

June

Unity LiveWire

2009

"Easy Does It"

710 Broadway Avenue Lorain, Ohio 44052

"First Things First"

• area54.org •
aaloraincounty.org

Monday-Friday 9AM-5PM
Lorain Inter-Group Central Office email address: intergroup@centurytel.net

Phone 440 246-1800

• aa.org •
aaloraincounty.org

6th Step Grapevine September 1970 Vol. 27 No. 4

Were entirely ready to have God remove all these defects of character.

I HAVE attacked Step Six many times. It has attacked me in return. We have had open warfare, and we have had moratoriums. For periods of time, I have purposely ignored this Step. Often, I have stated that it did not make sense to me.

The battle began some years back, when I regularly attended Step-discussion meetings. I had done my best on the first five Steps, I thought. I had even made a written list of all my defects. They counted up to twenty-seven.

Following the example of an old-timer friend of mine, whose quality of sobriety I admired, I printed, in ink, each one of my separate defects on a white poker chip. Then all twenty-seven chips went into a small, fat, yellow pitcher. Every morning on awaking, I plunged my hand into it (like picking a number from a goldfish bowl) and came up with the "chip for today." The defect might be anger, fear, pride, resentment, gossip, snobbery, self-pity, and so on, but whichever one it was had to be concentrated upon for the next 24 hours, and either reduced to a minimum or cast away.

It was a kind of game. I enjoyed wrestling with one "defect" a day. I felt I was making progress, really working the AA program. It hadn't yet occurred to me that I had gone overboard on this "defect" business. Twenty-seven indeed! How is that for the "pride" defect? Of course, most of them were not serious flaws of character, such as the inability to be honest with oneself. Most were bad habits possessed, in some degree, by most humans.

Nevertheless, I kept up this game for two or three years, telling many AA friends about it and urging them to go and do likewise. I explained that, although the Step suggested that God would remove these defects when and if I became ready to let go of them, I was of the school that believed in the saying "Pray for potatoes, but reach for the hoe." I did ask my Higher Power to lend a hand on the day's defect I happened to confront, but I felt that He expected me to use energy on rooting it out of my character.

Still, these dozens of defects I had laid claim to kept cropping up again and again, over and over. It seemed that the harder I fought them, the harder they fought back. I became quite discouraged. I decided I had been willing, I had tried, and I would now let Number Six, and myself, have a vacation. I put the little yellow pitcher on a shelf behind some books and only now and then dipped into it. I kept busy and active in AA; I felt comfortable being sober; I was trying to practice the AA principles in all my affairs. Then, out of nowhere, came a deep resentment toward an AA friend. I agonized over it, prayed over it, but discussed it with no one. I had insomnia, indigestion, and fatigue. (Any good doctor can tell you that negative emotions make people physically ill.)

Fortunately, just about that time our group was slated for discussion of Step Six. I opened my copy of Twelve Steps and Twelve Traditions and read the Step all the way through. Although I had read it many times before, it seemed as if I saw its meaning for the first time. I gathered that, instead of fighting mightily against a defect, I had to let go of it. Just simply open up my hands, my heart, and my mind and say to my Higher Power. "Here it is, this defect. I give it to you. Please remove it from me." In this case, it was the bitter and destructive resentment that I wished to be rid of. And so it happened. It faded away and never returned.

Since then, I have followed the same procedure on other serious emotional problems, with the same result. I just have to keep in mind that if I am not 100 percent sincere in my willingness to be rid of the problem, the procedure won't work. I have come to realize that Step Six means exactly what it says. No more, no less. When, and if, I become ready to have painful, inhibiting, or long-standing flaws removed, they will be. Not always permanently, not all of them. But if and when they return, they will be weaker and much easier to let go of. As for all those bad habits I once listed as defects, I am trying to arrest them a day at a time, as I do my alcoholism.

A little progress has been made on pride. I can now admit that most of my troubles stem from one large and glaring defect: self-centeredness. For how can I wallow in self-pity, weep over resentments, be sick with righteous anger, ache with envy, tense up with fears and anxieties unless all my thoughts are exclusively on poor me?

