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SERVING HOLMES, MEDINA, PORTAGE, SUMMIT, WAYNE COUNTIES.

How I Compiled Step Eight Honestly By Bob S. -Richmond, IN

Step Eight

Made a list of all persons we had harmed, and became willing to make amends to them all.

The Big Book infers that we are to take stock honestly. (p.64). My sponsor took this direction seriously with me because I had almost slipped after five months sober. I was informed that my mind was not always honest and that I must appeal to God for help while writing my Step Eight inventory. I was reminded that Bill Wilson wrote about the “Great Reality deep within!” (p. 55). This would be my source to find the unvarnished truth, rather than my deceitful alco-logical thinking which led me to the bar room, year after year.

Tradition Eight

Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers..

So, I prayed to God repeatedly—like a mantra. As I wrote, with God’s help, there appeared ever so many memories of people I had harmed. These included having my name appearing in the local newspaper, over and over, for public intoxication which had to embarrass my wonderful Christian parents. Also, my younger sister when she entered high school because of the dismal reputation I left behind. I went on a two-week drinking binge during my senior year!



Concept Eight

The trustees are the principal planners and administrators of overall policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities.

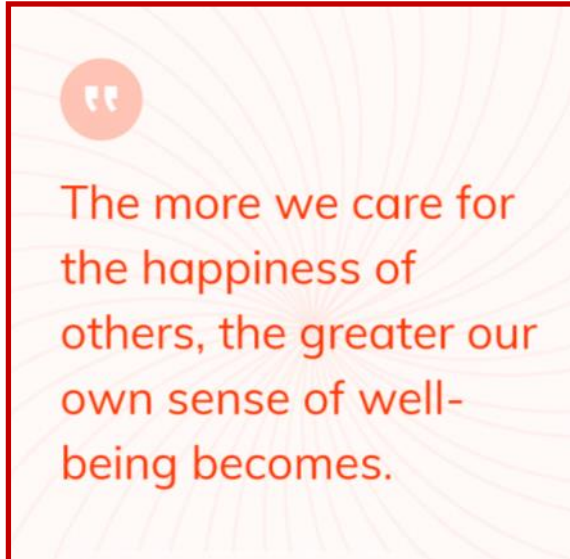
Reviewing this process, I began to realize how dishonest with myself I had been through all those drunken years. It is easy to suppress unpleasant memories, thus avoiding the accompanying guilt. Of course, without guilt, nothing changes!

I will be forever grateful to my sponsor for his direction and Big Book knowledge on this step. We are told not to regret the past nor wish to shut the door on it. (p. 83). I am still susceptible to guilt feelings to a certain degree, but not overwhelmingly. I have done what I can to make things right, also, we are told about amends we cannot make: “We don’t worry about them if we can honestly say we would right them if we could.”



HONESTY + PURITY + UNSELFISHNESS + LOVE

Brief thoughts worth sharing:



AKRON INTERGROUP NEWS

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Contributions from our readers are encouraged!

Submissions are edited for space and clarity ONLY. Contact information is required and anonymity is respected.

In keeping with our goal of being self-supporting, your subscription is appreciated.

AKRON INTERGROUP NEWS STATEMENT OF PURPOSE

The *Akron Intergroup News*, as a standing committee of the Akron Intergroup Council of Alcoholics Anonymous, is bound by the Twelve Traditions and the Twelve Concepts. Our primary purpose is the same as any AA group: to carry the AA message to the still suffering alcoholic. Our secondary purpose is to keep the Akron Intergroup area of Holmes, Medina, Portage, Summit & Wayne counties informed as to events, meeting changes, Council decisions, and other news of interest to AAs in the Akron area.

As a newsletter and voice of and for the AA community, we have an additional purpose. We provide a forum for the broad spectrum of views held by our members. A controversial subject, as long as it does not concern an out-side issue and involves principles and not personalities, will be considered for publication. At times, the committee must walk a tightrope in making decisions on what is printed and what is not.

As a general guideline, any letter or article that is of interest to members of AA that advocates ignoring or violating the Traditions, Concepts or General Service Conference actions will not be considered for publication. Our Higher Power guides us through our Group conscience. Therefore, Akron Intergroup News Committee reserves the right to publish/not publish any article upon submission without question or explanation, based on the decision of a group conscience majority vote.

“No AA group or member should ever, in such a way as to implicate AA, express any opinion on outside controversial issues particularly those of politics, alcohol reform, or sectarian religion. The Alcoholics Anonymous groups oppose no one. Concerning such matters they can express no views whatsoever.”

— Tradition Ten, Long Form

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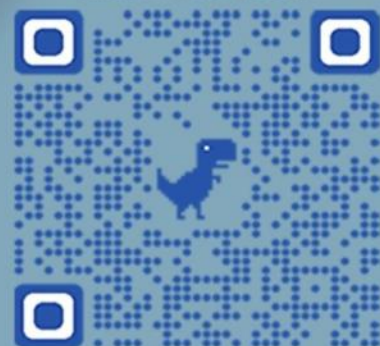
Akron Area Intergroup Council of Alcoholics Anonymous

If you can visit a couple meetings a month that are on our list of 100+ meetings that are yet to be confirmed and updated, you can be a huge help!

