

August

“Easy Does It”

• area54.org •
aaloraincounty.org

Unity LiveWire

710 Broadway Avenue Lorain, Ohio 44052

Monday-Friday 9AM-5PM

Phone 440 246-1800

Lorain Inter-Group Central Office email address: intergroup@neohio.twcbc.com

2009

“First Things First”

• aa.org •

aaloraincounty.org

Made a list of all persons we had harmed and became willing to make amends to them all. (January 1971 Vol. 27 No.8)

I CHOSE this Step to write about because it's the toughest one for me. I've had one hell of a time with the state of willingness. For, in order to be willing to make amends to others, you must first forgive yourself and be ready to make amends to yourself. And I am just beginning to see this in broad daylight. Formerly, I was half-aware that I had not really forgiven myself. It was what I call gauze-curtain, awareness; you see the problem dimly, as if through a veil, but you can't really formulate it. I think that many of us in AA have a hard time with self-acceptance. And the result is misery, whether it takes the form of repeated slips, depressions or psychosomatic illness, or failure in business or human relationships.

The other night, in our local discussion group, we batted this around a little. Somebody said that the first seven Steps lead into the Eighth. The surrender, the arrival at faith, the inventory all help us to forgive ourselves and gain enough self-respect and insight to be able to make amends and really mean it. Someone else said that joining AA and being sober were the biggest amends we could make.

I go right along with this, of course. In the years that I have been in AA, life has indeed been more manageable. Often, it has been very good. I've made a lot of wonderful friends. I've had a lot of fun. I've been able to help new people, and the rewards for this effort are unending. But every so often I used to get back into moods of self-debasement. "It's hopeless," I'd say to myself. "I simply cannot work this program; I can't stay put."

The poet Samuel Hoffenstein said, "Wherever I go, I take me along and spoil everything." Really, during those long moods of depression, I felt that I was walking across a mountain range in a snowstorm without a handkerchief. But throughout each time, I'd keep saying to myself, "I've gotten this far, and I'm not going to give up. I'm not going to get drunk. I'm going to find out what causes it, if it's the last thing I do."

So I kept trying. From the very beginning, I made all the amends I could, all the way from sending someone a green branch sewn all over with ripe black olives to calling an amendeé on the telephone in Paris, when I was over there a couple of years ago. This apology was for something that had happened thirty-one years before. It was accepted. Everything was beautiful. . . . Only it wasn't.

I now know that I was hung up on the Puritan mystique: Sin is unforgivable; you're going to be punished forever. Other people's forgiveness, their loving forgiveness, the friendship of people in AA and not in AA who loved me and whom I loved--all this was unavailing. I was making myself into a special case; down deep, I believed I was beyond redemption. It went back beyond all the sordid, unsavory, tawdry, illicit, and ridiculous behavior of my drinking days. It went 'way back into childhood. I now see that nobody was to blame. I am learning to release this childhood conditioning and the insecurity that contributed to my alcoholism. The people who brought me up had hangups, too. The God of my understanding, whom I found in AA, is not a punishing, revengeful God at all. I have begun to make friends with Him and thus with myself.

Thank God, I have a mind that is capable of learning and is willing to learn. Thank God for what must be over a thousand AA meetings by now and for every word uttered by every speaker. I have always learned something. I'm lucky in my AA friends. Hundreds of evenings of talk, several reservoirs full of hot coffee, truckloads of cream, carloads of sugar, ideas enough to fill all the shelves in the Library of Congress. Love and understanding of a kind that would quickly bring peace on earth if it were generally shared. When I look back, I can see that while I was walking across Snow Mountain, sniffing and hating myself, I never once walked alone. Thank God for professional help, too. I needed it, so I went and got it. Psychiatry is not a dirty word to me. After all, if I gashed my linger, I'd be in a doctor's office in ten minutes!

