

January

Unity LiveWire

2011

"Easy Does It"

710 Broadway Avenue Lorain, Ohio 44052

"First Things First"

• area54.org •
aaloraincounty.org

Monday-Friday 9AM-5PM Phone 440 246-1800
Lorain Inter-Group Central Office email address: lorainaa@live.com

• aa.org •
aaloraincounty.org

Puppet of Destruction (AA Grapevine, January 2011, Vol. 66 No. 19)

A promising young woman drinks herself beyond the point of no return

Always the exception to the rule, I was terminally unique, or what we like to call an egomaniac with low self-esteem. However, alcohol allowed me to act like everyone else. Once the booze hit my bloodstream, I fell head over heels, tumbling down the rabbit hole to a universe in which I was prettier, funnier, more intelligent and, most importantly, outgoing. The social lubricant I so desperately needed (or so I thought) had found its way into my life. As Bill W. said, "I had arrived."

The affair I had with alcohol was exciting and tumultuous. I lapped up every drop of the glorious feeling of flight the drug gave me. I dipped dangerously close to peaks and tops, and grazed the fields, almost touching the ground. Skimming the water, my stomach would flip, knowing that I was eminently close to danger. And when at last I would escape, unscathed for the most part, the feeling of invincibility was as intoxicating as the drink itself. Alas, this era would not last forever. Nothing does, especially for us alcoholics. Eventually I crashed and burned.

Looking back, there was a line that I knew existed. I knew my father had crossed it. I knew my brother had crossed it. I had fair reason to assume that many others in my genetic line had as well. I asserted that I would be different. If not for the sake of my mother, then for the embarrassment I believed came with being "an alcoholic."

Alcohol was my companion for a fast and furious six years. I don't feel the need to justify my place within the rooms, because I know the true depths to which alcohol took me. How much or how long I drank doesn't matter. What does matter is the shell of a human being that I became. Paying rent, maintaining employment and basically all responsibilities were optional. Fermenting in my filthy apartment for weeks at a time, and struggling within a dark hole of apathy, was not optional. During this time, bringing knives into the bathtub in contemplation of slitting my wrists was a common occurrence. I was in so much pain because I couldn't live with, or without, the very substance that I thought integral to functioning in the world. If I drank, I wasn't a good person. If I didn't drink, I couldn't stand living in my body. I was hopeless. As far as I could see there was no escape. No solution existed.

For me, that didn't mark the end. It was, however, my first realization that I was powerless over alcohol. In taking the first drink, I knew that I became a puppet of destruction, bending to every masochistic whim my disease demanded. And let me just say—it did demand. However, the deepest, blackest, loneliest days of my life still couldn't beat me into submission. And simply stated, not enough pain equals no change for this alcoholic.

Ironically, my bottom was not when I lost my apartment, my job, my boyfriend or the respect of my family. No, I hit the depths of despair when I could no longer feel any emotion at all. I could not get any lower unless I was buried. And in truth, that destination was not far off. I transformed from a young girl, full of talent and promise, to a selfish, self-seeking, walking corpse, preying on those who had one weakness: their love for me. My insides were a rotten and putrid mess, eating me alive, and I could no longer fool those who cared about me into thinking that I was "fine." I was far from fine. I was a zombie, a bag of bones, operated and owned by poison.

In admitting helplessness, the words that I uttered, although falling from my lips, were not my own. Today I know they came from a source outside of, and greater than, myself. My mother was a puddle on the floor, and I couldn't even produce a single tear. I was hollow. I was empty. I was simply not there. For some reason, "I need help" found its way out of my mouth. The very same mouth that had proclaimed its independence from this disease as a child was seeking rescue from it. How had that happened? When had I passed the point of no return? Today I know with certainty that point was when I took my first sip.

I was born an alcoholic. When I was borne into the rooms of AA I became an alcoholic in recovery. Many may scoff at the words "grateful to be an alcoholic." Those people simply do not understand. Being an alcoholic in recovery has opened the door of self-awareness for me. I have a keen knowledge of myself and my disease. I have a library of resources for any problem I may have. Alcoholics Anonymous is a program of beautiful paradoxes. In the Steps we surrender to win, give in order to receive and find power within our powerlessness. In accepting ownership of our thoughts and actions as powerful tools of intention, married with the notion that we remain powerless over everything else, we carve a direct path to freedom. Alcoholics Anonymous teaches us this. The timeless juxtaposition of finding power within powerlessness is one of the greatest assets of this sober alcoholic.

