

October

Unity LiveWire

2010

“Easy Does It”

• area54.org •
aaloraincounty.org

710 Broadway Avenue Lorain, Ohio 44052

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

“First Things First”

• aa.org •
aaloraincounty.org

Step Ten and a Daily Inventory

Once we have completed the first nine steps (at least for the first time), we are ready to begin living life. We know more about ourselves than ever before and have done whatever we could to face up to the wreckage of our past through amends.

I have come to love Step Ten because every time I am in a step meeting and ten is the focus, I learn more and more about it. Step Ten is private. It is between you and your Higher Power. Step Ten, like many of the steps, has a promise. This promise reveals to us one of the most miraculous discoveries of recovery and that is “we have ceased fighting anything or anyone—even alcohol. For by this time sanity will have been returned. We will seldom be interested in liquor. If tempted, we will recoil from it as from a hot flame.” (Big Book of Alcoholics Anonymous, p. 84)

If we were not aware at that point in our recovery that the obsession had been lifted, this might serve as a reminder. I don’t believe that this means we never think of it but the obsession is gone. Do you remember the obsession? How your entire day revolved around drinking or the thought of when you could have the next drink? I remember clearly and the thought can still makes me anxious. When the realization that we are free of the obsession hits us, we breathe a sign of relief and say prayers of gratitude. Many of us may be rid of the obsession to drink before Step Ten but we are reminded of this freedom at this time.

We must be careful, though, because this is also where we are told that “we are not cured of alcoholism”. We absolutely must maintain our sobriety and the only way we can do this is by the maintenance of our spiritual condition. Step Ten is the first of the three maintenance steps and what gives us the “daily reprieve” from our addiction.

The nature of Step Ten is not something only suggested in 12 Step Recovery Programs. This type of conscience examining is recommended by both religious and spiritual folk and has been for many ages. Our old behavior was never an examination of ourselves but all of the other people we had encountered that day. Usually they did something to us and now we were angry. How often did we lie in bed thinking of the day’s events and taking everyone else’s inventory? Today we examine our own behavior for the day. Were we honest, kind, helpful? If not, did we say or do anything that would harm another? We have stopped blaming everyone else and have taken responsibility for our own behavior. If we must make an amend we do so as soon as possible as the Step suggests.

Do you know what I have noticed about myself and what others share? That by the time we get to this step and have been honest with ourselves, we don’t even have to wait until evening time (as suggested) to take personal inventory. We know immediately when we have said or done the wrong thing and we do everything in our power to apologize before too much time has passed. We grow up a lot in recovery and thank God we begin to understand that hurting others, even accidentally, is not something conducive to happiness. It really is the old “do unto others....” that most of have heard since we were children.

When we take personal inventory, it does not mean that we have had to say or do anything to another person. Perhaps we did not give our employer a solid workday; maybe we had jealous thoughts; maybe we had an opportunity to help someone but we ignored the chance. These are not situations that require an apology to anyone but can be as detrimental to our sobriety and spiritual condition as anything else. Sometimes what I think is much more dangerous than what I say or do. Those sorts of thoughts or non-actions can build and if we cannot rid ourselves of them, there is little chance for peace and serenity.

Step Ten isn’t all about looking at our “dark” side. The “Twelve Steps and Twelve Traditions” of Alcoholics Anonymous tell us Step Ten should be a balance sheet of both good and not so good. Surely we do good things every day and we should acknowledge them to ourselves and in prayers of gratitude. It is true that there are times when the good things we do are not done for the right reasons. Giving unsolicited advice to someone is not helpful but is more like being critical. If we are not asked for our advice, why should we be so righteous and all-knowing that we tell someone else what he/she should do? Or perhaps we volunteer for something so that people will admire us. I understand now the difference between self-seeking and real service and I have come to terms with how many times in the past it was all about me. This step has taught me how to give of myself without expectations of any type. What we can also do in Step Ten is look at our day and ask ourselves, “What could I have done different?” It doesn’t mean we did anything wrong but when we review our words and actions we can see that maybe a situation would have reaped better results for all involved.

