Group.

MILDRED DZAMA - died July 16, 1989. 17 years sobriety. Home group Ridgewood Women's.

JACK MEAGHER - passed away July 30, 1989. 40 year member of Fellowship, past Trustee of General Service. He lived in Kalamazoo, MI.

NORRIS A. RICKABAUGH - 49 years of continuous sobriety. An original member of the Orchard Grove Group.

TONY WROBLEWSKI - 30 year member of Independence Group.

RAY WINDOWS - buried August 6, 1989. He was son-in-law of Dr. Bob.

THINGS WE CANNOT CHANGE

Summer 1989

11th O.Y.P.A.A. Conference, Akron, Ohio
Contact Dave F. (216) 753-7018

August 25, 26, 27, 1989

Big Book Seminar
Holiday Inn, 7230 Engle Road
Middleburg Hts., Ohio 44130
Special Saturday Night Speakers
Tom & Glenda B. Avon Lake, Ohio
Contact: Dave W. Work (a.m.) (216) 267-2000
Home (216) 281-4523 or Alice T. (216) 362-1233

CONGRATULATIONS

The North East Ohio Young People in A.A. Committee have successfully applied for a State-wide convention to be held in Cleveland next year.

More details soon

Easy Things First Does It (For Me)

I guess that I believe that everyone should go through TREATMENT - I just feel that somehow they would benefit more if they waited until they had a year of sobriety...

NOW, I have to confess that I never did go through a Treatment Program, so I do not really have an in-depth view of what goes on inside the walls. But I did serve as a volunteer for three places for a couple of years, and have been involved with new people as a sponsor and as a newcomers group chairman, etc.

More to the point - I kind of remember my first year - at least well enough to recall how little I understood. The idea of taking the first five Steps during the first ten days seems out of the question, as does the Big Book, the 12 & 12, or anything...

I do remember the slogans—

And that's the message this month - slogans on the walls were probably as important as the meetings themselves. These I could read and remember and act upon - and a year passed, and I was sober. It still seems like a miracle...

Terry W.

From The Twelve and Twelve

"Since I am a victim of another addiction even worse stigmatized than alcoholism you may not want me among you. Or will you?"

One of the three spoke... "What would the Master do?"

Overjoyed, the newcomer plunged into the Twelfth Step work. Tirelessly, he laid A.A.'s message before scores of people. Since this was a very early group, those scores have since multiplied themselves into thousands. NEVER DID HE TROUBLE ANYONE WITH HIS OTHER DIFFICULTY. A.A. had taken its first step in the formation of Tradition Three.

Reprinted from

Twelve Steps and Twelve Traditions Pg. 142
with permission of A.A. World Services, Inc.

COMING EVENTS

October 1989

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Write: Warren Roundup, P.O. Box 2171, Warren, Ohio
44484 or Call: (216) 799-2199

November 1989

3rd. T.C.Y.P.A.A., Toledo, Ohio
Contact Dave S. (216) 282-2100

November 1989

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Contact Dave S. (216) 282-2100

News from the District Office

The Central Office is delighted to inform you of additional coverage on weekends. The Twelve Step Committee (a sub committee of the Operating Committee) has devised a plan to "man" the telephones on each Saturday and Sunday, on a trial basis, for the months of August, September and October. Service began as of August 5th.

At present we utilize an answering service to take calls during those times when the office is not open, with an alcoholic "on call" to handle Twelve Step calls. Our hope is to better serve the A.A. Community by having "live alcoholics" to take calls on Saturdays and Sundays from 11:00 a.m. until 11:00 p.m.

The plan submitted will begin with one group taking a four hour time frame. That group will have a responsible person in charge who will oversee approximately four responsible volunteers per four hour time period, and they will be answering two phones. They will be cleared through Security and carry out duties similar to those performed during regular office hours. This will be telephone service only, they will not have access to any of the office facilities. They will field only those calls for Twelve Step work, id est, calls for help, meeting times and places, assistance in getting to a meeting, and they may refer calls to other Twelve Step programs such as Al-Anon, etc. Calls received for anything other than Twelve Step work will be advised to call back during regular office hours.

We are also having our own line installed at the answering service so that calls can be answered with "Alcoholic Anonymous. may I help you?" during non-office hours. Our present line is shared with four Doctors and Al-Anon, therefore, the answering service never knows who the caller might be. Hopefully, this will serve A.A. better.

We want to thank the Twelve Step Committee and their volunteers for their diligence and perseverance in developing this plan, getting it approved and following through with manpower. We think the A.A. Community will be better served by their efforts.

Shirley H.
Secretary, District Office

★ ★ ★ ★ ★

Quote of the Month

All I had to give was my alcoholism and **A.A. wanted it.**

Goodbye Parker

To Whom It Might Concern:

I have been appointed a committee of one to furnish this copy of a poem written by a recent patient at Serenity Hall.

Stay awake in your disease;
When you feel relapse, drop to your knees;
Your Higher Power is the only one
Who can keep you in sobriety and make it fun.

Times get rough as days go by
And I've found out it's OK to cry.
And if you go drinking and drugging bound,
It's a lake you can't swim, you'll only drown. __

I don't want to end up dead,
So I will pray in the morning and when I go to bed.
by Rusty June 19, 1989

Submitted by Jean S.
Westlake Discussion Group

—NOTE—

A continuous showing of Bill Wilson's story - filmed at Bill and Lois's home and featuring both sharing their experiences, strength and hope will be shown September 10, 1989 between 8:00a.m. & 4:00 p.m.

Akron Arid Club • 684 Brown St. • Akron, OH

This is a one hour version on large screen TV. No charge - everyone welcome.

Dear "Ethyl"

Goodbye to the one I was going to spend my life with. The one I was willing to take for better or for worse. The one with whom I was going to share my anger, resentment, self-pity, and self centered egotism. The one that made me forget the pain of rejection, the feelings of worthlessness, and the memory of the hurt I caused others. You did not help me when I needed you most, and now I know you never could. Now I can do the things that you told me I didn't have to do. With you gone I can start the emotional and spiritual growth that you stopped twenty years ago.

Goodbye Parker

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

Date

Name

Address.....
Street

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City Zip

! one Year at \$400 A m o u n t enclosed:

Mail to Central Bulletin 940 Rockefeller Bldg.
614 Superior Ave. N.W.
Cleveland, Ohio 44113

ARE YOU PLANNING TO MOVE?

If so, clip this coupon and mail to 940 Rockefeller Bldg., 614 Superior Ave., N.W., 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 COMMITTEE

PURPOSE

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 To maintain standards through the sponsoring of a Hospital Committee and such other committees as are necessary to carry on this work.
 To serve as a clearing house for ideas.
 The **Object** of the Central Committee is **SERVICE**.

