

February

"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@centurytel.net

2009

"First Things First"

• aa.org •
aaloraincounty.org

Alcoholism Is a Disease

The first of a series of "Beginners' Meetings"--to run from time to time--for newcomers to AA sobriety.

I thought that we might talk a bit about a fact which at one time was a revelation to me, something so new that it had never previously occurred to me. This discovery was that alcoholism is a disease.

AA was the first to give me this bit of information. I welcomed it. While it didn't excuse all that I had been doing for fifteen years, it certainly explained a great deal of my behavior. I wanted to believe it and I did.

I seem to recall, however, that for awhile I thought those who talked and wrote about alcoholism as a disease had somewhat of a tongue in cheek attitude or perhaps mentally had their fingers crossed. I foolishly thought that the medical men, the gracious clergy and the people of AA were trying to be nice to me so that I wouldn't feel too badly about the wasted years and my general all-around ignorance. This impression probably was caused by my repeated fears of insanity, moral weakness, and enormous guilt, and general denial of anything constructive told to me.

Since then some years have passed and I've had a chance to make many sober observations and to read first of all the General Service literature and then later the opinions of many other experienced people published in national magazines and other periodicals. I have been particularly convinced by the long list of doctors with impressive titles and positions and the most important medical groups who attest to the fact that alcoholism is a disease. Certainly it is the medical men who must decide whether or not it is a disease, and they are practically unanimous in their convictions. While there may be some unimportant variations in their opinions as to the nature and cause of the disease, yet its existence and its seriousness is no longer question.

As a layman, I do not like to impose on you my reasons for believing unqualifiedly that alcoholism is a disease, because that kind of information is within the province of the professional man. However, it seems to be the only answer to much of my own past history, especially when I recall the many times when physically I was thoroughly beaten and mentally I was convinced beyond any doubt that I could not handle alcohol safely; yet invariably some mysterious compulsion or obsession brought me back again to alcohol. Also I have observed the great variety of people affected by alcoholism, the young and old, the male and female, the rich and the poor, all nationalities and races, some highly educated or endowed with talent, others not; some with a family history of alcoholism, some not at all. What else could be the factor that caused the same trouble to so many otherwise different people? Also, when observing the immediate recovery of some and the slower progress of others, I can think only that the same thing happens in the treatment of other illnesses. Some are characterized by relapses and some, untreated, result in death.

I'd like to suggest to you, if you have not yet considered alcoholism as a disease that you investigate it. Read the pamphlets "Alcoholics Anonymous and the Medical Profession" and "Alcoholism, the Illness," issued by AA Publishing. Later on you will see Grapevine articles on the subject too, and other literature will come to your attention.

This is a phase of AA help that I think you can approach intellectually, with an inquisitive and open mind. I believe by such consideration you will become convinced that alcoholism is a disease and you will find that this conviction is helpful. It can be helpful because if later you are convinced you are a victim of this disease you then realize that there is a need for help. I think you will agree that you cannot successfully treat this or any other disease all by yourself.

It occurs to me that unless we accept alcoholism as a disease we may still be mystified by its insidiousness and its deceptions. It can fool us again as it has before. Unless we realize the seriousness of the disease, we may not think that outside help is necessary; we might get the idea that meetings are not too important and we might even get the wild idea that we can handle a drink again safely.

You will learn too, that this is not only a physical disease to be treated by only the medical profession, but rather it has a threefold character--physical, mental, and spiritual. You are pretty well acquainted with some of the physical aspects because you have suffered through them. There are others a bit too complex to discuss here.

The mental phase will gradually become more apparent to you. You will come to recognize the rationalizations and the confusions which have obsessed us for years. You will see how even one drink of alcohol can and does change our perspective and sense of value, ruin our judgment and good intentions. The spiritual part may or may not be something new to you. Probably you have not previously considered it, but since it is a part of the illness you will later, in your own way, want to give it some consideration.