It has finally penetrated my head and my heart that I have a right to make spiritual progress. I have a right to be emotionally mature. I have a right to take pleasure in my own company, and that makes me more pleasant to be with. I have a right to become willing--deeply willing, entirely willing--to make amends to all those whom I have harmed. Because I can now accept myself the way I am, I can accept other people the way they are--not entirely, but to a much greater degree than in the past. My early amends were efforts to reinstate myself, to win back approval. My intolerance and anger were always followed by crawling apology. I had an insatiable need for other people's approval. Now, when apology is in order, my first concern is to make the other person happy. I come second.

I deserve *not* to be as self-centered as somebody with a terrible toothache. I deserve to have the grace to laugh at myself. To me, all this is part of the amends business, I wish I could reach out to every single one of you who are having a bad time with yourselves. I wish I could put the answer right into your hands like a present in a package. I can't quite do that. But perhaps this piece has given you a clue, a signpost, a hope, and a start along the road that you want to follow.

F. M. , New Canaan, Connecticut

Mon. Night
Lorain
7:30 PM
 Zion Lutheran Church
 5100 Ashland Ave.
3rd. Bill W.
10th. Jessica R.
17th. Richard P.
24th. Brenda S.
31st. Sober
Alcoholic

Fri. Night
Faith Group
11:00 PM
 1741 N Ridge Rd.
7th. Penny B.
14th. Kelly Y.
21st. 8th Step
28th. William R.

Mid-Night
Elyria Group
Sat. 12:00 PM
 4th & Middle Ave.
1st. Zak W.
8th. Brian
15th. Shawn M.
 (Free spaghetti)
22nd. Maria M.
29th. Walt P.

G.S.R./D.C.M. Meeting: The Multi-District meeting is held at 11 AM on the 1st. Sunday of the month. This meeting is for the General Service Rep's. (G.S.R.) of each Group and the District Committee Member's (D.C.M.). If you want to learn more about service attend this meeting.

The Lorain Inter-Group Meeting is the 1st. Sunday of the month at 12:30 PM. It is very Important that all the Secretaries of each Group attend this meeting. We urge your Attendance (Be Informed, Be Active)

Advisory Board Meeting: The meeting will be held at 6:30 PM on the 3rd. Wednesday of the month, at the Inter-Group Office.

No Cop-outs We have to keep our sobriety independent of everything else, not entangled with any people, and not hedged in by any possible cop-outs or conditions. Living Sober, p. 64

Thought to Ponder . . . I am worth staying sober for.

Time Change: Vermilion Disc. Thursday has changed time from 7:00 PM to 6:30 PM

New AL-ANON meeting "Never Alone" Starting July 10th Fridays at 7:00 pm. at the Key. 1882 E.32nd St. Lorain.

GSR informational meeting to be held in September. Date to be set at the August Intergroup Office meeting. Call Opal for more information 440-288-8770

New Meeting: Starting July 9th. Called "Turning Point" Where: 716 East Broad St., Elyria, Time: 6:00 PM -7:30 PM will be a "Open" Meeting.

Friends of Bill W. Picnic: Thanks???????????????
 We would like to thank all the groups that helped with donations and covered dishes. Everyone involved made it a day filled with good food and fun and fellowship.
 A great time was had by all . Hope to see you there next year!!!!
 Chair Susie P. and Co-Chair Art C.

Phone Line Report:
Month of July, 2009

12 Step Calls.....	6
Sponsorship.....	6
Al-A-Non.....	10
Meeting Info.....	186
General Info.....	75
Total:.....	<u>283</u>

- **August Anniversaries •**
- 1st. Jesse T. 11 yrs.
- 1st. Lillie R. 10 yrs.
- 6th. Kevin W. 2 yrs.
- 8th Steve S. 5 yrs.
- 9th. Fred I. 20 yrs.
- 14th. Rick M. 17 yrs.
- 15th. Jess C. 12 yrs.
- 17th. Lynda C. 2 yrs.
- 22nd Rick W. 32 years
- 23rd David R. 3 yrs.
- 26th. Denise M. 26 yrs.
- 27th. Susan B. 16 yrs.
- 28th. Charlie P. 35 yrs.

