

# AA Unity LiveWire AA

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

October

Monday-Friday 9AM-5PM

2006

[www.aaneoh.org](http://www.aaneoh.org)

## THE PERSONALITY OF THE ALCOHOLIC

To gain insight, it would seem wise to consider carefully this commonly accepted list of personality traits found in the alcoholic. He has certain characteristics or symptoms that occur in normal people, but in him these are exaggerated and uncontrolled. These are the things that render him incapable of being at peace. They compel him to seek relief. They lie beneath the surface of his exterior, and, when in operation, drive him to drink in spite of all that he may know that drinking will produce in the way of self-destruction and harm.

**LOW FRUSTRATION TOLERANCE**, seems to be about the most constant trait. This is the inability to endure for a length of time any uncomfortable circumstance or feeling. The alcoholic is impatient.

**ANXIETY**, that state which seems to exist in all people, exists in an exaggerated way in the alcoholic. He is subject to nameless dreads and fears. This anxiety drives him to "fight or flight." Sometimes this is called free-floating anxiety. Usually the alcoholic is not even certain about that for which he should be anxious.

**GRANDIOSITY**. This can be described as "the organization of the universe around the perpendicular pronoun." Grandiosity is worn as a protective armour to hide feelings of low self-esteem. In reality, although the alcoholic nourishes an inflated image of himself, his deep conviction is one of self-worthlessness. He quivers inside his bold and shiny suit of armour. He feels inadequate, but can't dare show it.

**PERFECTIONISM** sets impossible goals with inevitable failures and resultant guilt. The al-

coholic is an idealist. This idealism, perhaps, is one of the reasons for his success after recovery has been initiated in his life. He is an exceptionally fine worker once the illness has been arrested and after his perfectionism has been reduced to reasonable proportions.

**WISHFUL THINKING**. We alcoholics are masters at this. Wishful thinking is the science of arranging to do what we want to do, then making it appear reasonable. This keeps our technique of rationalization operating smoothly. Half truths, or none at all, permeate this trait.

**ISOLATION** and deep insecurity deprive us of the real generosity needed to make close and enduring friendships. We are loners.

**SENSITIVITY**. This exaggerates all the unpleasant interpersonal relationships we experience. We have all been through the occasional snub, not necessarily meant by the other person, and have dwelt upon this event until it becomes a downright resentment.

**IMPULSIVENESS**. "I want what I want when I want it." This is probably related in some way to a low frustration tolerance that we all seem to have. In some ways the alcoholic takes a certain pride in this impulsiveness as though it were a valuable asset. The alcoholic can't seem to enjoy a job or task, he is preoccupied only with completing it. Much of what he does he does with an intensity that leaves him emotionally exhausted. Long, tedious tasks are not for him; his speciality is a burst of effort which lasts until the fun is gone, or his interest wanes. He is known as a "great three inning man."

**DEFIANCE** is a characteristic, probably the

Space Available For Info List Your Home Group Leads and Events

Mid-Night Elyria Group  
Sat. 12:00 PM  
 St Mary's Church  
 4th & Middle Ave.  
 Elyria (NS)  
 7th. Kingsbury G.  
 14th. Camille  
 21st. Riek M.  
 28th. Judy S.

N. Ridgeville Men's  
7:30 PM  
 First Merit Bank  
 35621 Center Ridge Rd.  
 N. Ridgeville (NS)  
 Oct. 1st. Hal S.  
 Oct. 8th. Dan F.  
 Oct. 15th. Derrick Y.  
 Oct. 22nd. Jeff Y.  
 Oct. 29th. Jim P.

I gather there are, but a few, lead meetings this month??

*The Three M's: Meeting Makers Make it.*

Action:

*In shame and despair, I went to my first AA meeting. By some minor miracle, I was able to suspend opinion, analysis, judgment, and criticism, and instead to listen and hear. I heard someone say that AA works for those who work for it, those who put action into the program. For me, at that time, action consisted of showing up at an AA meeting and following the suggestions I heard. I heard that I should forget about yesterday and tomorrow and instead concentrate on today and staying away from the first drink today -- now. I tried it, and it worked.*

c. 1973 AAWS, *Came To Believe* . . . p. 42

With permission, *Alcoholics Anonymous World Services, Inc.*

*Continued pg.1*

result of unbearable conflict and anxiety, that makes itself evident when he rejects society as a whole, both when drinking and not drinking. This is associated with a feeling that he does not fit, exactly, into society.