The AA Group Services Committee Needs You

Our committee meetings are the second Saturday of the month at 10am at the Intergroup office

Scan here for more information



1492

BY JEFF A.

Everybody knows that was the year Columbus discovered America. But did you know Columbus was an alcoholic? How else do you explain someone who didn't know where he was going when he left, didn't know where he was when he got there and didn't know where he had been when he got back? Many of us had that same experience when drinking. Don't tell me about the future. Tell me where I was last night. It was that terrible feeling of not remembering a thing about the night before. You remember taking a taxi home but now your problem is what to do with that taxi in your garage. And then you'd go out the next day and do it again. That wasn't my problem because I was a garage drinker. And I stayed in that garage until I set off to explore.

That voyage of self-discovery started when I admitted that I was powerless over alcohol and that my life had become unmanageable. That simple surrender put me on a path that has led me, so far, to the greatest happiness that I've ever known. I discover things in myself that I didn't even know I had. Like the strength to stay sober in the face of life changing events such as almost dying of COVID and my wife's breast cancer. If someone tells you that if you had their problems that you would drink too, help point them in a direction where they can handle those problems without drinking so they can live life on life's terms. Is that easy? It's very hard if you try and do it alone with no ammunition, no sober friends and no God who cares for you and wants the best for you. That's almost impossible. But if you get active in AA, you'll discover all those things.

I think the whole program could be defined as a voyage of self-discovery. The first is that we're not God. The job's taken and we would suck at it. In other words, our limitations. Sure, I guess most of us knew we had limitations; for instance not being able to teleport. But we thought we had other abilities; like the power to stop drinking on our own which we didn't have. Or ability to drive until that special someone with those pretty flashing lights corrected us. It's the discovery that we are not meant to face life alone. We need other people. In short, we need a sponsor and our meetings. I have heard of people trying to live on a mountain top to become a wise man. But most of the time, they just become wise asses.

The next thing we discovered on our voyage was that we had defects that only God could remove. We had lived with some of them our whole life but we needed to drop the rope when we fell off our water skis or we would be dragged to the bottom. So we worked and worked on them and eventually, in my case anyway, they went away. After that we made our amends and discovered that we felt so much better, so much more serene when we did them. And finally, we found something to give away to other people.



So join me on our happy voyage of self-discovery. We can wave at each other as our ships pass at a meeting somewhere. Bon voyage.

GOD LEAVES THE DOOR OPEN FOR EVERYONE

No Need To Overthink This Issue

By Rick R.

The Alcoholics Anonymous (AA) program is open to anyone that has a desire to stop drinking. It makes no difference if you are an atheist, agnostic, Buddhists, or a member of one of the vast number of religions in the world. All of us have the same opportunity to get well through the Steps. They were fashioned that way to ensure that no alcoholic is left out. We embrace everyone that walks through that door. If Step Two had been written to say, came to believe that God, rather than, "a Power greater than ourselves" could restore me to sanity, I wonder if AA would have succeeded in the way that it has, especially when we consider the problems that the Oxford group had with this issue. I have seen people talking of religion, and others that were irritated with any talk of God, yet we still hold hands at the end of the meeting and say a prayer and everyone leaves the meeting feeling a little better.

I personally know priests and ministers in the program. They seem to adjust to the diversity of the landscape. I wish that it could be simpler for each person, but there are no two people that are identical in this matter. Speaking for myself, if I wanted to be freed from the deadly obsession of alcoholism. I had to trust the guidance of the two books that are suggested, and the leadership of the more experienced members of the group, to come to terms with a concept of a power greater than myself. I was the one in the Twelve Steps and Twelve Traditions (12&12) who tried religion and had found it wanting. I also read that, even the militant atheist got through the hoop with room to spare.

I did not believe in the God of the Religionist. In the same way, that I thought, they did, but I did not think I was an Atheist either. The Power Greater than myself option, was a good start for me. Something happened to me within minutes after arriving at my first introduction to three people, sitting on a bench in the front yard of a little house in Los Angeles where they held their meetings. The obsession to drink was gone, and I have not had, nor wanted, a drink since then. You might call that a miracle, and you might be right, depending on your definition of a miracle. It came to me as a profound Change of Perception brought about by the Love, Understanding and Compassion I sensed as they welcomed me.

These experiences were a great way for me to start, but NOW, WHAT ABOUT PRAYER? Who or what do I pray to? I heard about doorknobs and icons, the ocean, and other such things but that way of thinking did not set well with me. I did not want to be too glib about such an important matter. Then I noticed that, in Step Two, it did not say that I had to believe in anything, only that I had to believe that a Power greater than myself, could restore me to sanity. The collective wisdom of the AA program and the people in it have been the framework for my faith in a Higher Power. The experience that I had in that front yard, fifty-two years ago, was all I needed to know to get on with the rest of the program.