Mon. Night

Lorain

7:30 PM

Zion Lutheran Church
5100 Ashland Ave.

2nd.

12th.

19th.

26th.

LaPorte

Tues. Group

8:00 PM

Christian Church
301 Washington Ave.

3rd. JOHN P.

10th. Sober AA

17th. KEVIN E.

24th. ZACK

Fri. Night

Faith Group

11:00 PM

1741 N Ridge Rd.

6th.

13th.

20th.

27th.

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.

If you keep bringing your body, your mind will follow.

Mid- Night

Elyria Group

Sat. 12:00 PM

St Mary's Church
4th & Middle Ave.

7th.

14th.

21st.

28th.

Lorain

Consolidated

Sun.2:30 PM

710 Broadway

1st. Kim

8th. Sonny

15th. Barbra

22nd. Reno

Elyria Sun.

Night

7:30 PM

St. Jude's School
594 Poplar St.

1st. Tyler

8th. John S.

15th. Judy S.

22nd. Mikki J.

Continued from page 1

When you get to reading the literature suggested, I think you will become convinced that alcoholism is a disease, a serious, insidious, progressive disease which in its treatment requires the help and the experience of others, especially from those in AA who have recovered. You will agree, too, that if it has a threefold character, its treatment should also be threefold. We cannot consider one aspect alone and neglect the others. In AA the treatment is threefold and is for the whole man.

We are not considering alcoholism as a bad habit, a vice or merely careless behavior but as a serious disease which can be arrested. It is not always a disease of lust and self-gratification but more often becomes a disease of despair.

On the subject of fears, you may recognize that you have had some, and that some of us still have them. You may recognize that of times we have feared to face facts and face ourselves. Well, now we try to do it differently, we investigate, we read and we listen and then we learn such things as alcoholism is a threefold disease, and then we accept help and do something about it.

You will probably hear, during the coming weeks, some discussion of the Twelve Suggested Steps of recovery. I think you will find each one just a very simple worthwhile suggestion for sober living. Meanwhile I suggest you read again the pamphlets mentioned so that you can learn just a bit more about this disease called alcoholism, which may be personally important to you.

E. S. Hartsdale, New York

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

Please note these corrections. In our last meeting booklet printing there were a few mistakes.
Monday (cw) New Life Women's Disc. is a 7:30 P.M. Meeting, New Life Church 38079 Center Ridge Rd. North Ridgeville
Wednesday (0) Stepping into Sobriety Group 6:30 P.M. Meeting, Nord Center 6140 S. Broadway Ave. Lorain
Thank You Tom

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

Lorain Inter-Group 50/50 Raffle Winner: Danny Long, \$114.50 was Sold by Smiley Joe. Just another way that you can Help support the Lorain Inter-Group. Buy a TICKET from any Advisory Board Member. Be A Winner

Troy Smith has stepped up to Chairperson of the Inter-group Office; Kenny Cain was elected Vice Chairperson and Jaci Cline resigned from the Advisory Board. Tom Ortiz wanted to Thank you all for a great 4 years and will be there to help and assist anyone in need.

God can't hand you anything new until you let go of what you're holding.

***To submit information for the news letter please contact: Jim Parks 440 385-5687 or Bobbi Matear 440 537-4280 via: Call, *email or leave the information at the Inter-Group Office before the 25th. of each month.**

Concepts 2: The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole Society in its world affairs.

Step 2: Came to believe that a Power greater than ourselves could restore us to sanity.

Promise 2: We will not regret the past nor wish to shut the door on it.

Tradition 2: For our group purpose there is but one ultimate authority-a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern. Personal recovery depends upon A.A. Unity.