DEPENDENCE on other persons exists in some form in all alcoholics.

These personality traits, then, all contribute to the mental make-up of the alcoholic. These same mental traits also contribute to make the alcoholic drink. Since these are the things about the alcoholic that make it such that he is unable to resist, or refrain from, the first drink, it stands to reason that his sobriety must depend upon doing something about these characteristics. Before we consider recovery, however, let us consider the physical aspects of this disease.

*Chicago Area Service Office C-9*

To All A.A. Groups in Lorain County:

Russ Walker, Craig Warren, Judy Sexton, and Donna Lawson will be attending the Groups in their Districts Signing up the Groups that haven't Registered with the General Service Office. Also they will assist your Group in making any changes, in Address, New General Service Representative(GSR). When they come to your meeting please assist them in getting this information. Thank You Lorain Multi-District

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. (Nov. 5th., 2006)

The Lorain Central Office 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, Get Active) (Nov. 5th., 2006)

Lorain Central Office 50/50 Raffle Winner: Roger Ward \$112.50. Just another way you can Help support the Central Office. Buy a TICKET from any Advisory Board Member.

Items on Sale at Lorain Central Office:

Auto Visor Clips\*\*New Throws\*\*Calendar Books\*\*Beverage Cups\*\*Double Book Covers for Your Big Book & 12X12\*\*Bumper Stickers\*\*Anniversary and Recovery Coins. Come in Soon, do your Christmas Shopping at the Lorain Central Office!

"In Memory"

*Morris Cheapen long time member of A A, and the New London Saturday night group past away Sept. 15, 2006. He will be loved and missed, our prayers go out to his family and friends. May God Bless and Welcome him Home.*

Christmas Party Meeting: Oct 15th. Meeting at Central Office 12:00 PM all volunteers please attend.

Advisory Board Meeting: The meeting will be held at 6:30 PM on the 3rd. Thursday of the month, at the Central Office. (Oct. 19th., 2006)

*• The Word of God Is Power Over Fear •*

Concepts 10: Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined.

Step 10: Continued to take personal inventory and when we were wrong promptly admitted it.

Promise 10: Fear of people and of economic insecurity will leave us.

Tradition 10: Alcoholics Anonymous has no opinion on outside issues; hence the A.A. Name ought never be drawn into public controversy.

• *List Your Anniversaries* •  
*Oct 4 Bill Jackson 3 years*  
*Oct. 7th. Joe Lenochan 34yrs*  
*Oct 21 Caroline Jackson-Smith 18*  
*years*  
*Oct. 23rd. Jim Parks 2yr.*  
*Oct. 24th. Bill Agee 18yrs.*

*Let Go Let God*

**MOVED To:**

Sheffield Lake Wed. Night(O) is now on Mon. 8:00 PM., 603 Sunset and Reichleu, Sheffield

Ford Local 425 Tues. is now on Tues. 10:30 AM., at YMCA 320 Aldrich Dr., Vermilion 1st meeting Oct. 3rd.

**NEW MEETING:**

**Sister's of Sobriety**(CW) Wed. 7:30 PM., First Merit Bank 35621 Center Ridge Rd., N Ridgeville (NS)

**CANCELLED:**

**Open Disc.**(O) Thurs. 10:30 AM., Salvation Army W. Broad St., Elyria  
**TGIF** (O) Fri. 11:00 AM., Salvation Army W. Broad St., Elyria

**FATHER MARTIN MONTH**

AT: LORAIN CENTRAL OFFICE  
 577 BROADWAY AVE.,  
 LORAIN  
 TIME 1:00 P.M.