I pray to God every day to show me what to do and to give me the strength to do it. I still do not know for sure, who or what God is. I use the word God, only to describe the spiritual influence that AA has had on this drunk. I pray to God as I understand God, and he expresses himself in my consciousness. The only thing left for me to do is to separate the wheat from the chaff.



What Does Commenting After A Lead Mean?

By Deb W.

-Kenmore Saturday Night Meeting

I go to mostly speaker/lead meetings. I like to hear the basic message of what it was like, what happened and what it is like today. It inspires me. I attend 4-5 meetings a week. I sometimes comment but only if the lead moves me to do so. If someone touches my heart, I thank them publicly. Otherwise, I was taught to thank them after the meeting.

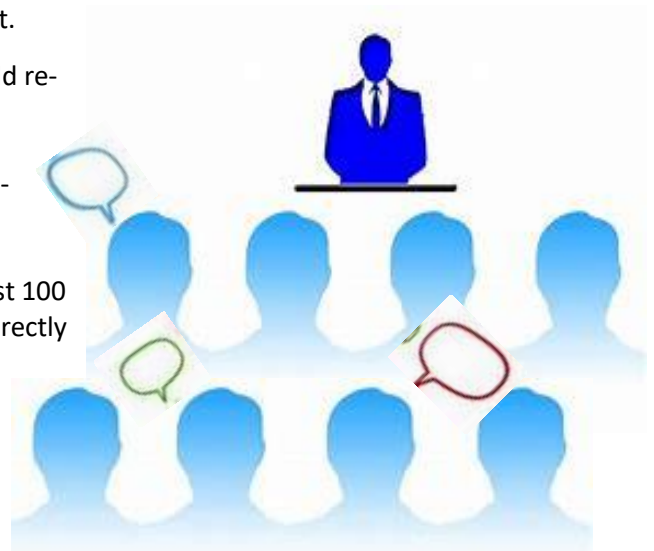
So, what does it mean to make a comment to a speaker? The old-timers taught me to just say thank you, period. They said that you can perhaps briefly touch on one thing the speaker mentioned but not to go on and on. They stressed that we are not to stand up and espouse our personal experiences or give commentary on the lead. The old-timers stressed to me that we are to express our gratitude to the speaker in a brief, heartfelt way. That's it.

I believe comments after leads are a good thing. It helps me to re-hear and reinforce good things which the speaker said during his/her talk. When someone gets up to thank the speaker and touches on a particular thing the speaker said, it makes me think and remember something good I want to take home with me from the talk. The old-timers always told me to take something positive home from each meeting I attend. "Take it to heart," they would tell me. When I comment, which is not often, I like to thank the speaker for their talk plus tell them that I admire their commitment to AA. It does take a level of commitment to speak in front of a room full of people. It's harder for some than others, to be sure. I want that speaker to know they are appreciated. I want them to know their sharing their personal experience, strength, and hope mattered to at least one person in the room.

Your ego can get away from you when you stand up to comment. "Look at me making this wise and life-changing comment!" Grand-standing, it's called. We are all experts on drinking and some members want to make sure everyone in the room knows it by commenting on a talk! Sometimes too, an old-timer says he/she will feel pressured to say something after the speaker sits down in order to teach a particular lesson the speaker mentioned. I've felt that way before and, reflecting on those feelings, have come to know it's all some make-believe feeling I've made up in my twisted little mind! Constantly checking our ego's and our thinking is a vital process of sobriety for us alxies. Sometimes, when a person goes on and on in their comment about their own experiences, I say, "thank you for your mini-lead," when they sit down. Yes, call me a smart-ass! I get mad when someone grand-stands. It's a bad example for the new person.

New people watch what we do at meetings! They learn from us, so let's keep our comments to speakers brief and to the point. Thank them, perhaps briefly comment on one thing they said, and sit down. Besides that, I've just sat there for 45+ minutes listening to the one person who was invited to the meeting to speak. I don't want to sit any longer than that and listen to another lead by someone who thinks their experience, strength and hope must publicly be shared at that moment.

I believe out of respect for any speaker, those in attendance should refrain from giving "mini-lead" comments. It should be enough to thank the speaker and offer a brief comment about one point the speaker shared. It's also courteous to give others a chance to comment. I listened and made a part of me the advice I was taught by the old-timers. These are people who had 30+ years sober when I got here 31 years ago. They were sponsored and taught by the first 100 in AA! Think about that. These are people who got the message directly from the original messengers. I feel blessed and honored to have learned what I did from those early AA's. I hope you will take their advice, which I'm passing along, to heart.





The Akron Area Intergroup Office and our committees will always give you a way to be of service. Do you have a certain area of interest? Would you like to get involved? To request information send an email to ignews@akronaa.org.

THE GROUP SERVICES COMMITTEE NEEDS HELP!

One of the functions of the Group Services Committee is to keep the group files up to date. Recently we were calling each group and found that we do not have current information on many groups. The committee is looking for members who are willing to assist in the task of updating our files.