MINUTES OF THE CENTRAL COMMITTEE

AUGUST 1, 1989

ST MALACHI'S CENTER

8:00 p.m.

The meeting was opened by Moderator, Roy R., leading members present in the Serenity Prayer. Vice Moderator John J. read the Purpose of the Central Committee and The Twelve Traditions.

The roll call showed that 43 members were present representing 40 Groups -there were three visitors.

Minutes of the July meeting were read and approved.

COMMIT-TEE REPORTS:

Central Committee Financial report: (see below).

Central Bulletin Account: (see below).

Action committee: Neal C., reported he talked with the Secretary of the District Office regarding the circular that was mailed with the secretary's list, the moderator referred the matter to Old Business.

Central Bulletin: Terry W.; the insert that was approved to go inside of the Bulletin was printed by the printer but not delivered, it will be included in the next Central Bulletin.

September 5th, at 7:00 p.m. the same day as the Central Committee meeting, there will be a meeting of the sub-committee, involve with the Central bulletin, it's open to anyone who is interested in it's publication.

For your consideration, I had a request to print as a counterpoint to "Problems Other Than *Alcohol*" a quotation from the Twelve and Twelve wherein it describes someone with an additional addiction.

Brecksville: Don E., reported Brecksville still has 5 A.A. meetings a week, the bed space has been cut in half, therefore half as many patients. Everyone is welcome to come to the A.A. meetings

OLD BUSINESS: a motion was made and carried that the Action Committee inform the NASA group that they have made a Tradition break in having the District Office mail their circular with the District Office mail.

A motion was offered that the Action Committee apprise the Operating Committee that this has been done and that this Committee disapproves of it - motion carried.

The Action Committee will inquire about the status of the Stella Maris Discussion, Tuesday's at 1:30 p.m.

NEW BUSINESS: a new group was announced at this meeting, New Freedom, Thursday's at 8:00 p.m., the address is Orca House, 1905 E. 89th St., Cleveland, Ohio., it's an open meeting.

A member announced the Ohio Young People's Conference will be coming to Cleveland next year.

N.E.O. General Service: Mary B., delegate passed out flyers "Supporting the A.A. Support System" and asked that groups make it a part of their literature table, also reminded members of the Workshop Sunday, August 20, 1989 and reminded members of the three year membership survey, which will begin this month.

The meeting closed with the Lord's Prayer.

Elvira A., Secretary

CENTRAL COMMITTEE MEETING ST. MALACHI CENTER

2416 Superior Viaduct
8:00 p.m. Tuesday, September 5, 1989

PLEASE ATTEND

Your group may be represented by you or a member assigned to be your group representative. Let us take an active part in these important meetings to uphold our—

UNITY IN FELLOWSHIP

Roy R., Moderator Elvira A., Secretary

| Central Committee Report | | July 1989 |
|---------------------------------|-------|------------------|
| Balance Forward | | \$1,007.46 |
| Rent for 7/11/89 Meeting | 25.00 | |
| Bank Charge | 3.46 | 28.46 |
| New Balance | | \$979.00 |

| Central Bulletin Report | | July 1989 |
|--------------------------------|--------|------------------|
| Balance Forward | | \$252.9 |
| Total Deposits | 158.84 | |
| Printing Central Bulletin | 194.00 | |
| Mailing 638 Central Bulletins | 53.60 | (247.60) (88.76) |
| New Balance | | \$164.22 |



SECRETARIES: PLEASE NOTE!

As part of the commemoration of the 50th Anniversary of the Big Book, the Conference Literature Committee is encouraging distribution of eight Big Book workshop questions at regional, area, district, and group meetings. The workshops will serve a twofold purpose: they will focus the Fellowship's attention on the Big Book during this very significant year and will also better inform the Conference members about the Fellowship's wishes regarding the needs for a 4th edition or the Big Book in various formats. The questions are:

1. *Do you favor a new (4th) edition of the Big Book?* _____

2. *Should any new editions eliminate some of the current stories?* _____
If so, which ones? _____

3. *Do you see a need for inclusion of some different stories?* _____
If so, what groups should be addressed? _____

4. *Are there stories from previous editions which should be included in the 4th edition?* _____

5. *Should the issue of "gender-neutral language" be addressed in the 4th edition?* _____

The General Service Office receives requests for the Big Book in various formats:

1. *Would you favor an easy-to-read version for people with limited reading skills?* _____

2. *Would you favor printing a pocket-sized version of the Big Book (about 3" x 4") using only the basic text plus Dr. Bob's story (first 181 pages)?* _____

3. *Would you favor a gift edition (e.g. leather-bound with gold or stained page edges and a ribbon marker)?* _____

Group: _____ Date _____ By: _____

Please review these with your groups and mail them to our 650 Delegate, Mary:
1882 Forest Hills Blvd., No. 4, East Cleveland, Ohio 44112.



Central Bulletin is published monthly by the Cleveland Area A.A. Young Peoples in A.A. Conference (OYPAA), 7230 Engle Rd., Middleburg Heights, Ohio 44130. Phone: (216) 282-2100. Second class postage paid at Cleveland, Ohio. Postmaster: send address changes to Central Bulletin, P.O. Box 2171, Warren, Ohio 44484.

Harry D. Founder and Editor 1892-1968

Vol. 48

October 1989

No. 1

District Office (216) 241 • 7387

GROUP ANNIVERSARIES

To share your group's celebration with other members of our fellowship, send a note with time, date and special instructions 60 **days** prior to the event.

No Anniversaries Submitted

IN MEMORIAM

Our deepest sympathy to the family and friends of these deceased members of our fellowship:

FRANK CHONKO • 29 years of sobriety. Long time secretary of the Clark Group.

JOE HAND • 20 years sobriety. Bay West Discussion Group.

DICK PEREZ • 49 years of sobriety. 18 years Secretary of the Cleveland District Office.

THINGS WE CANNOT CHANGE

THANK YOU CLEVELAND AREA AA'S

It's hard to believe one and a half years have passed since the NORTH/EAST CLEVELAND AREA Young Peoples in A.A. committee (NCYPAA) was formed. Over the course of that time, a lot of growth has occurred within our committee. What used to be strangers are now loving friends. What used to be a committee of people from the west side suburbs has expanded throughout the whole greater Cleveland area. What used to be a committee that had goals of learning and working the 12 Traditions of A.A., promote unity, and hopefully one day bring the Ohio Young Peoples in A.A. conference (OYPAA) to Cleveland, has experienced the 12 Traditions working within a group, and has generated some unity throughout the greater Cleveland area, and will host the OY PAA conference.