A long time ago, a very wise man, Marcus Aurelius, wrote: "A man's life is what his thoughts make it." Through Step Six, I have learned how true this is. I may never comprehend it fully, yet I know its value to me. It calls forth the most precious asset any recovering alcoholic can have: the willingness to get out of the driver's seat, to stop trying to run the show.

**I need to keep the Sixth Step message of Letting Go and
Letting God in my own thoughts at all times.**

F. C. Manhattan, New York

Mon. Night

Lorain

7:30 PM

Zion Lutheran Church
5100 Ashland Ave.
1st. David N.
8th. Sober AA
15th. Bonnie L.
22nd. Keith S.
29th. Sober AA

LaPorte

Tues. Group

8:00 PM

301 Washington Ave.
2nd. Brian D.
9th. Andy K.
16th. Bud Y.
23rd. Paul S.
30th. Brian H.

Fri. Night

Faith Group

11:00 PM

1741 N Ridge Rd.
5th. Step 6th
12th. Dan M.
19th. Chris J.
26th. Joe C.

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.

Mid- Night

Elyria Group

Sat. 12:00 PM

4th & Middle Ave.
6th. Scott B.
13th. Tony M.
20th. Patti R.
27th. Walt P.

N. Ridgeville

Men's

Sun. 7:30 PM

First Merit Bank
35621 Center Ridge Rd.
N. Ridgeville
7th. Jerry G.
14th. John P.
21st. Harold M.
28th. Craig Caire

Lorain

Consolidated

Sun. 2:30 PM

710 Broadway
7th. David M.
14th. Jim B.
21st. Danny C.
28th. Sober AA

Quote of the Week "In recovery there are no losers, just slow winners."

I remember being in early recovery and feeling so bad that I just knew it wasn't working. I'd tell my sponsor about it, and I can still hear him saying, "Michael, you're exactly where you should be, and that's exactly what you should be feeling right now." At first I thought he was just handing me a line, but after a while I believed him and learned to trust in the slow progress I was making in recovery.

Years later I'd hear other newcomers complain about how bad they felt and about how terrible of a day they were having. I can still hear the old timers ask them if they had a drink that day. "No," they'd respond. "Then no matter bad you think you're doing, when you lay your head on your pillow tonight you're a winner." It was comforting to hear that back then, and it still is today.

Now that I've been in recovery a while I understand the wisdom in this week's quote. It doesn't matter what you're going through in recovery or how you feel, the fact that you are in recovery, that you have a program, and that you're developing or improving your conscious contact with a power greater than yourself means that you've already won. You may feel like a loser temporarily, but most of the time and in the long run you'll live a life filled with the joys and miracles of recovery.

Over time you, too, will come to see that in recovery there are no losers, just slow winners.

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

May your troubles be less, your blessings be more
And nothing but happiness come through your door

To the AA Community an issue, was brought to our attention that a personal article, in the LiveWire was posted for personal donations for the Pleasant family. At the time we posted it we did not realize that it would be wrong and go against our Traditions. With respect to its own affairs, each A.A. group should be responsible to no other authority than its own conscience. We are truly sorry. The LiveWire Editors.

Special Needs Committee: NEEDS a Volunteer to Head up the Committee, if you are interested Please contact Inter-Group Office or attend The Lorain Inter-Group Meeting the 1st. Sunday of the month at 12:30 PM.

Thought to Ponder . . . Recovery is discovery.

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

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

*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.

June 21st. Father's Day

Concepts 6: The Conference recognizes that the chief initiative and active responsibility in most world service matters should be exercised by the trustee members of the Conference acting as the General Service Board.

Step 6: Were entirely ready to have God remove all these defects of character.

Promise 6: That feeling of uselessness and self-pity will disappear.

Tradition 6: An A.A. Group ought never endorse, finance, or lend the A.A. Name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

Lorain Inter-Group 50/50 Raffle
 Winner: Vicky T., \$59.00 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.