We attempt to sweep away the debris which has accumulated out of our effort to live on self-will and run the show ourselves. If we haven't the will to do this, we ask until it comes. Amen.



Lorain Inter-Group 50/50 Raffle Winner: John S., \$35.00 sold by Barb. Just another way that you can Help support the Lorain Inter-Group. Buy a TICKET from any Advisory Board Member. Be A Winner.

Service Through Actions!!!

***To submit information for the news letter please contact:** Jim Parks 440 385-5687, Vicki T. 440 225-1314, Bobbi Matear 440 537-4280, Opal A. 440 670-6619, Donna L. 440 574-3464, Amy D. 440 714-7444, via: Call, email or leave the information at the Inter-Group Office before the 25th. of each month.

Concepts 8: 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.

Need A.A. Volunteers to Speak, Lead and or Assist at the Lake Point Nursing Home on Monday's 7 PM.
 Contact Coretta Farley. 308-1714

Step 8: Made a list of all persons we had harmed, and became willing to make amends to them all.

Promise 8: Self-seeking will slip away.

PEOPLE NEEDED to speak to the patients at Elyria Memorial Hospitals psychiatric unit on Thursday at 4:00PM.
 Call Mike Heller 440-309-7983.

Tradition 8: Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers.

Elyria Sun. Night Group

Annual Steak Fry

at St. Jude's

594 Poplar St.

Elyria, Ohio

Sept. 20, 2009

Sunday

1:00 p.m. to 4:00 p.m.

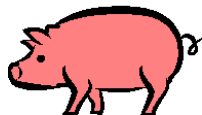
Meal includes:

steak, salad, potato, corn
on the cob, dinner roll,
coffee, dessert,
and lots of fellowship

\$12.00 per person

(soft drinks- \$.50)

Proceeds to benefit the
Children's Christmas Party



Friends of Porky P.

5th Annual Pig Roast

August 15th

2pm-11pm

Scotts Lake Park

Route 58 between Russia Rd.
and Butternut Ridge Rd.

Tickets are \$10.00

for more Info Contact:

Inter-group Office

Advisory Board Member

InterGroup 440-246-1800

Troy Smith 440-365-9018

Come and have Some Fun!!!

Tickets Available NOW

Music, Food, Fun,

Fellowship, Raffles

Back by popular demand

the Half Measures!!!

And more live music to be
announced.. ..

Eat at 4 PM must have ticket

Pig cooked by Juan Ortiz

Hot dogs for kids

12 and under at no charge

Pitch in and get active!!!

Group donations

are appreciated

Volunteers are Welcome

Elyria Sunday Night

Group

St. Jude's

Breakfast in

the Park

Come Join us at

High Meadow Park

Ford Road

Behind WalMart

Breakfast: 9:00

Lead: 10:00

Dates:

Aug. 16

Breakfast includes:

Scrambled eggs,
hash brown potatoes,
bacon, sausage, toast,
juice, and coffee.

Breakfast Cost: \$3.00

OYPAA Day

in the Park

Sun, Aug 8 2009

12 NOON Till 6ish

Hinckley Reservation.

for info-call

1-330-441-2426 Zac or

1-216- 906- 2772 Chris

Anniversary

• 65 years •

August 31st.

Vermilion Mon.

Night

990 Rt. 60, Vermilion

Food: 7:00 PM

Lead: 8:00 PM

Lorie & Craig Caire

• 50/50 • Door prizes •

Covered Dish or Dessert

Appreciated

Arid Fellowship

Pool Tournament

July 7th. Through

September 1st.

Game Starts at

7:00 PM

Will Last 9 Weeks

Entry Fees

\$5.00 First 8 weeks

\$10.00 Final week

Straight 8 Elimination

Sign Up See Stan

440 233-4801

Arid Club

"Bike Night"

All Summer!!!