And I am grateful for it.

Kelly S.
West Hempstead, N.Y.

**St. Mary's
Sunday Night**

**Sobriety
7:00 PM**

St. Mary's Church
4th & Middle Ave.
2nd Paul
9th Liz
16th Ken Morgan
23rd Jessie Meier
30th Sue

Monday Night

**Lorain
7:30 PM**

Zion Lutheran
Church
5100 Ashland Ave.
3rd Liz
10th Del M.
17th Sonny L.
24th Jen M.
31st Angel L.

**Midnight Elyria
Group**

12:00 AM

St. Mary's Church
4th & Middle Ave.
1st. Greg R.
8th John P.
15th Joe C.
22nd Mark W.
29th Bob S.
(free dinner)

**Tues. Night
Laporte**

8:00 PM

Elyria Baptist
Church
276 Washington Ave.
4th Tom W.
11th Amy W.
18th Dave A.
25th Mike F.
(1st Lead)

**St. Agnes
Thursday Night**

8:00 PM

St. John's Lutheran
Church
1140 W. River Road,
Elyria
6th Frank F.
13th Pam H.
20th Dolly G.
27th Kristin A.

**Friday Night
Sobriety Group**

8:00 PM

First Merit Bank
106 Center St.,
Lagrange
7th Kay
14th Ken L.
(1st Lead)
21st Pam H.
(Anniversary)
28th Stacey

Friday Nite

Haven

7:00 PM

Haven Center
1536 E. 30th St.,
Lorain
7th Jerry F.
14th Tommy Z.
21st Bob P.
28th Eric B.

*I Can't
God Can
Let Him*



Fri. Night

Faith Group

11:00 PM

1741 N Ridge Rd.
Sheffield Village
7th Ken M.
14th Sarah H.
21st Jeffri F.
28th Susan M.

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.

Lorain Inter-Group 50/50 Raffle

Lorain Inter-Group 50/50 Raffle: Just another way that you can Help support the Lorain Inter-Group. Buy a TICKET . Be A Winner. Last months Winner: Tom M. \$78.00 sold by the InterGroup Office

Phone Line Report:

Month of Dec. 2010

12 Step Calls.....	7
Sponsorship.....	3
Al-A-Non.....	5
Meeting Info.....	133
General Info.....	74
Phone Service.....	44
Total:.....	266



Step 1: We admitted we were powerless over alcohol, that our lives had become unmanageable.

Promise 1: We are going to know a new freedom and a new happiness.

Tradition 1: Our common welfare should come first; personal recovery depends upon A.A. Unity.

Concepts 1: Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.

Motives

We were depressed and complained we felt bad, when in fact we were mainly asking for sympathy and attention. This odd trait of mind and emotion, this perverse wish to hide a bad motive underneath a good one, permeates human affairs from top to bottom. This subtle and elusive kind of self-righteousness can underlie the smallest act or thought. Learning daily to spot, admit, and correct these flaws is the essence of character building and good living. An honest regret for harms done, a genuine gratitude for blessings received, and a willingness to try for better things tomorrow will be the permanent assets we shall seek.

Twelve Steps and Twelve Traditions, pp. 94-5

Please submit your groups' or personal anniversaries to the Livewire by the 25th of each month. Anniversaries will not be carried over to the next year for publication automatically. Thank you for your cooperation.

*To submit information for the news letter please contact: Vicki T. 440 225-1314, Jim Parks 440 385-5687, 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.

For information on Cocaine Anonymous, Narcotics Anonymous or Al-Anon meetings, please contact the Intergroup office at 440-246-1800.

THANK YOU LORAIN COUNTY AA

We would like to thank all the groups that helped to make this year's kids Christmas party a success. Thanks to your support we were able to show our love to 261 kids. We would like to thank St. Anthony's group for another great job on the dance. It took a lot of work, thanks! The 50/50 was \$ 1739 and Dick S. was the lucky winner. The winning ticket was sold by James P. (Toad) who sold half of all the tickets sold this year. Thanks to the A.A. Community for all you have done for buying dance tickets, for buying 50/50 tickets, for the cookies, for volunteering and for just being who you are.

We love you!

With love,
Brenda, Patti and Troy Smith

**COME ONE - COME ALL
G.S.R. WORKSHOP**

FEB. 5th, 2011

1:00 P.M.-3:00 P.M.