We are also asking that each Group or Meeting submit an up to date [Group Information Form](#). These forms are at the Intergroup Office, 775 N Main Street, Akron, Ohio 44310. You can also update your information online at [Submit Group Changes - Akron Area Intergroup Council of Alcoholics Anonymous \(akronaa.org\)](#)

If your Group or Meeting does not have an Intergroup Representative now is the time to elect someone who is willing to attend the monthly Council Meetings. The meetings are held the first Sunday of the month at the Paradise Club located at 1710 Front Street, Cuyahoga Falls at Noon. The Intergroup representative acts as a liaison between the Executive Board and the Groups.

Anyone interested in helping the Group Services Committee should call the Intergroup and leave a message for the Chairperson of the committee and they will get back to you. Sharing of information is very important. We send out weekly announcements, but if the group is not getting them it does no good.



Opportunity

— and Character Defects

by Gerry L.

Originally the Big Book was to be titled, “The Way Out” or some variation of that. Unfortunately, our first 150 AAs found that over sixty other books had used that title. So, it was rejected. The current title was chosen instead. You hear in the rooms if a door closes, another opens. We lean on the Serenity Prayer, which is all about this very thing. We accept the things we cannot change. We change the things we can. We do inventory work to acquire the wisdom to know the difference. The book, Alcoholics Anonymous, and our experience, strength, and hope offers this: a way out of slavery to substances, particularly alcohol. When we say alcohol is “cunning, baffling, and powerful” we cannot be speaking of alcohol itself. It is inert. Or as you hear around, “nobody held me down and poured the stuff down my throat.” It is our thinking that is cunning, baffling, and powerful. And why do we consent to become teachable? It is the unmanageability of our lives. We are unable to direct the course of our existence. We have lost all opportunity. One old-timer of my acquaintance says that “none of us came in on the wings of victory.” Some understatement. Most of us crawled in on the edge of humanity. That would be me. I was convinced I could go no lower, and that I had no choice but to give up the idea I could master my own destiny, and to pick up the simple kit of spiritual tools you had offered me. I had lost the opportunity to be anything remotely like myself. I couldn’t form a relationship with another person. I couldn’t go a day without getting wasted. When it came to my parents, or my children, or anyone else, I was a ghost: a cipher, a nothing. It was crushing. I needed a way out at all costs. I needed an opportunity to be a human being.

Everybody needs a chance to improve, but alcoholics need a chance to make spiritual progress to survive. Precisely, what is the mechanism by which we make such progress? It’s simple, but not easy. First, we recognize we have a spiritual malady, which is an interesting phrase, because it’s not a common topic. Few people talk about spirituality that often, much less spiritual sickness. It can be summarized as a hole, or a defect in the core of our beings. We lack a center. We are like black holes that suck all the light out of our worlds. It’s a horrible state of being. In Bill’s Story, he talks about his sins. Later, they started using “character defects” in place of sins, to remove religious connotations that might block or offend. For me, it was all about my conduct. I was ashamed of my actions. I was disgusted by the choices I had made in my life. Most of all, I was beaten down by the inability to make healthy choices of any kind, because getting wasted was leading me around by the nose. The first thing after reaching desperation was prayer to my Higher Power. My prayer was answered. I finally was able to hear the most important word in the Third Step: care. Once I admitted honestly I was insane, and hopeless on my own, I accepted the choice I would not use. Today, I would consider a Higher Power to be the only master of my destiny. We in the program of AA are very clear and specific about what to do when one reaches this stage. We launch into a course of vigorous action. This action is concerned with our past conduct and thought processes. We call it a spiritual inventory.

It is a golden opportunity. What we get is a chance to search out the flaws in how we approached the world around us, and to examine our part in our dealings and relationships. It’s really very simple: resentments, fears, harms, and sex. We make three lists. We list people, places and things against whom we entertain persistent anger. We list all the things that inspire fear in our hearts. Making these two lists automatically generates a list of people we have harmed. We try to focus on harms done to others, although it becomes very obvious that we hurt ourselves the most. Lastly, we inventory our deepest needs and desires when it comes to intimacy. We write down our ideal and we make a promise to ourselves to honestly strive for it. That’s it. During this process, we learn about our character defects. Bill does a great job of defining what these are in the Twelve and Twelve. He points out the black hole within us demands more of all the things people need. Everyone needs security, love, respect, and intimacy. Our alcoholism just demands an endless and unreasonable supply of these things. Many of us consult the list of the Seven Deadly Sins when we go through this process. It is a good reference point. It isn’t as if we are inventing the wheel. Every human struggles with these problems. Greed, Pride, Sloth, Lust, Envy, Gluttony, Wrath. Now we have made a real and lasting beginning. If we wish, this process will take up the rest of our lives. We become more familiar with the source of these problems in our thoughts.

Our inventories inform us when we entertain an alcoholic thought. These thoughts are defective in two ways. First, they tend to be based on self-centered fear. Second, they tend to be distorted by that fear in a way that makes us the center of the universe, and subject to some real or imagined harm.