Starting Tuesday

July 7th.

6:00 PM Until?

1741 N. Ridge Rd.,

Contest, Raffles

Clean Sober Fun!!

For More Info Call:

440 233-4801

Anniversary

• 38 years •

August 14th.

Spanish American

Held at Puska's

2493 N. Ridge Rd.

Dinner: 6:00 PM

Lead: 8:00 PM

Guest Speaker:

???

Come Join Us !!!

Easy Does It

Survivors List:

Groups in need of
Support to stay afloat Please
Attend, Contribute,
Be Active, Help Chair,
Be a Secretary,
Be Responsible

Avon Lake Mon. Disc.

Monday 8:30 PM

Lakeshore Methodist Church,
33119 Electric Blvd., Avon
Lake, OH

Lorain Consolidated

Sunday 2:30 PM

710 Broadway Ave. Lorain

Blue Monday

Mon. 10:30 AM

Serenity Hall

"The Gould"

Sat. 8:30pm

710 Broadway Ave. Lorain

Thursday Morning

Big Book Study

10.30 AM

Pilgrim Church
Broad and Winkles

Elyria, Oh

St Agnes Thurs. Gp.

Thurs. 8:00 PM

St. John's Luthern Church

W. River Road

St. Anthony's

Fri. Nite

1305 E. Erie Ave.

Lorain

Friday Night Faith

Fri. 11:00 PM

Sat. Young Person's

Group

Sat. 2:00 PM

Sun. Night Serenity

Sun. 8:00 PM

Arid Club, 1741 N. Ridge Rd.,
Sheffield Township

We Need Your Help!!

Don't let them Close

HELP SUPPORT

THE GROUPS.

Thought to Ponder . . . My serenity is directly proportional to my level of acceptance.

We need volunteers from our Lorain County A.A. Community to help on all these various Committees listed, if anyone is interested please contact one or more of the chairperson and **VOLUNTEER!!!!**
Help Make A Difference

Committee Chairs

Unity LiveWire Committee

Jim Parks.....440 385-5687
 *e mail jbparks2542@yahoo.com

Internet Committee (aaloraincounty.org)

Mike.....440 670-9910
 e mail webmaster@aaloraincounty.org

Cooperation with the Professionals Committee

Alan Revercomb440 541-2473

Correctional Committee

Eddie Logan.....440 829-7541
 Alan Revercomb440 541-2473

Archives Committee

Linda S.440 240-1189

Young Peoples Committee

John Flores.....440 308-5421

Treatment Facilities Committee

Edwin Torres.....440 989-0362

Picnic Committee

Sue Prosser.....440 309-0491

Finance Committee

Mark Potter.....440 452-5946

Pig Roast Committee

Troy Smith.....440 365-9018

Special Needs Committee

Yolanda A.440 654-3429

Memorial Day Breakfast Committee

Terry Poznako.....440 225-6897

Grapevine Committee

Linda S.440 240-1189
 Coretta Farley440 308-1714

District Committee

District 19A (Sheffield Lake, Avon Lake, Sheffield, Avon, N. Ridgeville, Eaton, Columbia, Grafton

DCM. James Barker.....440 233-4992

District 19B (Lorain City Meetings and some in Vermilion)

DCM. Yolanda A.440 654-3429

District 20A (All of Elyria City Meetings a Carlisle)

DCM. Judy Sexton.440 322-2619

District 20B (All Meetings at ARID Club)

DCM. Kevin Snodgrass440 241-7166

District 20C(LaGrange, Penfield, Brownhelm

Tnsp., Amherst, Henrietta Tnsp., S. Amherst, Kipton, Oberlin, Camden Twsp., Pittsfield Twsp., Brighton Twsp., Wellington Meetings)

DCM. Donna L.440 574-3464

Alt. DCM. Patti R.440-284-6677

Financial Report

Listed below are the Profit & Loss spread sheet, the group donations and the rents for the Month of June, 2009.