Celebrate!!
Founders' Day
 74th. Anniversary of Alcoholics
 Anonymous
 June 12 • 13 • 14, 2009
 Akron, OH Birthplace of A.A.
 Cost Only: \$17.00
 Registration packages are also
 available at the Lorain InterGroup
 Central Office and the Akron
 Internet www.akronaa.org

Area 54 Open House Picnic!!
Sunday June 28th.
 Time: 12 PM till?
 Lead: 1:30 PM
 Rickey L., Lima, OH
 Huntington Beach
 (Huntington Reservation Bay
 Village on Lake Rd.)
 Bay Village, OH
 Cover Dish Appreciated
 Meat & Beverages Provided
Games • Fellowship
 For More Information,
 Volunteer and Service
 opportunities with this event
 Please Contact:
 Diane K. 440 333-5432
 Angela M. 315 405-1646

52nd. Anniversary
Lorain
Consolidated
Sunday 2:30 PM
 710 Broadway
 June 14th.
 • Food & Giveaways •
 at 1:00 PM
 Lead: at 2:30 PM
 Come Join Us
 Fun & Fellowship

**A
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**Elyria Sunday Night
 Group**
St. Jude's
Breakfast in the Park
 Join us at
Cascade Park in Elyria
West River Road
Entrance
 Breakfast: 9:00
 Lead: 10:00
 Dates:
June 21
 July 19
 Aug. 16
 Breakfast includes:
 Scrambled eggs,
 hash brown potatoes,
 bacon, sausage, toast,
 juice, and coffee.
 Breakfast Cost: \$3.00

**27th ANNUAL
 NEW LONDON
 CAMPOUT**
 Thursday June 25th
 through
 Sunday June 28th, 2009
 New London
 Recreation Park,
 New London, Ohio
 Grove Street
 (off State Rt. 60)
 For more information call:
 Bas and Judy Elliott
 419-929-0054
 Mary Ott 419-668-4122
 Pat Morgan 440-225-0125
 Larry Nagy 440-965-4165

**Freedom Day
 Breakfast**
Sat. July 4, 2009
9:00AM
Breakfast
10:00AM
Gratitude Meeting
St. Peter's
Church Gym
35777 Center
Ridge Rd.
50/50 Raffle

Let Go Let God
Phone Line Report:
Month of April, 2009
 12 Step Calls..... 2
 Sponsorship..... 3
 Al-A-Non..... 16
 Meeting Info..... 98
 General Info..... 72
 Total:..... 191

• June Anniversaries •
 1st. Orval C. 41yrs.
 3rd. Melani 17yrs.
 9th. Thomas C. 25yrs.
 12th. Larry H. 21yrs.
 14th. Bonnie L. 6yrs.
 14th. Vickie S. 3yrs.
 14th. Bob P. 14yrs.
 24th. Darrell C. 4yrs.
 26th. Kelly Y. 2yr.
 26th. Sarah L. 2yr.
 29th. Scott C. 21yrs.
 30th. Ted W. 6yrs.

**Honesty, Unselfishness,
 Purity, Love**

**Friends of Bill W.
 Picnic**
 Supported by the Home Groups
 of Lorain County
 Come see what your Steak Fry
 Support Did!!!
 We would like door prize
 donations to raffle!!
July 18, 2009
 12:00 -5:00 PM
 Brimingham Methodist
 Youth Center
 South Street, Brimingham Please
 Bring cover dish to share.
 Games for Young and Old
 corn hole, softball, volleyball and
 kids games. So don't forget your
 gloves, bats lawn chairs, and fellowship
 Things provided:
 Burgers and Dogs, Condiments, Buns
 and Soda for \$.50. Coffee, punch,
 grill if you want to cook.
 50/50 Raffle
 Contact persons:
 Chairman Susie K. 440-309-0491
 Co-chair Art C. 440- 773-9474