Our golden opportunity is nothing more or less than this: we turn these thoughts over to our Higher Powers, we share them with another alcoholic, and we strive not to act on them. Bill calls this entering the sunlight of the spirit. It is a wonderful analogy. The sun causes things to grow. We bring our black holes out into the light, they disappear like bursting bubbles, and we continue in ways that surprise us: we have changed. We allow our HP to do for us what we cannot do for ourselves. The Great Fact for us is an opportunity. And it is indescribable in its effects. And we become happy, joyous, and free.

A Profound Change of Perception

A Spiritual Awakening At It's Best

by Richie L.

Years before I came to Alcoholics Anonymous (AA) I was aware that there was something dreadfully wrong with me but not one person ever suggested that I might be an alcoholic or that I should try AA Perhaps that was due to the denial of the people around me that drank like I did. Suggesting that I had a problem with alcohol would mean outing themselves and others. Looking back on it now, I feel fortunate that I survived those last few years of failed attempts at life and when I ran out of options, I came to AA looking for answers. The denial within me was gone.

My mind was open and for the first time in my life I was desperate, and I was listening. At my first AA meeting I was moved by what I heard. It was different than anything I had experienced before. The people were being honest and candid about things that only brought shame and guilt to me in the past. I felt safe for the first time in my life and could discuss those things openly, that had been taboo up until then. Prior to that, everything in my life was a facade. At that moment, on October 15, 1969, my perception of the world had changed, and I have not wanted a drink since. Call it a Spiritual Awakening if you like, and it was for me, but it came in the form of a Profound Change in Perception. In Appendices II, Spiritual Experience, (Alcoholics Anonymous) it describes a man who had "undergone a profound alteration in his reaction to life". I began to question all the decisions I had made in the past, and how the residue of those decisions had tarnished and eroded any chance of a successful, happy life. I became aware the values system that I had learned as a child, at church and at the Boy Scout meetings etc., was lost in the dust and was replaced with guilt and shame. I was in trouble when I violated my own value system. I now realize that I was not a bad kid, but I was a child that was not strong enough to do the things I knew to be right. The more I broke the rules, the easier it became, and moral standards were meaningless.

Soon drinking was the only thing that eased my conscience. When that quit working for me, I found myself at the door of AA. Once I had that change of perception, I knew what to do. It may be as simple as "trying to stop doing the things that I regret" but the key to it all is "Being honest with myself," and never going back to my old way of thinking. I said that I was fortunate to have survived those last few years of drinking and I came to AA looking for answers. Being desperate enough to ask for help was the most important part of that experience.

I do not believe that anyone could have convinced me to stop drinking against my will. I may have stayed dry long enough to get the heat off, but I doubt that I would have surrendered to the degree necessary to have that change of perception and therefore no spiritual awakening. Getting off in the right direction from the start was especially important to any success I have had in AA. I know that I only live once, and I do not want to waste one moment of the precious life God gave me. Today, as I continue to practice all the things I have learned in the Program, it has resulted in a peace of mind that was unimaginable when I first walked through the doors of Alcoholics Anonymous and, for that, I am extremely grateful.



- Honesty
- Open-mindedness
- Willingness



WHAT'S SO SPECIAL ABOUT AKRON?

— Jack M.—North Hill Men's Discussion

Akron, Ohio was founded by Simon Perkins and Paul Williams in 1825. Its name is derived from Ancient Greek signifying a summit or high point. It was known as the rubber capital of the world. It was known, at one time, as the home of the breakfast cereal industry (e.g. Quaker Oats). More recently its been known as a renowned center for polymer research at the University of Akron. Some references will mention Alcoholics Anonymous.

But did you ever consider that of all the places on the entire planet, God chose Akron to be the birthplace of Alcoholics Anonymous? Further, why did God wait until the 20th century? If you ask any typical resident the significance of June 10, 1935, few will mention the founding of A.A. Fewer still will even know who Dr. Bob Smith or Bill Wilson were.

Many of us who live in Akron often take for granted that Alcoholics Anonymous started with Bill and Dr. Bob. How many of us regularly visit Dr. Bob's home, the cemetery, or even St. Thomas Hospital's chapel when it was open? How many of us regularly attend Founders Day Weekend? Most AA visitors from out of the area regard Akron as a sacred place.

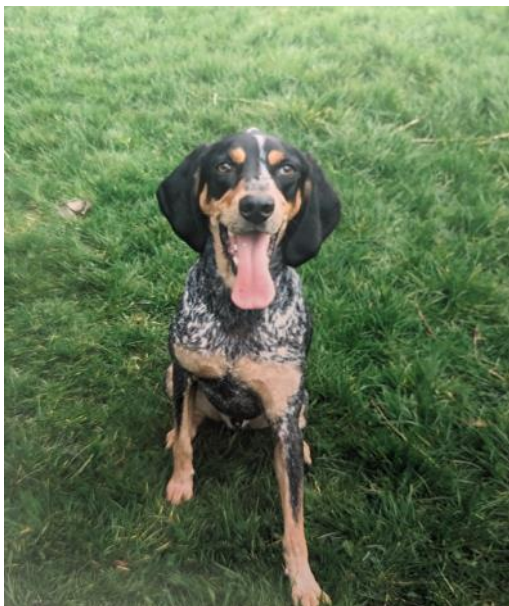
So Akron is truly a very special place; a place blessed by God. Of all the places and times, God chose Akron in 1935 to be the beginning of a worldwide movement that would offer a solution to the suffering alcoholic. Not only that, but because of the success of the Twelve Step program, A.A. principles have been adopted to help people addicted to other substances and things. It is truly a miracle that happened in the 20th century. We are blessed to have been born in this time. And those of us who live here are especially blessed by having such close proximity to AA history. The archives at the Akron Intergroup are a rich testament to the founding of AA.