Continued on Page 3

DICK P.

During the 18 years that Dick Perez served as the Northeast Ohio District Office Secretary our Group roster grew from just over 200 to more than 750. The membership itself rose from an estimated 5,000 to 20,000 or more.

Back then we had just 10 beds for alcoholics at Serenity Hall with Rosary Hall offering but 5 for women and 12 for men. These, plus **Stella Maris** and The Salvation Army represented the entire "treatment" industry in our part of the state. Today, we have more facilities than we could list on this brief page.

During this same time, those "with addictions other than alcohol" or (perhaps more fairly) with addictions in addition to alcohol came through our doors in huge numbers • changing the program in dramatic fashion. Too, it was during Dick's service that the first teen and yes, pre-teen showed up, found sobriety and began the flood of young people that brings joy to so many.

THIS IS NOT TO ACCLAIM PERSONAL RESPONSIBILITY • but rather to give credit where it is due • and to marvel at the wisdom of the Traditions and the glory of God.

For thousands of us in the program, Dick P. was the District Office. One personal note may help you understand my feelings:

"I was delegated to visit the DO and obtain guidelines for starting a new group. Dick sat me down, gave me a cup of coffee and explained that the only 'guidelines' came from the Big Book-AND THAT WE COULD NOT FAIL- SO LONG AS WE USED THE BIG BOOK AS THE BASIS FOR OUR GROUP He gave me a copy of the book from stock and offered only one caution. 'Your group holds the good name of Alcoholics Anonymous in trust from God for the alcoholics who have yet to seek sobriety. Your group may be the only chance they may have. Guard it well.' I've got to tell you • I sat outside on the square for half an hour or so, moved by the trust • of the program, of the people who started such a thing and of the man who represented them, Dick P?"

Dick showed, by example, two of the qualities that make A.A. the miracle in the making that it is • FAITH, in God for the direction we receive and in the FELLOWSHIP for the evidence of success visible to all of us • and HUMILITY. Dick clearly recognized the source of the power we seek and lived for all to see.

Cleveland A.A. is a better place for his having been among us, and sadder for his leaving.

Terry W.

COMING EVENTS

October 1989

9th Annual Warren Roundup, Warren, Ohio
Write: Warren Roundup, P.O. Box 2171, Warren, Ohio
44484 or Call: (216)799-2199

November 1989

3rd. T.C.Y.P.A.A., Toledo, Ohio
Contact Dave S. (216) 282-2100

November 1989

6th Annual A.A. Women's Conference, Akron, Ohio
Contact Dave S. (216)282-2100

January 26, 27, 28, 1990

Area 53 Young Peoples in A.A. Conference
Hilton inn East
4560 Hilton Corporate Drive
Columbus, Ohio'
Contact Jack H. • 251-0761

July 27,28,29,1990

Ohio Young Peoples in A.A. Conference (OYPAA)
Holiday Inn
7230 Engle Rd., Middleburg Heights, Ohio 44130
Hosted by NCYPAA, Contact jack H., 251-0761

OUR ALL AROUND GROUP SERVANTS

One of the most important services that the Central District Office provides is to locate someone to help the suffering alcoholic who asks for help. This assistance can only be as good and as accurate as the information each group provides. The Secretary's list is our primary resource, so it must be updated and accurate at all times. We are finding that a few secretaries have no phone, or changed to an unlisted number, it has been disconnected, or they have moved and not informed us. If the secretary works and cannot be located during the 9-5 hours that most requests are made, we do need alternate numbers to take the call. Some of our groups have a secretary listed that has not served for 2 or 3 terms because the changes have not been called in to our office. We have spent several hours trying to locate help for 12-step calls. The volunteer answering service group made approximately 35 phone calls for one 12-step call.

We seldom are refused when we ask a person to take a 12-step call, however, there have been a few. The most frequent excuses are:

- "I'm just going out the door"
- "I don't have a car."
- "We don't have any women in our group." (Open meeting group)
- "We don't have any young people in our group."
- "I don't live in the area." Ex. The secretary lives on the west side, but is secretary of an east side group.
- "Secretary is too sick - no replacement has been appointed."
- "I have too many people to sponsor now."

If the person asking for help has been in previously, the response is often:

"He knows where the meetings are:" or "Why doesn't he get in touch with his old sponsor?"

- Let's review what some of the duties are regarding 12-step work.
1. Accepting and assigning calls for 12-step help (unless there is a twelve-step chairperson for this particular duty).
 2. Keeping an up-to-date, **strictly confidential file of names**, addresses and telephone numbers of group members (subject to each member's approval, of course) and knowing which ones are available for 12-step calls.
 3. Making sure the local central service office or in-

tergroup and the General Service Office know of any changes of address, meeting places, new officers, etc. (The general service representative and intergroup representative may do this, but the secretary can make sure it is being done.)

4. Sharing announcements and mail from the intergroup (central) office with the members at the group meetings.
5. Like any other group officer, the secretary has special responsibility for seeing that newcomers get help.

Thanks to all of you secretaries who give so generously of your time and efforts. It makes our communications with the suffering alcoholic much easier. Also, thanks to all of you in the fellowship who go so willingly and follow through on the 12-step calls.

Shirley H., Secretary
Cleveland District Office

Continued from Page 2

Our committee thanks you for all our growth and the miracles which have occurred. These things could not be possible without your help. Thank you very much.

NCYPAA's work has just begun. A lot has been accomplished, but much more is needed. We have promoted unity but more is needed. The conference will help, but your help is needed. Our committee urges anyone interested to please attend NCYPAA meetings. They are on the second and fourth Sunday's of every month. The second Sunday will meet at 5:00 p.m. at the Holiday Inn on Engle Road in Middleburg Heights just west of the I-71 Bagley Road exit. On the fourth Sunday we meet at the Stella Maris after care room at 1325 Washington Avenue also at 5:00 p.m. Your participation is welcomed.

Come join us in the sunlight of the spirit. Upcoming events are a dance June 14th, a one day round-up on November 11th. We will also be participating in the Toledo Conference of Young People in A.A. (TCYPAA), and the area 53 Conference of Young People in A.A., which is in Columbus, Ohio. Don't forget OYPAA in July of 1990 in Middleburg Heights, Ohio.

For more information please write to NCYPAA, P.O. Box 16866, Rocky River, Ohio 44116, or call Jeff M. at 942-1621 or Jack H. at 251-0761.