Notice from Lorain Inter-Group Office SMOKING

We are continuing to have problems with people smoking where they are not supposed to. We should be smoking either in the parking lot behind the building or on 7th street not in the alley. I really do not want to see us loose this building and end up in a place where we can not hold meetings. I think meetings are needed in this area very badly so when you are smoking try to think of the suffering alcoholic that needs a meeting and help us keep this building so we can keep helping the alcoholic in the way we have been for many years. (Keep Area Around Building Clean) Thank You Troy

One Day At A Time

LORAIN INTER-GROUP OFFICE
OPEN HOUSE.
WHERE: 710 BROADWAY
LORAIN OH
WHEN: MARCH 1ST 2009
TIME: 12 - 4: PM
PLEASE COME AND SEE
THE NEW OFFICE AND
HAVE A SNACK WITH US.
ENJOY SOME FELLOWSHIP
SHARE YOUR THOUGHTS.
WE WOULD LIKE TO THANK
ALL THAT DONATED TO THE
INTER-GROUP. WITH OUT YOU
THIS OFFICE WOULD NOT BE
ABLE TO ASSIST THE A.A.
COMMUNITY SO GIVE YOUR
SELVES A HAND.
YOUR TRUSTED SERVANTS
AT THE LORAIN INTER-GROUP
OFFICE

HELP NEEDED

A.A. Men & Women
to carry the message to
other Alcoholics that are
incarcerated in Jail or Prison
in Lorain County. There is also
a correspondence program in
place for those who would
like to write to
inmates.

Requirements:

1 yr. Sobriety
(if you would like to help)

Please Call:

Eddie Logan
440 829-7541
Joel (Gypsy) T.

**"With God,
all things
are possible!"**

There is always
Space
Available in
The LiveWire
for your Groups
Messages, News
& Activities
Contact:
James Parks
440 385-5687
Bobbie Matear
440 537-4280
Opal A.
440 670-6619
Vicki T.
440 225-1314

**Arid Fellowship
Center**

Needs Volunteers to
be part of the
Entertainment
Committee to help in
the planing and setup
of events throughout
the year.

If interested Contact:
Arid Club (440 233-4801)
Jerry (440 452-1600)
Bobbie M. (440 537-4280)
Trini (440 670-2563)
Leave a message
Thank you

Phone Line Report:

Month of December, 2008

12 Step Calls.....	7
Sponsorship.....	3
Al-A-Non.....	4
Meeting Info.....	132
General Info.....	121
Total:.....	267

• List Your Anniversaries •

- Feb. 8th. Yolanda A. 19yrs.
- Feb. 10th. Keith S. 6yrs.
- Feb. 10th. Earl E. 3yrs.
- Feb. 12th. Tom O. 12yrs.
- Feb. 14th. Barbra. 1yr.
- Feb. 16th. Terry S. 10yrs.
- Feb. 16th. Jessica 9yrs.
- Feb. 17th. Kim C. 7yrs.
- Feb. 18th. Tom S. 4yrs.
- Feb. 21th. Gregg R. 15yrs.
- Feb. 21th. Gregg R. 15yrs.
- Feb. 21th. Reno T. 1yr.
- Feb. 24th. Bruce W. 27yrs.
- Feb. 25th. Eddie L. 4yrs.

Thought for Today:

"Easy Does It" We must learn to walk before we can run. That's why we have these slogans. I use that "Easy Does It" every day to slow me down a little. I have to watch myself all the time. So I don't just take the inventory at night -- I take it continually throughout the day. I stop and check it over first, and then let my conscience be my guide. For me, AA has become a way of life.

Sometimes we think the "grass is greener" on the other side of the fence. We look with longing at what others have and lose our sense of Gratitude for the blessings we enjoy on a daily basis. Take time today to remember God's goodness in your life. Thank him one by one for the blessings you enjoy in your life.