Lorain InterGroup Office

For all GSRs

PRESENT - NEW

AND THOSE INTERESTED

• **COFFEE** •

• **SNACK** • **FUN** •

• **FELLOWSHIP** •

Survivors List:

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

Tuesday Night Haven

7:00 p.m.

Friday Nite Haven

7:00 p.m.

Haven Center

1536 E. 30th St., Lorain

**Sat. Young Person's
Group**

Sat. 2:00 PM

Monday Big Book Discussion

7:30 PM

Arid Club

1741 N.Ridge Rd.

Midnight Elyria Group

12:00 AM

St. Mary's Church

4th & Middle Ave.

Great Fact Group

Wed. 12:00 pm

*Pilgrim United Church of
Christ*

*523 E. Broad St. & Winckles
St., Elyria*

Sunday Living Life

5:30 PM

1730 Broadway JFK

Turning Point

Thursday 6-7:30 PM

Washington Ave.

Mon. Night Rainbow Group

7:30 PM

*1st Lutheran Church
6th & Washington*

We Need Your Help!!

Don't let them Close

HELP SUPPORT

THE GROUPS.

Only God Is Unchanging

Change is the characteristic of all growth. From drinking to sobriety, from dishonesty to honesty, from conflict to serenity, from hate to love, from childish dependence to adult responsibility - all this and infinitely more represent change for the better. Such changes are accomplished by a belief in and a practice of sound principles. Here we must needs discard bad or ineffective principles in favor of good ones that work. Even good principles can sometimes be displaced by the discovery of still better ones.

Only God is unchanging; only He has all the truth there is.

LETTER, 1966

Thought to Consider....

The best things in life aren't things.

**Anniversary
Friday Night Sobriety**

• **24 years** •

January 21st, 8:00 pm

240 Glendale St

Lagrange Lions Club

Lead: Pam H.

• **Dinner Following
Meeting** •

12 STEPS TO RECOVERY WEEKEND

BY SANDUSKY BAY

JANUARY 28TH, 29th, 30st, 2011

South Beach Resort Hotel

8620 E. Bayshore Rd.

Lakeside-Marblehead, OH, 43440 (419) 798-4900

\$125 Per person (Double Occ)

\$210 Per person(Single Occ)

(All Meals Included)

Registration Deadline: January 12th, 2011

(MUST BE REGISTERED, NO WALK-INS PLEASE)

Your weekend of recovery with friends begins at 6PM on Friday

evening with pizza & refreshments

Check-In at hotel as early as 12 noon

Registration is from noon until 8pm

Open Lead on Saturday night at 7:30PM

For more info contact:

Tim S. (440-213-6961) or Carol R. (419-656-6679) or

Ted C. (419-239-1529)

Notice to All

The Lorain InterGroup Office is actively seeking new Advisory Board Members., especially from Vermilion, Lorain, Avon Lake, Sheffield, Wellington, Grafton or North Ridgeville areas of the county. Requirements are 3 years of continued sobriety, availability on the 3rd Wednesday of the month and 1st Sunday of the month for meetings, and a commitment to service. If you are interested, please submit a letter of intent to any board member or contact the InterGroup Office.

• **Jan. Anniversary** •

Jan.1 Ed B . 17yrs.

Jan.1 Greg R. 16yrs.

Jan.1 Marilyn 3yrs.

Jan.2 Tom Stanton 15yrs.

Jan.4 John P. 18yrs.

Jan.7 Terri Poznako 15yrs.

Jan.10 Ken Cain 15yrs.

Jan.12 Iris 15yrs.

Jan.12 Tom Banks 23yrs.

Jan.14 Rick B 5yrs.

Jan.21 Ester H. 10yrs.

Jan.24 Mark Davis 22yrs.

Jan.29 Don F. 28yrs.

Jan.31 Tina 2yrs.

Chris B. 28yrs.

ATTENTION: Lorain County A.A. Community - help needed on various Committees! If interested, please contact one of the Advisory Board Members and VOLUNTEER!!!! Help Make A Difference!!