**AA CENTRAL BULLETIN
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If so, clip this coupon and mail to 940 Rockefeller Bldg 614 Superior Ave., N W 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 COMMITTEE

PURPOSE

Because better understanding is the key to Friendship;
 Because the public act of any group or individual involves our entire Fellowship;
 Because we must continually take inventory of ourselves as individuals and as groups;

The A.A. Central Committee has these purposes:

To bring together representatives of all groups for discussions of policy and practice; to create high standards; to guard against exploitation or commercialization; to insure our humility as groups and individuals.

To protect unity of thought and purpose through the Central Bulletin, the Area-wide Meetings, and such other activities as seem consistent.
 To maintain standards through the sponsoring of a Hospital Committee and such other committees as are necessary to carry on this work.
 To serve as a clearing house for ideas.

The **Object** of the Central Committee is **SERVICE**.

MINUTES OF THE CENTRAL COMMITTEE

SEPTEMBER 5, 1989

ST. MALACHI'S CENTER

8:00 p.m.

The meeting was opened by Moderator, Roy R., leading members present in the Serenity Prayer. Jim read the Purpose of the Central Committee and The Twelve Traditions of A.A. The roll call showed that 39 members were present, representing 39 groups.

Minutes of the August meeting were read and approved.

COMMITTEE REPORTS:

Financial Committee: There was no Central Committee Financial report nor Central Bulletin Account report.

Action committee: (see Old Business)

Central Bulletin: no report

Brecksville: Don E., reported Brecksville there are 5 meetings a week and thanked the A.A. community for their support.

OLD BUSINESS: Dave W. from the NASA group informed the Committee of the groups meeting with Neal C. (Delegate from the Action Committee), as a result the NASA group reimbursed the Central Office \$60.56 for the mailing of their Circular and hoped this matter will be closed.

NEW BUSINESS: a motion was made and carried that the District Office send a memorandum from the Central Committee to New York detailing Dick P's contribution to A.A. and this community

N.E.O. General Service: Mary B., delegate reported the Conference Literature Committee is encouraging distribution of eight Big Book workshops as part of our commemoration of the 50th anniversary of the Big Book, a questionnaire is being circulated.

The meeting closed with the Lord's Prayer.

Elvira A., Secretary

NEW ROSARY HALL VISITOR'S POLICY

Rosary Hall has always had an open door policy to the recovering community. When Rosary Hall first opened its doors, it was AA visitors who introduced sobriety and recovery to the patients. Many recovering people have told me how in their initial days in AA, part of their recovery was to come to Rosary Hall and visit with the patients. The Coffee Room was always filled with visitors, both looking for and sharing **recovery**. This open visitation was important to Rosary Hall in 1952, and it is just as important to the patients in 1989.

However, there are hospital changes which may give you a different impression.

In the last few years, many large institutions, such as hospitals and universities, have experienced a significant rise in security problems. Because of this, hospitals have begun to implement stricter security measures to protect patients, staff, and visitors. St Vincent Charity Hospital is also finding this necessary. These new security measures will require all staff, volunteers, and visitors to wear some form of identification while in the hospital.

The Hospital recognizes the importance of maintaining the accessibility of Rosary Hall to the recovering community. The Hospital also recognizes that anonymity is involved. Security has been working with us to develop a plan which will meet their security requirements, yet at the same time maintain accessibility and anonymity. This is not an easy task.

Gregg Stein has badges for those who are volunteers, alumni members, or regular visitors to Rosary Hall; and which security will recognize as legitimate identification. **However**, the concern is for those who come to the hospital to attend a 12-step meeting or who may occasionally want to drop in at the coffee room, or visit patients. The chances are very real that you may be stopped upon entering the

hospital and asked where you are going. Please understand that any and all visitors to the hospital will be stopped, asked their destination, and requested to wear some type of identification.

We have given the Information Desk as much information as possible to help them anticipate when to expect visitors who may be coming to Rosary Hall for meetings, etc. However, if you are a regular visitor to Rosary Hall, please contact Gregg to get a badge.

We hope that the recovering community will understand that while the new security system may affect the easy access to Rosary Hall, it is not meant to keep the recovering community away. We would like your input or suggestions and have been discussing this with alumni and AA visitors at every opportunity. We will try to keep you informed so that you will not be taken by **surprise**. **Remember • Rosary Hall is open to you and the patients need you.**

CENTRAL COMMITTEE MEETING ST. MALACHI CENTER

2416 Superior Viaduct
8:00 p.m. Tuesday, October 3, 1989

PLEASE ATTEND

Your group may be represented by you or a member assigned to be your group representative. Let us take an active part in these important meetings to uphold OUR—

UNITY IN FELLOWSHIP

Roy R., Moderator

Elvira A., Secretary



A MATTER OF CHANGE

I have been asked to discuss the question, "Is A.A. changing?" Of course A.A. is changing. Everything alive is changing; and A.A. is certainly alive. So it's really a matter of the direction of change, isn't it?

When I came to A.A. in 1950, there were between 80,000 and 90,000 members worldwide. Today there are how many? Two million? And in a much wider world. So much for mere expansion.

Let's look at other changes, centering on the apparently limitless growth of women and young people in A.A. Women now account for about 40 percent of A.A. membership, and their members are still growing. And what is young? When I came to A.A. at age 35, several of the group's graybeards (actually nobody but myself was under 50) averred that to qualify I should go out and drink some more. I'm sure that marvelous piece of bad advice has been handed out to thousands of young people since then. Blessed are those who ignore it.

Women and young people! These two groups are injecting a tremendous energy into A.A., and the effect can only be to the benefit of all. I remember in 1952 when a woman named Alma came knocking at the door of the all-male group I attended in Chilliwack. The consternation among the gentry was heart stopping. Let a woman in the group!! Well we did, and it was the best thing that could have happened to that old ingrown bunch of males who met every Friday night to hold their fragile sobriety in their trembling coffee cups,

But the real pressures for change that are assaulting A.A. come from the new attitudes and life styles that people are bringing into

the fellowship. Most of these are superficial - the attitudes, I mean, not the people - and will be mellowed in time in the warmth of A.A.'s pervasive love. Not to worry.

Who's an A.A. member? The multi-addicted are targets of much confusion in many A.A. groups. Multi-addiction is certainly being addressed from all sorts of angles, and it is a tribute to the great tolerance of A.A. members that so many differing conclusions can be reached "all for the good of A.A." These are not differences, I suggest, but only "parallel conclusions."

In this regard, I have learned that the love that A.A. projects to all its members always has the same result - discord and dissent and ego-tripping seem to lose their power in the face of our spiritual program, and it is a process that is instantaneous and continually in the now. It is most heartening to see chips tumble from angry shoulders of people who wore their anger like badges when they first came to meetings-just as they are still falling from my own shoulders after all these years.

The external changes that A.A. may be experiencing, the ones that seem to show, reflect the changes in society with the passage of time. These are easily dealt with and will pass.