OCT. 7th. "CHALK TALK ON ALCOHOL REVISED"  
OCT. 28th. "THE TWELVE STEPS"

**Thursday Night Group**

Presents:

**Halloween Party**

St. John's Hall  
 Homewood and Route 57

Sat. October 14th.

6:00 PM until Midnight

DJ Big Daddy  
 Great Family Fun!!

Tickets \$5.00

At the Door \$7.00

Children under 12 Free

Food, Treats, Raffle,

Door Prizes, Big Cash

Prizes for Costume

Contact: Tommy O. 315-8600

Pat West 258-9449

**9th Annual "Fall In Sobriety"**

Women's Mini-Convention  
 Saturday, October 14th, 2006  
 9 am until 3:00 pm

Tickets - \$15.00

Held at: Rosewood Place

4493 Oberlin Avenue

Lorain, OH 44053

A Continental Breakfast & Luncheon will be Served Panel Speakers, Lead Speaker, Raffles & Lots of Recovery  
*Please Note: This will be non-smoking*

Contact by Phone or email:

Becky V. (440) 324-5064

vaught@alltel.net

Linda S. (440) 323-9217

diamonds@bright.net

Kathy C. (440) 365-1925

kcurrence1@yahoo.com

Registration Deadline:

Saturday October 8th, 2006

Make Checks Payable & Mail to:

Thursday Elyria Woman's

Sobriety Group

820 Hollywood Drive

Elyria, OH 44035

*In God We Trust, Seek and Ye Shall Find*

The Board of Trustees of

**Compass House, Inc.**

Proudly Presents...

(Our Fifth Annual)

**"Twelve Step Day"**

*DeLuca's Place in the Park, Lorain, Ohio*

9:30 AM. Saturday, November 11, 2006

Lead Speaker - Tom I.

From Aberdeen, North Carolina

Call for tickets @ \$25.00 per person (in advance or at the door)

Sponsor those that cannot afford this cost, or...

all other cash, check, credit card donations are also accepted.

All Proceeds to benefit Compass House, Inc.

Phone 440.246.5111

Mastercard & Visa Accepted

www.compass-house.org

**Fall Dance**

November 4, 2006

7:00 p.m. til midnight

Holly Hall

318 West Ave.

Elyria OH

Donations: \$5.00

Food

Music by: Rhythm Master



Area 54 NE Ohio

General Service

**GRATITUDE SUNDAY**

Sunday, November 19, 2006

*THE RECOVERY IS IN THE SHARING!*

MERCY MEDICAL CENTER

Mercy Hall

1320 Mercy Dr NW,

Canton, Ohio

Doors Open at 1:00 PM

Dinner at 2:00 PM

Speaker at 3:00 PM

AL J., Past Delegate Area 54

HOSTED BY DISTRICT 15

**COME SHARE RECOVERY**

**WITH US!**

Please bring a Covered dish to share with others.

## Committee Chairs

### Unity LiveWire

Russ Walker.....	327-1308
*e mail russ8859@aol.com	
Jim Parks.....	385-5687
*e mail parksphoto@adelphia.net	

### Archives Committee

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

### Schools

Ellen B.....	322-5306
e mail irishmimi1@comcast.net	

## Correctional Committee

DCM.Russ Walker.....	327-1308
e mail russ8859@aol.com	
Maureen Leach.....	967-6305
Coretta Farley.....	308-1714

## District Committee

District #19a (Sheffield Lake, Avon Lake, Sheffield, Avon, N.Ridgeville, Eaton, Columbia, Grafton Meetings)

DCM.Russ Walker.....	327-1308
e mail russ8859@aol.com	

District #19b (Lorain City Meetings and some in Vermilion)

DCM.Craig Warren.....	cell# 440 989-2786
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District #20c (LaGrange, Penfield, Brownhelm Tnsp., Amherst, Henrietta Tnsp., S. Amherst, Kipton, Oberlin, Camden Twp., Pittsfield Twp., Brithton Twp., Wellington Meetings)

DCM.Donna Lawson.....	cell# 440 574-3464
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District #20b (All Meetings at ARID Club)