Committee Chairs

Unity LiveWire Committee

Vicki Tomlinson..... 440 225-1314
 *e mail vickitom@oh.rr.com
 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

Opal A.....440 670-6619

Correctional Committee

Alan Revercomb440 541-2473

Archives Committee

Linda S.440 245-2928

Special Needs Committee

Yolanda A.....440 541-2216
 Coretta Farley440 308-1714

Picnic Committee

Art C.....440 773-9474

Treatment Facilities Committee

Chairperson needed ___NEED VOLUNTEERS

Pig Roast Committee

Troy Smith.....440 365-9018

Memorial Day Breakfast Committee

Donna Lawson.....440 574-3464

Grapevine Committee

Linda S.440 245-2928
 Coretta Farley440 308-1714

District Committee

District 19A (Sheffield Lake, Avon Lake, Sheffield, Avon, N. Ridgeville, Eaton, Columbia, Grafton DCM Ellen Winson.440 327-8812

District 19B (Lorain City Meetings and some in Vermilion)
 DCM. Yolanda A.440 541-2216

District 20A (All of Elyria City Meetings a Carlisle)
 DCM Patty McMullen.....440 365-3778
 Alt. DCM. Judy Sexton.440 322-2619

District 20B (All Meetings at ARID Club)
 DCM. Debbie McConnell.....440 277-0162

District 20C(LaGrange, Penfield, Brownhelm Tnsp., Amherst, Henrietta Tnsp., S. Amherst, Kipton, Oberlin, Camden Tnsp., Pittsfield Tnsp., Brighton Tnsp., Wellington Meetings)
 DCM. Patti Rodgers440-284-6677
 Alt DCM Donna Lawson.....440 574-3464

Financial Report

Listed below are the Profit & Loss spread sheet, the group donations and the rents for the Month of November , 2010.

Rents:

Month of Nov. , 2010

1. Blue Monday
2. Friday Morning Survivor
3. Mid Week Morning discussion
4. Serenity Hall
5. Sharing Our Sobriety
6. Spanish American
7. Tuesday Night Central
8. Unity Hall Discussion

Expenses

1.Rent	\$650.00
2.Columbia Gas	\$193.00
3. All Service Telecommunication	\$152.03
4. Ohio Edison 710 Broadway	\$153.12
5. Time Warner	\$91.26
6. House Managers	\$1,576.25
7. Pay Cor Fees	\$64.29
8. Live Wire Printing	\$69.00
9. Berry Yellow Pages	\$20.05
10. Materials for Floor Waxing	\$220.92
11. Janitor/Office Supplies	\$100.00

Donations/Rents

By Week

1.....	\$256.90
2.....	\$1,354.80
3.....	\$463.69
4.....	\$424.94
5.....	\$262.00

\$2,762.33

Month of Nov. 2010

Donations/Rents	\$2,762.33
Coca Cola Sales	\$0.00
Total Income	\$2,762.33
Expenses	\$3,289.92

Total Loss November, 2010 (\$527.59)

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.

Donations

- | | |
|-------------------------------------|--|
| 1. Amherst Saturday Group | 16. Monday Morning Live Discussion |
| 2. Back to Basics Discussion | 17. Monday Night Lorain |
| 3. Blue Monday | 18. Oberlin Breakfast Group |
| 4. Compass Group | 19. Oberlin Group |
| 5. Elyria Friday Night | 20. S.I.O.G.A |
| 6. Elyria Monday Closed Discussion | 21. Serenity Hall |
| 7. Friday AM Discussion | 22. Sheffield Lake Civic Center Group |
| 8. Friday Morning Survivor | 23. Sheffield Lake Monday Night |
| 9. Friday Night Sobriety | 24. Spanish American |
| 10. Grafton Wednesday Night | 25. St. Mary's Sunday Night Sobriety |
| 11. Harbortown Breakfast | 26. Sunday Night Sobriety |
| 12. Industrial Group | 27. Tuesday Morning Discussion-Vermilion |
| 13. Living Life | 28. Vermilion 12 X 12 Discussion |
| 14. Lorain Inter-Group 50/50 Raffle | 29. Vermilion Tuesday Night Group |
| 15. Mid Week Morning discussion | |

Board Of Directors

Chairperson	Ken Cain..... 322-2496
Vice-Chairperson	Donna Lawson.....574-3464
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

Troy Smith.....	365-9018
Tom Ortiz.....	315-8600
Bill Jackson.....	935-3251
Nikki Lustek.....	409-2136
Vicki Tomlinson.....	225-1314
Greg Hayes.....	371-3835
Rich Yowler.....	477-1019