But I believe that since A.A. is a spiritual entity, any real change that takes place can only be in the direction of growth and A.A. growth can only be gauged by the spiritual growth of its members.

Is A.A. changing? yes, thank God, for to stand still would be to die.



Published monthly by the Cleveland Central Committee of A.A., a non-profit fellowship dedicated to service. Address all letters to Central Bulletin, 940 Rockefeller Bldg, 614 Superior Ave., N.W., Cleveland, Ohio 44113.

Harry D., Founder and Editor 1892-1968

Vol. 48

November 1989

No. 2

District Office (216) 241 - 7387

GROUP ANNIVERSARIES

To share your group's celebration with other members of our fellowship, send a note with time, date and special instructions 60 days prior to the event.

ROCKPORT

49th ANNIVERSARY

Thursday, November 9, 1989

Rockport Methodist Church

3301 Wooster Rd., Rocky River, Ohio

Dinner 6:30 p.m. Lead 8:30 p.m.

Tickets \$7.50 (limited number of tickets at door)

For more information call Tom E. 226-8233

IN MEMORIAM

Our deepest sympathy to the family and friends of these deceased members of our fellowship:

VINCE DOMINIK - 30 years of sobriety. Long time member of Broadway 55th. Passed away October 4, 1989.

KENNY YOUNT - 13 years sobriety. Home Group Sober Singles. Passed away September 12, 1989.

THINGS WE CANNOT CHANGE

When I first met Dick Perez, I was serving on the Operating Committee, my job of 5 years was becoming computerized and they were trimming the staff, unfortunately I was one of them. An employee of the District Office was resigning, Dick asked me if I would like to work at the office. He said it was time for a black to be brought into the Cleveland District Office. He was a pioneer as he was a minority himself, Mexican American.

He started the first Spanish Speaking group in Cleveland as well as translated the book Alcoholics Anonymous into Spanish.

I have fond memories of Dick and my years of working with him, how he always put the needs of the suffering alcoholic first, his patience and understanding and of the time he visited me in the hospital with a dozen long stem roses after my surgery.

And so I say to you Dick Perez, **thanks a million.**

Elvira A.

COMING EVENTS

November 1989

3rd. T.C.Y.P.A.A., Toledo, Ohio

6th Annual A.A. Women's Conference, Akron, Ohio

Contact Dave S. (216) 282-2100

SORT OF SUMMING UP — —

Two months ago we reprinted Bill W's opinion on fellowship qualifications as shown in the pamphlet "Problems other than *Alcohol*". Last month we included a story from the 12 & 12 dealing with someone suffering from "another addiction" (also written by Bill W.) and while there is seemingly no such thing as a final word in AA (at least in Cleveland AA)-the article on the cover represents the third view available. AND probably represents the views of a majority of members in our fellowship. Besides everyone in AA is staying in AA, and we don't have any way to throw them out if we could get the votes to do it AND we probably wouldn't want to anyway. If push came to shove we'd most likely want to keep the value that the new people bring (and just have more talk about recovery and less about "lifestyles".)

WRITE THIS DOWN—

The Cleveland District Office Fund Raising Program is seeking volunteers to help as Area Captains, Solicitors and "extra hands": The more people helping, the less work for all. If you would like to help, here's how to get started:-

On Saturday, December 9, 1989, there will be a training and organizational meeting at St Malachi Center, 2416 West Superior between 2 and 5 p.m. Call the District for more info-

Terry W.

YOUR LITERATURE DEPARTMENT HAS A NEW LOOK

A recent visitor to the District Office remarked, "My goodness, what a nice change." He was referring to the renovations in the Literature Department. The books and pamphlets are displayed on shelves and racks in such a manner that they are basically self-service. The pamphlets are arranged in the same order as the price list so that when you arrive with your order blank, you can easily walk around the racks and select your pamphlets in very short order as they are basically arranged alphabetically.

It all began almost a year ago when walls were removed to enlarge the area. Theresa had the terrible task of operating during renovations, and although it was sometimes very annoying, she did weather the storm. Along with the renovations, we also included a computer to be used for entering orders, invoicing and keeping track of the inventory. We now have what we believe to be an efficiently operated literature department.

The incentive to undertake this change was largely due to the size of the fellowship in the Cleveland Area and the volume of orders that are processed weekly. Our literature department not only services approximately 850 groups locally, it also provides literature for other intergroups, AA members from coast to coast (and some in treatment centers). Therefore, it became necessary to closely monitor our costs and inventory

We believe we have finally achieved this goal and if you haven't been in lately, we invite you to come in to browse, perhaps select some literature, enjoy a cup of coffee with us and get a bonus of some good fellowship.

Shirley H., Cleveland District Office

MINNESOTA TO HOST 1990 NATIONAL A.A. WOMEN'S CONFERENCE FEBRUARY 15-18

Between 1,500 and 1,600 A.A. women from all over North America and Hawaii will gather at the Marriott City Center Hotel in Minneapolis, Minnesota February 15-18 for the 1990 National A.A. Women's Conference. The theme "The Language of the Heart is Spoken Here": used each year since the first conference in 1964, will be a common thread for this 26th annual get-together.

Activities focusing on women's recovery from alcoholism through the A.A. program will include speakers, meetings, discussions and lots of opportunities to share the love, laughter and friendship of happy sobriety. All discussion topics come from the BIG BOOK, and conference-approved literature only will be offered for sale. The entire conference will be a "closed meeting": attended only by women who are members of Alcoholics Anonymous.

There will be ample time for sight-seeing, dining, shopping and winter sports for those inclined. Nearly all downtown Minneapolis buildings, including the conference location, are linked together by temperature-controlled skyways, enclosed second-story crosswalks which make it possible to walk nearly everywhere without even putting on a coat.

All attendees can take advantage of Northwest Airlines special conference airfare—a 5% discount from the lowest roundtrip airfare available or a 40% discount from Northwest's regular roundtrip coach fare. This offer is valid from anywhere in the United States. Northwest is also offering a Canadian discount.

Prices for hotel accommodations at the Marriott City Center are \$72.80 for a single (1 person) or double (2 people) and \$86.24 for a triple (3 people) or quad (4 people). Reservations must be received no later than January 23, 1990. Conference registration fee is \$20.00.

For a brochure with more information and registration forms, please write NWC Information, P.O. Box 65092, St. Paul, MN 55165-0092.

NORTHEAST/CLEVELAND YOUNG PEOPLE IN A.A.

Our purpose is to stay sober and promote unity throughout Cleveland, staying within the Twelve Traditions of Alcoholics Anonymous. We will host the Ohio Young People in A.A. Conference (OYPAA) in 1990.