(continued on next page)

**Friday Night
Sobriety Group****8:00 PM**

First Merit Bank
106 Center St.,
Lagrange
1st Bill P
8th Matt N
15th Dan Wells
22nd Kevin M
29th Bob Yesko

Monday Night**Lorain****7:30 PM**

Zion Lutheran
Church
5100 Ashland Ave.
4th. Don F.
11th. Glen D.
18th. Rae G.
25th. Mike S.

**Midnight Elyria
Group****12:00 AM**

St. Mary's Church
4th & Middle Ave.
2nd. A.J.
9th. Nyle C.
16th. Coretta F.
23rd. Chip B.
30th. Steve R.
(free dinner)

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 Winner: Wayne W., \$75.50 sold by Smiley Joe. Just another way that you can Help support the Lorain Inter-Group. Buy a TICKET. Be A Winner.

The Intergroup office has old wooden chairs available for anyone interested. Please contact the office managers for more information.

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: AA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

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

THE CIRCLE AND THE TRIANGLE

The circle stands for the whole world of A.A., and the triangle stands for A.A.'s Three Legacies of Recovery, Unity, and Service. Within our wonderful new world, we have found freedom from our fatal obsession.

(A.A. COMES OF AGE, p. 139)

**St. Mary's
Sunday Night
Sobriety****7:00 PM**

St. Mary's Church
4th & Middle Ave.
3rd James
10th Tamara O.
17th Chris P.
24th Steven S.
(1st anniversary)
31st Pat

**Fri. Night
Faith Group****11:00 PM**

1741 N Ridge Rd.
Sheffield Village
1st. Discussion
8th. James T.
15th. Trinidad M.
22nd. Bobbi M.
29th. Big Book
Discussion

**Friday Night
Amherst****7:30 PM**

Church of the
Nazarene
Cooper Foster Park
Rd.
1st Jim B.
8th Paul W.
15th Amy C.
22nd Trini
29th Terry G.

**Friday Nite
Haven****7:00 PM**

Haven Center
1536 E. 30th St.,
Lorain
1st. Felix S.
8th. John S.
15th. Sandy W.
22nd. Rhonda A.
29th. Johnie M.

*But
for the
Grace
of God*

**Avon Tues.
Night 'The
Barn'****8:30 PM**

Methodist Church
37711 Detroit Rd.
5th Tim Tousley
12th Virgil Wade
19th Amy White
26th Sober
Alcoholic

- Oct. Anniversary •
- 4th. Josh G. 1 yr.
- 6th. Katie B. 1 yr.
- 9th. Eric L. 2 yrs.
- 10th. Lakeisha B. 2 yrs.
- 13th. Nora M. 10 yrs.
- 13th. Sandy W. 15 yrs.
- 15th. Shawn M. 11 yrs.
- 21st. John J. 7 yrs.
- 26th Theresa B. 3 yrs.
- 28th. Amy 2 yrs.
- 28th. Sarah H. 2 yrs.
- 28th Terry H. 2 yrs.

*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 AI-Anon meetings, please contact the Intergroup office at 440-246-1800.

(continued from page 1)

The steps are in an order for a reason but there is no reason why anyone can't review their day no matter where they are in the recovery process. Even the newcomer to recovery can begin this type of inventory providing any apologies necessary are only apologies and not Step Nine amends. No one has to teach us how to do this. This is nothing more than a nightly chat with your Higher Power. If you are not in the habit of taking Step Ten at night, I suggest you try it. Talking to God right before sleep gives us peace that we might have searched for all day. Sweet dreams!