Area 54
Open House Picnic!!
Sunday June 28th.
 Time: 12 PM till?
 Lead: 1:30 PM
 Rickey L., Lima, OH
 Huntington Beach
 (Huntington Reservation
 Bay Village on Lake Rd.)
 Bay Village, OH
 Cover Dish Appreciated
Games • Fellowship
 For More Information,
 Volunteer and Service
 opportunities with this event
 Please Contact:
 Diane K. 440 333-5432
 Angela M. 315 405-1646

MULTI-DISTRICT 7,8,& 48
2ND ANNUAL
CHICKEN ROAST



SATURDAY, JUNE 27TH
WADDELL PARK
NILES, OH
10 A.M. TILL ?
LEAD AT 2 PM JAMIE B.
FROM CLEVELAND
HEIGHTS,
DONATION \$10.00
CONTACT :
JOEL T. 330-646-3490
PETE P. 330-774-6536

Survivors List:
 Groups in need of
Support to stay afloat Please
 Attend, Contribute,
 Be Active, Help Chair,
 Be a Secretary,
 Be Responsible
Avon Lake Monday Disc.
Monday 8:30 PM
Lakeshore Methodist Church,
33119 Electric Blvd., Avon
Lake, OH

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

VOLUNTEER NEEDED

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
 e mail maschulz@oh.rr.com

Alt. DCM. MaryAnn S.440 453-4115

Financial Report

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

<u>Expenses</u>		<u>Donations</u>
1. Rent	\$ 650.00	1..... \$ 845.98
2. Columbia Gas	\$ 302.00	2..... \$ 2,603.00
3. All Service Telephone Answering	\$ 144.53	3..... \$ 554.30
4. Ohio Edison 710 Broadway	\$ 202.89	4..... \$ 730.74
5. Century Telephone	\$ 131.84	5..... \$ 570.70
6. House Managers	\$ 1,417.79	
7. Pay Cor Fees	\$ 69.02	\$ 5,304.72
8. Live Wire Printing	\$ 64.00	
9. Insight Yellow Pages	\$ 19.46	
10. Petty Cash	\$ 100.00	
11. Floor Repair	\$ 200.00	
12. Toilet Paper & Hand Towels	\$ 189.00	
	\$ 3,490.53	
Donations/Rents	\$ 5,304.72	
Coca Cola Sales	\$ 0.00	
Expenses	\$ 3,490.53	
Total Gain April,, 2009	\$ 1,814.19	

Rents:

Month of April, 2009

- Blue Monday
- Friday Morning Survivor
- Lorain Consolidated
- Mid Week Morning Disc.
- Monday Happy Hour
- Saturday Morning Disc.
- Sharing Our Sobriety
- Spanish American
- Strength In Sobriety
- Tuesday Night Central

Donations Month of April, 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 | 18. Monday Night Lorain |
| 2. Anonymous | 19. North Ridgeville Sunday Men's |
| 3. Attitude of Gratitude | 20. Oberlin Breakfast Group |
| 4. Back To Basics | 21. Oberlin Group |
| 5. Back To Basics Disc. | 22. Rainbow Group |
| 6. CBS Big Book Step Study | 23. Saturday Morning Disc. |
| 7. Columbia Station Group | 24. Saturday Night Security Group |
| 8. Compass Group | 25. Sheffield Lake Civic Center Group |
| 9. Early Morning Disc. | 26. Spanish American |
| 10. Elyria New Way Of Life Group | 27. St. Agnes Thursday Night |
| 11. Elyria Sunday Night | 28. Stepping Into Sobriety |
| 12. Friday Night Avon Lake Group | 29. Sunday Brunch Bunch |
| 13. Friday Night Sobriety | 30. Vermilion Tuesday Night Group |
| 14. Grafton Wednesday Night | 31. We Care Tuesday Morning Disc. |
| 15. LaPorte Tuesday Group | 32. Wellington Big Book |
| 16. Lorain Inter-Group 50/50 Raffle | 33. Wellington Thursday |
| 17. Mid-Week Morning Disc. | 34. Who Me |

Service is gratitude in action.

Thought to Ponder . . . The solution is simple. The solution is spiritual.

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.....387-7347
Donna Lawson574-3464
Alan Revercomb.....541-2473