NCYPAA would like to thank all of you who attended our October 9th dance in support of the OYPAA conference. Because of your support, it has made our quest to establish unity throughout Cleveland much more exciting and worthwhile. We would like to invite you to come join our committee. We meet every second and fourth Sunday of each month in the aftercare room at Stella Maris Detox Center.

There are more dances and activities coming up, your help is welcomed and needed. If you'd like to meet us, or help support us, you can find us at:

TYCPAA Conference

TYCPAA Conference
Holiday Inn -Toledo
November 3, 4, & 5
Arlene (419) 475-9371

NYCPAA Round-up

November 11, 1989
Jack (216) 251-0761

NCY PAA Dance

December 9, 1989
Jack (216) 251-0761

OYPAA

July 27, 28, & 29, 1990
Cleveland, Ohio
Jeff (216) 942-1621

ONE PART OF A THREE PART DISEASE

When I first came to AA, I had some doubt that alcoholism was a disease. My belief became strengthened when I read an article my daughter wrote for a hospital journal.

I noticed that we as new members of AA have many if not all of the same symptoms. Their symptoms include decreased self esteem, a sense of emotional & social isolation, limited social skills, difficulty in concentrating or following through with a task, a feeling of isolation & loneliness. Psychiatric patients are usually treated with medication and therapy, while we as alcoholics are treated with the 12 steps & fellowship and in treatment centers with group therapy.

Neither the untreated alcoholic nor the mental patient asked for his diseases nor are our diseases fully accepted with understanding by the public.

Ed K,

AA CENTRAL BULLETIN

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Name

Old Address

New Address

City

State

Zip

IT WILL HELP YOU AND IT WILL HELP US.

CENTRAL COMMITTEE

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 To maintain standards through the sponsoring of a Hospital Committee and such other committees as are necessary to carry on this work.

To serve as a clearing house for ideas.

The **Object** of the Central Committee is **SERVICE**.

MINUTES OF THE CENTRAL COMMITTEE

OCTOBER 3, 1989

ST. MALACHI'S CENTER

8:00 p.m.

The meeting was opened by Vice-Moderator, John J., leading members present in the Serenity Prayer. Rudy read the Purpose of the Central Committee and The Twelve Traditions of A.A. The roll call showed that 39 members were present, representing 38 groups and 1 visitor.

Minutes of the September meeting were read and approved.

COMMITTEE REPORTS:

Central Committee Financial Report: (see below)

Central Bulletin Account: (see below)

Action Committee: Rudy W. reported the meetings are well attended.

Central Bulletin: Terry W. called, said there will be a meeting of the Central Bulletin Sub-Committee next month 1 hour before the regular meeting, (Terry ill, did not attend the meeting).

Brecksville: Don E., reported there are 5 meetings a week at Brecksville and we appreciate the outside support.

Eastside Veterans: Lois reported, the meetings are well attended, no new business.

Serenity Hall: Dough D. reported there are three meetings at the Clinic, 2 meetings downstairs the Saturday meeting and the Wednesday meeting are for women only, they are well attended.

NEW BUSINESS: a new group was announced, Opus 831, B.B. Disc., Kaiser Hospital, 12301 Snow Road, Parma, Ohio, it's an open meeting on Wednesday's at 8:30 p.m.

Joe M. announced a new group, Far West Center B.B. Disc., Far West Center, Building 4, 29133 Health Campus Drive, Westlake, Ohio, Wednesday's at 6:00 p.m., it's a closed mixed meeting.

A member brought to the attention of this committee a possible Tradition infraction, an A.A. group video-taping an A.A. meeting. A motion was made and carried that the Action Committee investigate.

33 Speakers were supplied by the District Office to Non-A.A. Groups for the months of January thru September 1989.

The meeting closed with the Lord's Prayer.

Elvira A., Secretary

Central Committee Financial Report

| | | |
|-------------------------|-------|----------|
| BALANCE BROUGHT FORWARD | | \$720.97 |
| Rent for 9/5/89 Meeting | 25.00 | |
| Bank Charge | 7.03 | 32.03 |
| NEW BALANCE | | \$688.94 |

Central Bulletin Account

| | | |
|------------------------------|--------|----------|
| BALANCE BROUGHT FORWARD | | \$645.47 |
| Total Deposits | 369.00 | |
| Printing of Central Bulletin | 186.00 | |
| Mailing | 53.00 | 239.00 |
| NEW BALANCE | | \$775.47 |

CENTRAL COMMITTEE MEETING ST. MALACHI CENTER

2416 Superior Viaduct
8:00 p.m. Tuesday, November 7, 1989

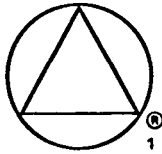
PLEASE ATTEND

Your group may be represented by you or a member assigned to be your group representative. *Let us take an active part in these important meetings to uphold our—*

UNITY IN FELLOWSHIP

Roy R., Moderator

Elvira A., Secretary



THE TRIANGLE AND CIRCLE

The AA logo is my favorite symbol. It is a circle with a triangle inside of it. It is registered and belongs exclusively to the Fellowship of Alcoholics Anonymous.

The circle stands for AA as a whole. A circle has no beginning and no end, it is eternal. It includes each and every AA group in the world. There is neither top nor bottom, each spot on the circle is the same, because the circle is in constant motion. No group sits on the seat of perilous wealth or power. Each group, no matter how large or small, has only one vote at the area General Services meeting.

The triangle stands for our three legacies: Recovery, Unity and Service. The points of the triangle touch the circle and so the energy of each legacy runs through the circle (the groups) and back again. It is impossible to be on only one legacy at a time.

Recovery is at the base of the triangle and for Recovery we have the Twelve Steps. I went to a lot of meetings in the beginning and finally chose a home group. There was fellowship before and after the meetings and I met a lot of good people. I began to relate to the stories I heard because we had a common bond - we each had a problem with the beverage, ALCOHOL, and could no longer drink. Then I found out that there was more to it. If I wanted to get well and have a better life, I would have to start working the Twelve Steps of Recovery and so I started on the life long journey up the Steps. I was moving along the base of the triangle, enjoying sobriety but taking my group and the other meetings for granted.

I began to wonder how my group fit into the whole picture. The left side of the triangle stands for Unity and for Unity we have the Twelve Traditions. These Traditions are a blueprint, a guide, for the groups. They link us together in that circle. An AA group has a singleness of purpose and that is to help the still suffering ALCOHOLIC. To know whether my group is really in that circle - is linked to AA as a whole - I had to become aware of the Twelve Traditions. So I became involved in General Service and started learning about the structure of our beloved Fellowship. I started attending area and district meetings and started studying the Traditions and the General Service Manual.

