

AA Unity LiveWire AA

577 Broadway Avenue, Lorain, Ohio 44052 Phone 440 246-1800

November Monday-Friday 9AM-5PM

www.aaneoh.org

2005

What is alcoholism?

As A.A. sees it, alcoholism is an illness. Alcoholics cannot control their drinking, because they are ill in their bodies and in their minds (or emotions), A.A. believes. If they do not stop drinking, their alcoholism almost always gets worse and worse.

Both the American Medical Association and the British Medical Association, chief organizations of doctors in those countries, also have said that alcoholism is an illness.

What are the symptoms?

Not all alcoholics have the same symptoms, but many – at different stages in the illness – show these signs: They find that only alcohol can make them feel self-confident and at ease with other people; often want “just one more” at the end of a party; look forward to drinking occasions and think about them a lot; get drunk when they had not planned to; try to control their drinking by changing types of liquor, going on the wagon, or taking pledges; sneak drinks; lie about their drinking; hide bottles; drink at work (or in school); drink alone; have blackouts (that is, cannot remember the next day what they said or did the night before); drink in the morning, to relieve severe hangovers, guilty feelings and fears; fail to eat and become malnourished; get cirrhosis of the liver; shake violently, hallucinate, or have convulsions when withdrawn from liquor.

What is A.A.?

Alcoholics Anonymous is a worldwide fellowship of men and women who help each other to stay sober. They offer the same help to anyone who has a drinking problem and wants to do some-

thing about it. Since they are all alcoholics themselves, they have a special understanding of each other. They know what the illness feels like – and they have learned how to recover from it in A.A.

A.A. members say that they *are* alcoholics today – even when they have not had a drink for many years. They do not say that they are “cured.” Once people have lost their ability to control their drinking, they can never again be sure of drinking safely – or, in other words, they can never become “former alcoholics” or “ex-alcoholics.” But in A.A., they can become sober alcoholics, *recovered* alcoholics.

How does A.A. help the alcoholic?

Through the example and friendship of the recovered alcoholics in A.A., new members are encouraged to stay away from a drink “one day at a time,” as the A.A.s do. Instead of “swearing off forever” or worrying about whether they will be sober tomorrow, A.A.s concentrate on not drinking right now – today.

By keeping alcohol out of their systems, newcomers take care of one part of their illness – their bodies have a chance to get well. But remember, there is another part. If they are going to *stay* sober, they need healthy minds and healthy emotions, too. So they begin to straighten out their confused thinking and unhappy feelings by following A.A.’s “Twelve Steps” to recovery. These Steps *suggest* ideas and actions that can guide alcoholics toward happy and useful lives.

To be in touch with other members and to learn about the recovery program, new members go to A.A. meetings regularly. Pamphlet P-42

What can the families of alcoholics do? A.A. is just for the alcoholics, but two other fellowships can help their relatives. One is AlAnon Family Groups. The other is Alateen, for teenagers who have alcoholic parents.

SUN

<p>Sharing Our Sobriety (S.O.S.) 8:00 PM 577 Broadway Ave. Lorain (S)</p>	<p>North Ridgeville Men's 7:30 PM First Merit Bank 35621 Center Ridge Rd. N. Ridgeville (NS)</p>	<p>Sheffield Lake Civic Center Group 7:30 PM 4575 Lake Rd. Sheffield Lake (S)</p>
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MON

<p>New Beginning Big Book Disc. 8:15 PM St. Mary's School Cafeteria Stoney Ridge Rd. Avon (NS)</p>	<p>Monday Night Lorain 7:30 PM Zion Lutheran Church 5100 Ashland Ave. Lorain (NS)</p>	<p>Vermillion Mon. Night 8:00 PM 990 Rt. 60 Vermillion (NS)</p>
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TUES

<p>Sheffield Men's 7:30 PM Lake Breeze Church 1430 Lake Breeze., Sheffield Township (NS)</p>	<p>S.I.O.G.A. 8:00 PM First United Methodist 45 S. Professor St. Oberlin (NS)</p>	<p>Avon Tuesday (In the Barn) 8:30 PM Methodist Church 3711 Detroit Rd. Avon (S)</p>
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WED

<p>Grafton Wed. Night 8:30 PM Grafton Fire Station 1050 Novak Rd. Grafton (S) Nov. 2nd, Bill J. Nov. 9th, Terri E. Nov. 16th, Mike W. Nov. 23rd, Debbie C. Nov. 30th, Sober AA</p>	<p>Stepping Into Sobriety Group 6:30 PM NORD Center 6140 S. Broadway Ave. Lorain (NS)</p>	<p><i>First Things First</i></p>
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THURS