DCM.Judy Sexton.....	322-2619
Alt.Marilyn Oliver.....	284-9834

District #20a Vacant. (All of Elyria City Meetings and Carlisle)

## Board Of Directors

Co-Chairperson	Terri Poznako.....	225-6897
Co-Chairperson	Tom Ortiz.....	315-8600
Treasurer	Bill Post.....	933-4153
Secretary	Bob Paton.....	965-7786
Office Managers	George Schmidt.....	288-8935
	Sam Hensley.....	288-4942

## Advisory Board Members

Tom Coughlin.....	315-6846
Russ Walker.....	327-1308
Tom Banks.....	309-3226
Troy Smith.....	365-9018
Donna Lawson.....	574-3464
Charlie Crawford.....	988-7061

\*To submit information for the news letter please contact: **Russ Walker** or **Jim Parks** via: Call, \*email or leave the information at the **Central Office** before the **25th.** of each month.

## Financial Report

Listed below are the Profit & Loss spread sheet, the group donations and the rents for the month of August, 2006.

Expenses		Donations	
1. Rent	\$ 650.00	1.....	708.19
2. All Service Telephone	122.63	2.....	1,204.05
3. Columbia Gas	438.00	3.....	638.47
4. Ohio Edison	145.70	4.....	578.00
5. Century Telephone	119.81	5.....	300.66
6. House Manager's	1,448.35		\$ 3,429.37
7. PayCor Fee	53.41		
8. Live Wire Printing	25.00	<b>Donations</b>	\$ 3,429.37
9. Windstream Yellow Pgs.	18.30	<b>Expenses</b>	\$ 3,353.98
10. Petty Cash	70.00	<b>Gain</b>	\$ 75.39
11. Janitorial Supplies	262.78	<b>Bill W. Picnic</b>	\$ 436.00
		<b>Total.....</b>	<b>\$ 511.39</b>
	<b>\$ 3,353.98</b>		

### Friends of Bill W. Picnic

Receipts	\$725.44
Expenses	\$289.44
Profit	\$436.00

## Donations for the month of August, 2006

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

1. Blue Monday	23. Strength In Sobriety
2. Vermilion Tuesday	24. Blue Monday
3. Vermilion 12 & 12 Disc.	25. Wellington Friday Group
4. Monday Night Lorain	26. Tuesday Night Central
5. Tuesday Central	27. Mid-Week Morning Disc.
6. Rainbow Group	28. Serenity Hall St Lads
7. Serenity Hall St Lads	29. Wednesday Industrial
8. Vermilion Mon. Night	30. Amherst Saturday Group
9. Elyria Friday Night	31. Monday Night LaGrange
10. Serenity Hall St Lads	32. Blue Monday
11. Grafton Wed. Night	33. Wellington Thursday Night
12. Oberlin Breakfast Group	34. Lorain Wednesday Night
13. Oberlin Breakfast Group	35. Tuesday Central
14. Oberlin Group Thurs. Night	36. Serenity Hall St Lads
15. LaGrange Sobriety	37. S.O.S.
16. Lorain County 50/50 Raffle	38. Oberlin Sat. Conscious Contact
17. Blue Monday	39. Thursday Women's Disc.
18. Monday Happy Hour	40. Lorain Monday
19. Tuesday Central	41. Tuesday Night Central
20. Oberlin Women's Closed Group	42. S.I.O.G.A.
21. Mid-Week Morning Disc.	43. Serenity Hall St Lads
22. Tuesday Elyria Women's Disc.	

### Phone Line Report:

for the month of Sept., 2006

12 Step Calls...	31
Sponsorship....	11
Al-A-Non.....	9
Meeting Info...	160
General Info....	69
<b>Total:.....</b>	<b>280</b>

### Rents:

for the month of August, 2006

1. Tuesday Central
2. Blue Monday
3. Friday Men's Discussion
4. Monday Happy Hour
5. Strength In Sobriety
6. Tuesday We Care
7. Blue Monday
8. S.O.S. Sunday Unity
9. Friday Morning Survivors
10. Unity Hall Discussion

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*One  
Day  
At  
A  
Time*  
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