For Service our Third Legacy, on the right side of the triangle, we have the Twelve Concepts. They are included in the Service Manual. Bill wrote them and they are difficult to understand but worth studying. Service includes all the many jobs that go into keeping a meeting (and AA as a whole) going, such as setting up, making coffee, leading meetings, serving as a group officer, etc. The services to be done in AA are so many that each one of us will have plenty to keep us busy through all the years of our sobriety without doing the same job twice.

The logo, that circle and triangle, may have other meanings for you but remember it belongs to us in the Fellowship and it is our responsibility as individual AA's to help safeguard it.

Joan A.

Reprinted with permission of the Akron Intergroup News

Any group or district of the Fellowship is free to use the A.A. symbol, the circle and triangle, in any of the first three versions above. Include the symbol ®, indicating the mark is registered. Version 4, however, is reserved for A.A. Conference-approved literature.



Harry O. Founder and Editor 1892-1968

Vol. 48

December 1989

No. 3

District Office (216) 241 • 7387

IN MEMORIAM

Our deepest sympathy to the family and friends of these deceased members of our fellowship:

HERMAN ASHFORD • 30 year member of Garden City Group

MARILYN Van Dusen • 12 year member of Berea Wednesday Women's

THINGS WE CANNOT CHANGE

Terry W.?

Who in the world is Terry W.? I -John O have been a member of Alcoholics Anonymous since March 19, 1984 and cannot for the life of me figure out why all the anonymity in the Central Bulletin. If I wasn't an alcoholic, I wouldn't subscribe to the Central Bulletin.

If, in the Central Bulletin, I should happen to come across something that either I can identify with or that is happening to me now and the writer signs it 'Terry W.' - how can I contact him. Who is Terry W.?

I am proud to announce that I am John O. and I am a member of AA. I want it to be known so that if someone needs help and wants to get in touch with me, they can pick up the phone book and call me instead of waiting. The waiting can make the difference between "staying sober and drinking".

I can't understand it, when I go to a meeting - which is at least 5 times a week - and the speaker or lead gets up to talk and says "Hi -my name is Terry W., and I am an alcoholic" once again, who is Terry W.?

First of all, if you weren't an alcoholic, you wouldn't be speaking at an AA meeting. Secondly, probably everyone at the meeting knows you and you know them so, why not tell them your name? I can't speak for anyone else, but I'd like to say that I'm damn proud to be an alcoholic and wouldn't be the least offended to have anyone or everyone know it, Because I'm doing something about it.

If I seem to have hit kind of hard in the "Terry W." part of this letter, I'm sorry; and if you believe that, I'm sorry too. You have my permission to place in print in the Central Bulletin my feelings - but if you do, PLEASE sign me -John E. O. -member of YOUR GROUP

Dear John:

Here is your letter - exactly as written. I have not included your full name however - it is the policy of the Central Committee - which publishes the Central Bulletin, to follow the Traditions of AA. The Central Bulletin is a newsletter for members of AA and is clearly "Press". We therefore do not publish names. I printed your letter to allow you space to make your point - if you'd like to see some changes however

you will have to make the same point to the Central Committee. See page 4 for time and place. They will be glad to hear you out and may be able to provide you with an answer or two to your questions.

Terry W.

THE VOLUNTEER ANSWERING SERVICE WILL CONTINUE

The volunteer telephone answering service trial period has ended and I am happy to report, the response was tremendous. During the months of August, September and October, we averaged 75 calls per weekend during the hours of 11:00 a.m. to 11:00 p.m. on Saturday and Sunday. The success of this trial period is immeasurable because the person seeking help received it and the rewards of being one of the volunteers resulted in such enthusiasm that the word of mouth encouraged other groups to get involved.

This report was submitted at the October 10th Advisory Meeting, and as some of you know, it was well received and we were asked to continue with the program, so we are asking the groups to help us do that.

We found the most success was achieved by utilizing the group. When the group held a group conscience meeting and made a group commitment, the response was very good. Each weekend was broken into a daily time schedule of three 4 hour time periods. We asked four people to sign up to cover the 4 hour period and have one of those people be designated as the leader of that group, so we utilized 12 people per day. Most people came away with such a "high" that their exuberance resulted in other groups wanting to know how to volunteer. It also gave them a better understanding of the kinds of calls that are handled here. They often said, "We had no idea of all the different types of information that is requested from this office".

We are fortunate to have so many people in the AA community with the willingness to give their time so freely and to share their experience, strength and hope with others. Thanks to all of you who helped get this **12-step** program off to such a good start. This is the heart of AA and we are very grateful for all your efforts.

If your group wants to become a part of this, you may call the Central Office to volunteer.

Shirley H.

HOLIDAY MAGIC

Several years ago, a friend of mine directed a treatment center for women at Womens Hospital. Jayne invited me to be the "fill-in" speaker on holidays; Thanksgiving, Christmas, Easter and Mother's Day-allowing the regular female speakers time off to be with their families or whatever (many of these regulars told me they'd rather be speaking than cleaning turkeys - but that's another story)

Jayne often told me that she asked me because I had always been so "upbeat" whenever I spoke to patients in a hospital setting. I NEVER HAD THE HEART TO TELL HER THE TRUTH. While I might normally be "up" in speaking-holidays are tough as nails for me. I really feel more depressed - for no reason - around the so-called joyous times of the year than at any other. BUT-since I had been asked, I spoke and a strange thing happened.

I'm not certain how many years it took but I remember looking forward to the holiday talk AND to the holiday at home. It or I - got better. I guess the old timers are right. "If you hang around long enough - miracles occur.

Terry W.

CENTRAL BULLETIN

Here's one idea of how the proposed "Gender Neutral" edition of the Big Book might read!

TO SPOUSES

But for every person who drinks others are involved - the spouse who trembles in fear of the next debauch; the mother and father who see their child wasting away.

Among us are husbands, wives, relatives and friends whose problem has been solved, as well as some who have not yet found a happy solution. We want the spouses of Alcoholics Anonymous to address the loved ones of people who drink too much. What they say will apply to nearly everyone bound by ties of blood or affection to an alcoholic.

As spouses of Alcoholics Anonymous, we would like you to feel that we understand as perhaps few can. We want to analyze mistakes we have made. We want to leave you with the feeling that no situation is too difficult and no unhappiness too great to be overcome.

We have traveled a rocky road. There is no mistake about that. We have had a long rendezvous with hurt pride, frustration, self-pity, misunderstanding and fear.

These are not pleasant companions. We have been driven to maudlin sympathy, to bitter resentment. Some of us veered from extreme to extreme, ever hoping that one day our loved ones would be themselves once more.