<p>Thurs. Women's Sobriety Group 7:00 PM New Life Baptist Church 720 E. River Rd. Elyria (NS)</p>	<p>N. Ridgeville Big Book Disc. 8:00 PM First Merit Bank 35621 Center Ridge Rd. N. Ridgeville (NS)</p>	<p>St. Agnes Thursday Night 8:00 PM 1741 N. Ridge Rd. Sheffield Township (S)</p>
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FRI

<p>All's Welcome Arid Friday 7:30 PM 1741 N. Ridge Rd. Sheffield Township (S) Nov. 4th, Bill Clemens Nov. 11th, Charlie Pitts Nov. 19th, Tom Burns Nov. 26th, Kent Coleman</p>	<p>Lorain County Mission Group 8:00 PM Morgan & Bond St. Elyria (NS)</p>	<p>Friday Morning Survivor 10:30 AM 577 Broadway Ave. Lorain (S)</p>
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SAT

<p>Mid-night Elyria Group 12:00 PM St. Mary's Church 4th & Middle Ave. Elyria (NS) Nov. 5th, Frank H. Nov. 12th, Barry S. Nov. 19th, Linda S. Nov. 26th, Kingsbury G.</p>	<p>Amherst Sat. Group 8:30 PM Church of the Nazarene 210 Cooper-Plater Rd. Amherst (NS) Nov. 5th, John J. Nov. 12th, Bruce B. Nov. 19th, Jackie K. Nov. 26th, Amanda L.</p>	<p>Saturday Twelve Step Disc. 7:30 PM St. Anthony's Parish Center 1305 E. Erie Ave. Lorain (NS)</p>
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MOVED To:

Big Book Discussion (O) Thurs., 10:30 AM Arid Club
1741 N. Ridge Rd., Sheffield Township (NS)
Serenity Hall Group (O) Sat., 7:00 PM St Ladislaus Church
1412 29th St. & Wood Ave., Lorain (NS)
Rainbow Group (O) Mon., 7:30 PM St Ladislaus Church
1412 29th St. & Wood Ave., Lorain (NS)
Ladies MIDDAY 12 Step Big Book Study (C-W) Wed., 1:00 PM
Arid Club 1741 N. Ridge Rd., Sheffield Township (NS)
Ark Big Book (O) Wed., 7:00 PM Good Shepard Church
Wilson St., Lorain (S)
NEW MEETINGS:
Friday Faith Group (C) 11:00 PM Arid Club
1741 N. Ridge Rd. Sheffield Township (NS)
Disc. 1st. 3 weeks of month; 4th. week Lead.
Sheffield Men's (C) Tues., 7:30 PM Lake Breeze Church
1430 Lake Breeze., Sheffield Township (NS)
12 Step Discussion (O) Tues., 12:00 AM Arid Club
1741 N. Ridge Rd., Sheffield Township (NS)
CANCELLED:
Steps to Life (O) Sat., 7:30 PM Kipton Community Church
511 Church St., Kipton (NS)
Lunch Break 12 X 12 Daily Reflection Disc. Thurs., 12:30 PM
Arid Club 1741 N. Ridge Rd., Sheffield Township (NS)
Friday Candlelight Sobriety (O) Fri., 11:00 PM Arid Club
1741 N. Ridge Rd., Sheffield Township (NS)
12 Step Study Group (O) Thurs., 10:30 AM Good Shepard
Church Wilson St., Lorain (NS)
CLOSED UNTIL NEW LOCATION IS FOUND:
Sheffield Lake Wed. Night (O) Wed., 8:30 PM

Concepts 11: The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, Induction procedures, and rights and duties will always be matters of serious concern.

Step 11: Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

Promise 11: We will intuitively know how to handle situations which used to baffle us.

Tradition 11: Our public relations policy is based on Attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and film.

The Bottom Line: "Now that we are sober in A.A., the word **"Support"** has to do with sharing, people, self-respect, gratitude, and what we are privileged to give---not take---in material terms." (Jamie Bailey)

AA was set up to be Self Supporting
through its Own Contributions

	Soda, Juice, Water	
1990 10¢		Coffee
1995 20¢		1990 10¢
1998 35¢		1995 20¢
1999 50¢		1998 35¢
2000 \$1.00		1999 50¢
2005 \$5.00		2000 \$1.00
2006 \$1.70		2005 \$5.00
2007 \$2.00		2006 \$1.70
2008 \$2.50		2007 \$2.00
2009 \$3.00		2008 \$2.50
2010 \$3.50		2009 \$3.00
2011 \$4.00		2010 \$3.50
2012 \$4.50		2011 \$4.00
2013 \$5.00		2012 \$4.50
2014 \$5.50		2013 \$5.00
2015 \$6.00		2014 \$5.50
2016 \$6.50		2015 \$6.00
2017 \$7.00		2016 \$6.50
2018 \$7.50		2017 \$7.00
2019 \$8.00		2018 \$7.50
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2275 \$136.00		2274 \$135.50