I need to be reminded of just how fortunate I am that God brought me to Akron in 1987. I didn't get sober until 1992. In fact, I recall driving down West Market Street in June of 1988 on a Sunday. All of a sudden I see a police escort followed by what seemed to be hundreds of Hells Angels heading out of town. When I got home, I called my father and told him that Akron must be the capital of the Hell's Angels. Little did I know about the Sunday procession to Dr. Bob and Anne's gravesite. Now I really appreciate the reverence shown by all those attending Founder's Weekend.

So I wanted to write this piece to pay homage to Akron. And I wanted to focus especially on how significant it is God chose this city to start a worldwide movement. So I hope by reading this you gain a greater appreciation of living in or around Akron. I consider myself truly blessed for being here, I hope you do too.



AUGUST PET OF THE MONTH



Hi my name is

Oscar.

I live in San Francisco.
I am a Blue Tick Coonhound
and a swell dog! I really enjoy
reading the newsletter and
visiting Akron every chance I
get, especially Dr. Bob and
Anne's Home.

THEY ARE NOT AT FAULT

Low Self Esteem

By Richard A.

I am always listening to the different ways that members of the AA program try to articulate their perception of their day-to-day problems, what causes them, and what can be done about them. I experienced the same type of confusion in my early days and it has taken me a very long time to convince myself to trust the AA process and to be totally honest with myself about those issues, I can honestly say that they got it right when they suggested that we “thoroughly follow this path” and that is what I do, to the best of my understanding. It was very hard to let down my egocentric guard in the beginning and even after many years in the program I still had to be very vigilant about my motives for every decision I made.

About twenty years ago, while listening to some members being critical of one of the newer members of the group, I heard this loud popping sound. That was my head coming out of my “you know what”. They were accusing him of the same things that I recognized in myself when I was new to the program, and it gave me a new respect for how I treat other people. A friend of mine once said, “most forms of criticism and character assassination stem from low self-esteem.” Recognizing these things in myself, and not letting my EGO convince me I’m superior to anyone, has been the most profound leap in my spiritual development I have experienced in all my years in Alcoholics Anonymous.

“They are not at fault; they seem to have been born that way.” (Big Book pg.58). If I want people to accept me, knowing that I am flawed myself, then how can I stand in the judgment of anyone else simply because that person has not been as fortunate as I have and has not yet been able to let down his guard? Those critics themselves also deserve my understanding as well for they are just displaying symptoms of alcoholism by being judgmental. We have all been conditioned to defend our turf this way. I have learned, if I want forgiveness for my flaws, then I will have to be accepting of those other people and have the strength to look beneath the surface and try to understand the things that trouble that person and replace my criticism with empathy and compassion.

As I practice this little exercise on everyone that seems to act outside of the norms of acceptable behavior, I remove one more of those little mental conflicts that used to keep me awake at night. If, when I was new in the program, I could have understood this simple principle and the peace of mind that has ensued as the result, I would have cut to the chase and never looked back, but it wasn’t that simple. I had to unlearn all the faulty behaviors I employed and replace them with unselfish, proven principles while my EGO fought me every step of the way. I’m happy to report that this approach has put my EGO in the back seat and my conscience rides right up front with me and I am looking forward to my next late sobriety revelation.



9th Step Promises

Y	T	I	R	U	C	E	S	N	I	D	R	D	I
P	S	F	R	E	E	D	O	M	E	A	Q	C	N
P	R	E	Y	Y	G	V	L	L	S	U	U	S	T
Y	S	O	S	E	M	R	L	I	E	O	I	E	U
S	L	F	M	V	I	I	E	I	R	B	C	L	I
R	O	S	R	I	F	M	M	T	E	A	K	F	T
E	W	R	M	L	S	E	A	L	N	F	L	P	I
H	L	L	U	K	D	E	F	E	I	F	Y	I	V
T	Y	F	R	P	I	E	S	W	T	L	R	T	E
O	M	D	E	Z	A	M	A	S	Y	E	Y	Y	L
C	P	A	I	N	S	T	A	K	I	N	G	E	Y
I	L	E	E	A	S	E	V	L	E	S	R	U	O
E	O	Y	T	N	E	M	P	O	L	E	V	E	D
P	S	L	H	A	P	P	I	N	E	S	S	N	U