Our loyalty and the desire that our spouses hold up their heads and be like other people have begotten all sorts of predicaments. We have been unselfish and self-sacrificing. We have told innumerable lies to protect our pride and the alcoholic's reputations. We have prayed, we have begged, we have been patient. We have struck out viciously. We have run away. We have been hysterical. We have been terror stricken. We have sought sympathy. We have had retaliatory love affairs with other people.

Our homes have been battle-grounds many an evening. In the morning we have kissed and made up. Our friends have counseled chucking the drunk and we have done so with finality, only to be back in a little while hoping, always hoping. The alcoholics in our lives have sworn great solemn oaths that they were through drinking forever. We have believed them when no one else could or would. Then, in days, weeks, months, a fresh outburst.

We seldom had friends at our homes, never knowing how or when our partners would appear. We could make few social engagements. We came to live almost alone. When we were invited out, our spouses sneak-

ed so many drinks that they spoiled the occasion. If on the other hand, they took nothing, their self-pity made them killjoys.

There was never financial security. Positions were always in jeopardy or gone. An armored car could not have brought the pay envelopes home. The checking account melted like snow in June.

Sometimes there were affairs. How heartbreaking was this discovery; how cruel to be told they understood our partners as we did not.

The bill collectors, the sheriffs, the angry taxi drivers, the policemen, the bums, the pals and even the lovers they sometimes brought home - our spouses thought we were so inhospitable. "Joykiller, nag, wet blanket" - that's what they said. Next day they would be themselves again and we would forgive and try to forget.

We have tried to hold the love of our children for their parent. We have told small tots that the alcoholic was sick, which was much nearer the truth than we realized. They struck the children, kicked out door panels, smashed treasured crockery, and ripped the keys out of pianos. In the midst of such pandemonium they may have rushed out threatening to live with the other women forever. In desperation, we have even got tight ourselves - the drunk to end all drunks. The unexpected result was that our spouses seemed to like it.

Perhaps at this point, we got a divorce and took the children home to father and mother. Then we were severely criticized by our husband's parents for desertion. Usually we did not leave. We stayed on and on. We finally sought employment ourselves as destitution faced us and our families.

We began to ask medical advice as the sprees got closer together. The alarming physical and mental symptoms, the deepening pall of remorse, depression and inferiority that settled down on our loved ones - these things terrified and distracted us. As animals on a treadmill, we have patiently and wearily climbed, falling back in exhaustion after each futile effort to reach solid ground. Most of us have entered the final stage with its commitment to health resorts, sanitariums, hospitals and jails. Sometimes there were screaming delirium and insanity. Death was often near.

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IT WILL HELP YOU AND IT WILL HELP US.

CENTRAL COMMITTEE

PURPOSE

Because better understanding is the key to Friendship;
 Because the public act of any group or individual involves our entire Fellowship;
 Because we must continually take inventory of ourselves as individuals and as groups;

The A.A. Central Committee has these purposes:

To bring together representatives of all groups for discussions of policy and practice; to create high standards; to guard against exploitation or commercialization; to insure our humility as groups and individuals.

To protect unity of thought and purpose through the Central Bulletin, the Area-wide Meetings, and such other activities as seem consistent.

To maintain standards through the sponsoring of a Hospital Committee and such other committees as are necessary to carry on this work.

To serve as a clearing house for ideas.

The **Object** of the Central Committee is **SERVICE**.

MINUTES OF THE CENTRAL COMMITTEE**NOVEMBER 7, 1989**

ST. MALACHI'S CENTER

8:00 p.m.

The meeting was opened by Moderator, Roy R., leading members present in the Serenity Prayer. Mike B. read the Purpose of the Central Committee, Bob Mck. read The Twelve Traditions of Alcoholics Anonymous. The roll call showed that 43 members were present, representing 36 groups.

Minutes of the October meeting were read and approved.

COMMITTEE REPORTS:

Financial Committee: See below

Action Committee: See old business

Hospital Committees

Rosary Hall: Seeking support of visitors and sponsors.

Laurelwood: 5 meetings per week, seeking support.

Brecksville: 5 meetings, well attended, strong support by AA community.

Serenity Hall: All meetings will be converted to **NON-SMOKING STATUS**.

Central Bulletin: 7:00 p.m. sub-committee meeting held this date to review plans for 12-Step Theme within the Bulletin beginning in January, on target.

Old Business: The group reportedly violating the Traditions by videotaping meetings was visited and a resolution made. The problems created by new groups entering into competition with existing groups was discussed with a request for mutual consideration to be shown.

NEW BUSINESS: A motion was made to direct the Moderator to cease the roll call of (potentially) 29 treatment centers seeking reports from each, rather than requesting in a general roll call for such reports if available.

Three new groups were announced:

Underground Croup Closed Mixed, 12 & 12 Discussion: Tuesday 6:00 p.m., 3445 Warrensville Center Road.

Feet of Clay Group Closed, Mixed Big Book Discussion: Thursday 6:00 p.m., 3445 Warrensville Center Road.

Lakeland Womens Closed Women's Discussion: Thursday 8:00 p.m., Lakeland Community College.

A group of women sought guidance from the committee as to group management in light of perceived Tradition violations. The committee suggested a group conscience meeting as the only recourse to air grievances and resolve related difficulties.

40 speakers were supplied by the District office to Non A.A. Groups for the months of January through October 1989.

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

Elvira A., Secretary

| Central Committee Financial Report | | Oct. 1989 |
|---|----------|------------|
| BALANCE BROUGHT FORWARD | | \$688.94 |
| Sale of Literature-Four Absolutes | 1,120.00 | |
| Sale of Literature-Who Me | 324.00 | |
| Rent for 10/3/89 Meeting | 25.00 | |
| Printing-Four Absolutes | 738.30 | |
| Printing-Who Me | 149.93 | |
| | | 524.56 |
| NEW BALANCE | | \$1,213.50 |

| Central Bulletin Account | | Oct. 1989 |
|---------------------------------|--------|-----------|
| BALANCE BROUGHT FORWARD | | \$775.47 |
| Total Deposits | 204.50 | |
| Printing of Central Bulletin | 218.50 | |
| Mailing | 57.96 | |
| | | (71.96) |
| NEW BALANCE | | \$703.51 |

CENTRAL COMMITTEE MEETING
ST. MALACHI CENTER

2416 Superior Viaduct

8:00 p.m. Tuesday, December 5, 1989

PLEASE ATTEND

Your group may be represented by you *or* a member assigned to be your group representative. Let us take an active part in these important meetings to uphold *our*—

UNITY IN FELLOWSHIP

Roy R., Moderator

Elvira A., Secretary