Expenses

1.Rent	\$650.00
2.Columbia Gas	\$302.00
3.All Service Telephone Answering	\$154.53
4.Ohio Edison 710 Broadway	\$169.84
5.Century Telephone	\$139.90
6. House Managers	\$1,417.77
7.Pay Cor Fees	\$58.35
8.Live Wire Printing	\$64.00
9. Insight Yellow Pages	\$19.46
10. Ladder	\$98.21
11.Porky Pig Advance	\$100.00
12. Locksmith	\$53.23
	<hr/>
	\$3,227.29

Donations

1.....	\$806.13
2.....	\$2043.24
3.....	\$402.53
4.....	\$468.75
5.....	\$147.03
	<hr/>
	3867.68

Rents:

Month of June, 2009

1. Blue Monday
2. Friday Morning Survivor
3. Lorain County Consolidated Group
4. Mid Week Morning Disc.
5. Never Too Young
6. Sharing Our Sobriety
7. Spanish American
8. Strength In Sobriety
9. Unity Hall Disc.
10. We Care Tuesday Morning Disc.

Donations/Rents \$3,867.68

Coca Cola Sales \$25.87

Expenses \$3,227.29

Total Gain June, 2009 \$666.26

Donations Month of June, 2009

When making Donations to the Lorain Inter-Group, Area 54, Multi-District, or the General Service Office in New York. PLEASE put your Groups General Service number on the Donation. You can find your Groups General Service number in the meeting schedule or on the internet at aaloraincounty.org under A.A. Meetings. Please put your Area & District numbers on the donation, it also helps to identify your Group. If you don't have a General Service number under your Groups information in the meeting schedule you can contact your District Committee person listed in the LiveWire to help you get registered.

- | | |
|---|--|
| 1. Amherst Saturday Night | 20. Monday Night Lorain |
| 2. Amherst Who Me | 21. North Ridgeville Men's |
| 3. Anonymous | 22. Oberlin Breakfast Group |
| 4. Back to Basics Discussion | 23. Oberlin Group |
| 5. Blue Monday | 24. Oberlin Women's Closed Group |
| 6. Carlisle Lunch Bunch | 25. Saturday Morning Discussion |
| 7. Early Morning Discussion | 26. Saturday Night Security |
| 8. Elyria Men's Stag | 27. Serenity Hall |
| 9. Elyria Sunday Night Group | 28. Sheffield Lake Civic Center Group |
| 10. Elyria Women's Discussion | 29. Sheffield Lake Monday Night |
| 11. Friday Morning Discussion | 30. Stepping Into Sobriety |
| 12. Friday Night Amherst | 31. Strength In Sobriety |
| 13. Friday Night Sobriety LaGrange | 32. Sunday Night Sobriety |
| 14. Grafton Wednesday Night | 33. Sunday Open Men's Discussion |
| 15. Lorain Inter-Group 50/50 Raffle | 34. Thurs. Women's Sobriety Group Elyria |
| 16. Mid Week Morning discussion | 35. Tuesday Morning Closed Discussion |
| 17. Midnight Elyria Group | 36. Vermilion 12 X 12 Discussion |
| 18. Mon. Night 12 X 12 Disc. Wellington | 37. Wellington Group |
| 19. Monday Night LaGrange | |

Board Of Directors

Chairperson	Troy Smith.....365-9018
Vice-Chairperson	Ken Cain..... 322-2496
Treasurer	Bill Post.....933-4153
Secretary	Mark Potter.....452-5946
Office Managers	Sam Hensley.....288-4942
	Tom Niemiec.....258-7286
	Keith Shagie.....258-1159

Advisory Board Members

Tom Ortiz.....	315-8600
Tom Banks.....	309-3226
Bill Jackson.....	935-3251
Terri Poznako.....	225-6897
Nikki Lustek.....	225-6036
Donna Lawson	574-3464
Alan Revercomb.....	541-2473