- PROMISES
- BAFFLE
- PAINSTAKING
- SELF-PITY
- FULFILLED
- HAPPINESS
- REGRET
- OURSELVES
- DEVELOPMENT
- OTHERS
- QUICKLY
- INTUITIVELY
- SERENITY
- FREEDOM
- SLOWLY
- INSECURITY
- AMAZED

Answer Key from July Issue:
The Four Horsemen

A	P	O	C	A	L	Y	P	S	E	B	F	N	L
M	W	B	I	G	B	O	O	K	H	E	P	R	O
A	W	A	K	E	N	I	N	G	I	W	C	T	H
E	F	N	O	L	O	I	R	N	D	I	E	K	O
S	E	I	N	O	N	O	A	O	E	L	E	B	C
L	A	L	E	N	R	B	T	I	O	D	I	D	L
F	R	N	F	E	S	L	E	T	U	E	N	A	
I	K	E	I	L	O	I	R	A	S	R	E	O	G
R	A	F	F	I	S	V	R	R	S	M	G	I	N
L	D	R	T	N	E	I	O	T	E	E	H	R	I
F	L	I	Y	E	G	O	R	S	H	N	E	L	K
C	A	Y	O	S	E	N	R	U	E	T	M	S	N
K	T	B	N	S	O	O	E	R	T	E	E	O	R
R	S	M	E	T	H	E	N	F	P	N	E	N	L

Play this puzzle online at : <https://thewordsearch.com/puzzle/5831837/>



AA HISTORICAL DATES

By Edd B. - North Hill Mens' Discussion



Aug 1 1943 – Washington Times-Herald (DC) reports on AA clubhouse, to protect anonymity withholds address.

Aug 3 1954 – Brinkley S. gets sober at Towns Hospital after 50th detox.

Aug 8 1879 – Dr. Bob born in St. Johnsbury, VT.

Aug 9 1943 – LA groups announce 1000 members in 11 groups.

Aug 11 1938 – Akron & NY members begin writing stories for Big Book.

Aug 15 1890 – E. M. Jellinek is born, author of “The Disease Concept of Alcoholism” and the “Jellinek Curve”.

Aug 16 1939 – Dr Bob and Sister Ignatia admit first alcoholic to St. Thomas Hospital, Akron, Ohio.

Aug 18 1988 – 1st Canadian National AA Convention in Halifax, Nova Scotia.

Aug 19 1941 – 1st AA Meeting in Colorado is held in Denver.

Aug 25 1943 – AA group donates Big Book to public library in Quincy, MA.

Aug 26 1941 – Bill writes Dr Bob to tell him Works Publishing has been incorporated.

Aug 28 1954 – *24 Hours a Day* is published by Richmond W.

Other significant events in August for which we do not have a specific date:

1934: Rowland H and Cebra persuade court to parole Ebby T. to them.

1939: Dr. Bob wrote & may have signed article for Faith magazine.

1941: 1st meeting in Orange County, California held in Anaheim.

1981: Sales of the Big Book passes 3 million.

*Thanks to Billy C. and Nancy O. for this list, used by permission.

AKRON INTERGROUP INFORMATION

AKRON IG NEWS

COMMITTEE MEETINGS AT INTERGROUP OFFICE

Archives Committee

Wednesday— 10 AM-4 PM Drop In

Corrections Committee

Third Saturday — 10:00 AM

Founders' Day Committee

First Monday — 7:00 PM

Group Services

Third Saturday — 10:00 AM

Information Technology

Second Tuesday — 6:00 PM

Intergroup News Committee

Third or fourth Saturday — 9:00 AM

Literature Committee

First Saturday — 8:30 AM

Public Information-CPC

Third Saturday — 12:00 PM

Treatment Committee

Tuesday before Ex. Bd. Mtg.— 6:00 PM

Twelve Step Fund Committee

Third Saturday — 9:00 AM

CHECK WEBSITE AKRONAA.ORG

FOR MEETINGS NOT LISTED HERE AS MORE
ARE ALWAYS BEING SCHEDULED. SCHEDULE MAY
CHANGE WITH NEW EX BD MEMBERS

GENERAL SERVICE—Area 54

August 11-13, 2023

67th Annual Ohio State Convention
2800 Presidential Dr., Fairborn, OH

August 20, 2023 @ 2:00—4:00 PM

Area 54 AA General Service Workshop and Sharing Session
12 Step Recovery Club
1480 Pearl Road, Brunswick, OH

Akron Multi-District

Meets Third Saturday of Every Month @ 1:00 PM
Pilgrim UCC, 130 Broad Blvd.,
Cuyahoga Falls, OH 44221

INTERGROUP COUNCIL MEETINGS

are Usually Held the First Sunday of the Month
12:00 PM at The Paradise Club

All Intergroup Representatives are encouraged to attend every meeting.
YOU WILL FIND THE ZOOM INFO AT AKRONAA.ORG

- **Deadline for Articles** August 12, 2023 — Midnight
- **Proofreading** August 19, 2023 — 9:00 AM
- **Mailing** Volunteers at office
- **Executive Board Meeting** August 3, 2023 — 7 PM
- **Executive Board Meeting** September 7, 2023 — 7 PM

ABOVE ARE LOCATED AT INTERGROUP OFFICE



- **Council Meeting** August 6, 2023 — 12:00 PM
- **Council Meeting** September 10, 2023 — 12:00PM

ABOVE ARE LOCATED AT THE PARADISE CLUB,
1710 FRONT ST., CUYAHOGA FALLS, OH OR ZOOM
SEE WEBSITE AKRONAA.ORG FOR SIGN IN INFO.