Survivors List:

Groups in need of
Support to stay afloat Please
Attend, Contribute,
Be Active, Help Chair,
Be a Secretary,
Be Responsible
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
Haven Center
Fri. 7:00 PM
Haven Shelter
Sisters of Sobriety
Wed. 7:30 PM
Firstmerit Bank
Center Ridge Road
North Ridgeville
Rainbow Group
Mon. 7:30 PM
6th. & Washington
Lorain
St Agnes Thurs. Gp.
Thurs. 8:00 PM
St. John's Luthern Church
W. River Road
Sun. Night Serenity
Sun. 8:00 PM
Tues. Lunch Break
Tues. 12:00 Noon
Friday Night Faith
Fri. 11:00 PM
Arid Club, 1741 N. Ridge Rd.,
Sheffield Township
We Need Your Help!!
Don't let them Close
HELP SUPPORT
THE GROUPS.

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

Archives Committee

Mary Ann Schulz.....440 453-4115

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

Maggie Middleton.....440 775-1274

Memorial Day Breakfast Committee

Terry Poznako.....440 225-6897

Grapevine Committee

Sarah Lamb.....440 787-7520

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 Anderson.....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. MaryAnn S.440 453-4115

e mail maschulz@oh.rr.com

Alt. DCM.Donna L.440 574-3464

Financial Report

Listed below are the Profit & Loss spread sheet, the group donations and the rents for the month of December, 2008.

<u>Expenses</u>		<u>Donations</u>
1. Rent	\$ 650.00	1..... \$ 784.12
2. Columbia Gas	\$ 120.00	2..... \$ 1,078.67
3. All Service Telephone Answering	\$ 147.53	3..... \$ 1,077.27
4. Ohio Edison 710 Broadway	\$ 240.32	4..... \$ 343.60
5. Ohio Edison 577 Broadway	\$ 0.00	5..... _____
6. Century Telephone	\$ 129.86	
7. House Managers	\$ 1,421.32	\$ 3,283.66
8. Pay Cor Fees	\$ 74.15	
9. Live Wire Printing	\$ 64.00	
10. Insight Yellow Pages	\$ 19.46	
11. Office/Janitorial Supplies	\$ 35.79	
12. Children's Christmas Party	\$ 100.00	
Donations/Rents	\$ 3,283.66	
Expenses	\$ 3,002.43	
Total Gain December 2008	\$ 281.23	

Rents:

Month of December 2008

1. Blue Monday
2. Friday Morning Survivor
3. Mid Week Morning disc.
4. Saturday Morning Disc.
5. Serenity Hall
6. Spanish American
7. Tuesday Night Central
8. We Care Tues. Morn. Disc
9. Lorain Consolidated

Donations: Month of December, 2008

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 | 18. Great Fact Group |
| 2. Anonymous | 19. LaGrange Monday Night |
| 3. Attitude Of Gratitude | 20. Lorain Consolidated |
| 4. Back To Basics Disc. | 21. Lorain Inter-Group 50/50 Raffle |
| 5. Birmingham Dinner Group | 22. Mid-Week Morning Disc. |
| 6. Blue Monday | 23. Monday Night Lorain |
| 7. CBS Big Book Step Study | 24. Oberlin Breakfast Group |
| 8. Compass Group | 25. Oberlin Group |
| 9. Conscious Contact Group | 26. Oberlin Women's Closed Group |
| 10. Early Morning Disc. | 27. S.I.O.G.A. |
| 11. Elyria Men's Stag | 28. Serenity Hall |
| 12. Elyria Monday Closed Disc. | 29. Sheffield Lake Civic Center Group |
| 13. Elyria Women's Disc. | 30. Stepping Into Sobriety |
| 14. Friday Night Amherst | 31. Sunday Night Sobriety |
| 15. Friday Night Avon Lake | 32. Tuesday Night Central |
| 16. Friday Night Sobriety | 33. Vermilion Tuesday Night Group |
| 17. Grafton Wednesday | 34. We Care Tuesday Morning Disc. |

Thought to Ponder . . . Don't give up before the miracle happens. Life is an ongoing miracle. Live it One Day At Time.

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 Banks.....	309-3226
Bill Jackson.....	935-3251
Terri Poznako.....	225-6897
Nikki Lustek.....	387-7347
Donna Lawson	574-3464
Alan Revercomb.....	541-2473