Committee Chairs

Unity LiveWire

Russ W.....327-1308
Jim P.....327-1147

*e mail russ8859@aol.com
*e mail parksphoto@adelphia.net

Archives Committee

Kevin S.....323-9217
e mail bigbook@alltel.net

Schools

Ellen B.....322-5306
e mail irishmimil@comcast.net

Correctional Committee

DCM.Russ W.....327-1308
e mail russ8859@aol.com
Maureen L.....967-6305
Coretta F.....308-1714

District Committee

District #19a
DCM.Russ W.....327-1308
e mail russ8859@aol.com

District #19b
DCM.Pam K.....984-3805

District #20c
DCM.Donna L.....cell# 440 574-3464
Alt.Craig W.....cell# 440 985-3403

District #20b
DCM.Judy S.....322-2619
Alt.Marilyn O.....284-9834

District #20a vacant

Help Needed

Board Of Directors

Co-Chairperson Terri P.....225-6897
Co-Chairperson Tom O.....277-0276
Treasurer Bill P.....933-4153
Secretary Tom B.....823-5159
Office Managers George S.....288-8935
Charlie C.....988-7061

Advisory Board Members

Donna McC.....288-3495
Tom C.....926-3791
Russ W.....327-1308
Bob P.....965-7786
Troy S.....365-9018
Donna L.....574-3464

Financial Report

Listed below are the Profit/Loss spread sheet, the group donations and the rents for the month of August 2005.

Expenses		Donations
1. Rent	\$ 650.00	1.....241.00
2. All Service Telephone	115.13	2.....140.00
3. Columbia Gas	372.00	3.....620.36
4. Ohio Edison	8.57	4.....691.00
5. Century Telephone	115.13	5.....725.25
6. House Manager's	1,369.36	6.....626.88
7. PayCor	52.66	
8. Moelk Sales	140.70	\$ 3,044.49
9. Toner Cartridge	89.24	
10. Office Supplies P/C	103.48	Donations \$ 3,044.49
		Expenses \$ 3,016.27
	\$ 3,016.27	Gain \$ 28.22

Donations for the month of August 2005

Please include General Service # if you know it, and Phone # with your donations. Thank You!!

- | | |
|---------------------------------|--|
| 1. Tuesday Lorain Central | 21. C.O. 50/50 Raffle |
| 2. Strength In Sobriety | 22. Wednesday New Life |
| 3. Carlos Velazquez Jr | 23. Compass Group |
| 4. Conscious Contact Group | 24. R & S Kugel In Memory of Ron Baker |
| 5. Vermilion Discussion | 25. Birmingham Twilight |
| 6. Amherst Friday Night | 26. Wellington Friday Night |
| 7. Tuesday Lorain Central | 27. Tuesday Lorain Central |
| 8.Wed. Morning Disc. Wellington | 28. Bas & Judy Elliot |
| 9. North Ridgeville Sunday Mens | 29. Stepping Into Sobriety Wed. Night |
| 10. Happy Hour Monday | 30. Oberlin Women's Monday |
| 11. Ford Local 425 Group | 31. Avon Lake Thursday 12 & 12 |
| 12. Lorain Wednesday Group | 32. North Ridgeville Women's Disc. |
| 13. Anonymous | 33. Lorain Monday |
| 14. Tuesday Avon Barn | 34. Tuesday Lorain Central |
| 15. Saturday Night Security | 35. S.I.O.G.A. |
| 16. Serenity Hall St. Lad's | 36. Serenity Hall St. Lad's |
| 17. Tuesday Elyria Womens | 37. Oberlin Thursday Night |
| 18. Amherst Friday Night | 38. Oberlin Tuesday Noon |
| 19. Amherst Saturday Night | 39. As Bill Sees It |
| 20. Grafton Wednesday Night | 40. Vermilion Tuesday |

Phone Line Report

for the month of Sept. 2005

12 Step Calls.....35
Sponsorship..... 6
Al-A-Non..... 9
Meeting Info.....209
General Info.....107
Total:..... 366

•
*Walk
In
The
Light of
God*
•

Rents for the month of Aug., 2005

1. Tuesday We Care
2. Friday Men's Disc.
3. Tuesday Central
4. Strength In Sobriety
5. Friday Morning Survivors
6. Blue Monday
7. Happy Hour Monday
8. Blue Monday
9. Saturday Morning Disc.
10. Strength In Sobriety

September's Central Office 50/50 Raffle Winner: Orlo \$67.00

Any of the Groups that have Moved, or have become Inactive in the last year should contact the Central Office and **Fill Out a Group Change Form**. Or come to the Multi-District meeting at **11 AM (November 6th., 2005)** or the Central Office meeting at **12:30 PM.** that same day and we will help you fill out the **Form**.

*To submit information for the news letter please contact: Russ Walker or Jim Parks via: *email or leave the information at the Central Office before the **26th.** of each month.