WHERE TO SEND
CONTRIBUTIONS

The following is a suggested guideline of how to divide your group's contributions and where to send them:

50% Akron Intergroup Office

775 N. Main St., Akron, OH 44310
Checks payable to Akron Intergroup Office

25% The General Service Office

PO Box 2407; James A. Farley Station
New York, NY 10116-2407
Checks payable to General Service Office

15% NE Ohio General Service, Area 54

PO Box 91384
Cleveland, OH 44101-3384
Checks payable to NE Ohio General Service

10% TO YOUR LOCAL DISTRICT:

Akron Area Multi District

Christen B., Treasurer
PO Box 67163, Cuyahoga Falls, OH 44222
Checks payable to Akron Multi District

District 10 Wayne/Holmes Co.

David W., Treasurer
640 E. Henry St., Wooster, OH 44691
Checks payable to District 10

District 11 (Medina)

Dave D, Treasurer
8581 Chippewa Rd., Lodi, OH 44254
Checks payable to District 11

District 5A (Portage County)

Dustin S, Treasurer
2203 Ranfield Rd., Mogadore, OH 44260
Checks payable to District 5

More announcements and details of these announcements can be found at the Intergroup Office or at akronaa.org

Get to know your history!
AKRON
Where it All Began in 1935!!!

June

CONTRIBUTIONS

GROUP CONTRIBUTIONS: \$3,950.39

INDIVIDUAL CONTRIBUTIONS: \$3,416.31

Your Contributions Keep the Intergroup Office Running.

100 MEN AND WOMEN BIG BOOK
STUDY, 4 OF A KIND, A WAY OF LIFE,
BARBERTON THURSDAY 12 X 12,
BARBERTON WHITE KNUCKLERS,
CORNERSTONE CANDLELIGHT, EARLY
BIRD MORNING MEDITATION,
EAST AKRON GROUP, FOUNDERS
DAY
BREAKFAST, HOPE GROUP, KIDS AT
HEART, LOYAL OAK BIG BOOK,

MCDONALDSVILLE, NOETIC
BLOOMERS, NORDONIA MENS
TUESDAY, RAVENNA THURSDAY
NITE, RECOVERY IN THE VALLEY,
SPRINGFIELD GROUP, STOW,
THURSDAY NIGHT MENS NON
SMOKING, WADSWORTH
FRESH START BIG BOOK,
WADSWORTH, WE ARE NOT
SAINTS, WOMENS TOOL BOX



Individual Donation Form

Akron Intergroup

Annual Donation \$ _____ Cash
Amount Paid \$ _____ Check
Balance Due \$ _____

Make all checks payable to:
Akron Intergroup
775 N. Main St.
Akron, OH 44310-3044
Phone: 330-253-8181

Reminders will be sent. If you do not wish to receive reminders, please check this box.

Donate online at akronaa.org

<https://akronaa.org/shop/donations/donation/> Date _____

Name _____

Address _____

City, State, Zip _____

Signed _____ Phone _____

Donation received by _____

FEDERAL INCOME DEDUCTION AUTHORIZED



AUGUST 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	Treatment 6pm 1	Archives 10am-4 pm Come and Go 2	Executive Board 7 pm 3	4	Literature 8:30am 5
Council Meeting 12 pm 6	7	IT 6pm 8	Archives 10am-4 pm Come and Go 9	10	11	Deadline for Articles 12
Intergroup Picnic 12pm—4pm 13	14	15	Archives 10am-4 pm Come and Go 16	17	18	IGNews 9am Corrections 10am 19
20	21	22	Archives 10am-4 pm Come and Go 23	24	25	26
27	28	29	Archives 10am-4 pm Come and Go 30	31	1	2

Homemade

FOR COMMITTEE MEETINGS SEE PAGE 13

FOR A LISTING OF ALL EVENTS GO TO [Akron Area Intergroup Council of Alcoholics Anonymous \(akronaa.org\)](http://Akron Area Intergroup Council of Alcoholics Anonymous (akronaa.org))

To be listed on the calendar and on the events page of the website, call the office or email: info@akronaa.org

Write for the Intergroup Newsletter

Share Your Experience Strength and Hope:
Write For Us

Choose your own or one of these suggested AA topic topics for September:

**Making Things Right
Moving Forward**

Deadline for articles is
August 12, 2023

Mail, email or bring submissions to the office:
775 North Main Street, Akron, OH 44310

Email to: ignews@akronaa.org



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