Kathy L., editor

(http://www.bellaonline.org/articles/art64002.asp)

2009 Children's Christmas Party

Schedule of events :

- Sept. 19 - Meeting at central office 12:00 pm
- Oct. 17 - Meeting at central office 12:00 pm
- Nov. 28 - return raffle tickets and money at central office 12:00 pm
- Nov. 30 - last day ticket request form returned to Troy
- Dec. 3 - dance at St. Anthony
- Dec. 5 -pick up children's tickets after central office meeting
- Dec. 5 -go to Sam's Club
- Dec. 12-stocking stuffing 1:00 pm
15704 Ttrinter, Vermilion, OH.
- Dec. 13-order pizza

Dec.19-Christmas Party

- 9:00 am -15704 Trinter for transporting
- 10:00 am -set up at St. John's hall
- 12:00 pm-costume people at hall
- 1:00 pm-party starts
- 4:00 pm-clean up start
- 5:00 pm-transport stuff back to 15704 Trinter

Halloween Party

ARID Fellowship Club
1741 N. Ridge Rd.
Sheffield Township

Saturday, October 23rd

7pm - 12 midnight

Tickets \$5.00/person

\$7.00/couple

Children under 12 are Free

DJ Long John

Best adult & kids costume contest

Pumpkin carving contest

(pick up your pumpkin a week ahead)

Food, 50/50 & Chinese Raffle

Phone Line Report:

Month of Sept, 2010

12 Step Calls.....	8
Sponsorship.....	4
Al-A-Non.....	4
Meeting Info.....	106
General Info.....	72
Phone Service.....	144
Total:.....	338

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I pray I may continue:
To grow in understanding and effectiveness;
To take daily spot check inventories of myself;
To correct mistakes when I make them;
To take responsibility for my actions;
To be ever aware of my negative and self-defeating attitudes and behaviors;
To keep my willfulness in check;
To always remember I need Your help;
To keep love and tolerance of others as my code;
And to continue in daily prayer how I can best serve You, my Higher Power.



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.

The Promises are a result; not a right.

Tenth Step Prayer

Halloween Party

St. John's Hall

Rt 57 & Homewood

Saturday, October 30th

7pm - 12 midnight

Tickets \$5.00 in Advance

\$6.00 at the door

Children under 12 are Free

50/50 Raffle

Best Costume

For tickets call: Tommy Ortiz

440-315-8600

Easy Does It

****26th Anniversary****

Amherst Thursday

Oct. 14, 2010

7:00 pm Dinner

8:00 pm Lead

255 Park Ave.

(at the old Post Office)

Lead: Tamara Oliver

Food * Fun * Fellowship

Covered dish is appreciated

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

Monday Night Lorain

7:30 PM

Zion Lutheran Church

5100 Ashland 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.

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

Young Peoples Committee

John Flores.....440 308-5421

Picnic Committee

Art C.....440 773-9474
 Sue Koons.....440 309-0491

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. Judy Sexton.440 322-2619
 Alt. DCM Patty McMullen.....440 365-3778**

**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., BrightonTnsp., 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 August, 2010.

Expenses

1.Rent	\$650.00
2.Columbia Gas	\$193.00
3. All Service Telecommunications	\$152.03
4.Ohio Edison 710 Broadway	\$222.42
5. Time Warner	\$90.57
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. Janitor Supplies 41/3 Cs. Hand Towels	\$216.00
2 Cases Toilet Tissue	
	<hr/>
	\$3,253.61

**Donations/Rents
By Week**

1.....	\$2,276.09
2.....	\$616.97
3.....	\$512.99
4.....	\$312.02
5.....	\$14.25
	<hr/>
	\$3,732.32

Month of August 2010

Donations/Rents	\$3,732.32
Coca Cola Sales	\$0.00
Total Income	\$3,732.32
Expenses	\$3,253.61
	<hr/>

Total Gain August, 2010 \$478.71

Rents: Month of August, 2010

1. Blue Monday
2. Mid Week Morning discussion
3. Serenity Hall
4. Sharing Our Sobriety
5. Spanish American
6. Strength In Sobriety
7. Tuesday Night Central
8. We Care Tuesday

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 Night | 19. Lorain Inter-Group 50/50 Raffle |
| 2. Amherst Who Me | 20. Memory Donation |
| 3. Attitude of Gratitude | 21. Mid Week Morning discussion |
| 4. Back To Basics Discussion | 22. Monday Night Lorain |
| 5. Birmingham Twilight | 23. New Life Women's Discussion |
| 6. Blue Monday | 24. North Ridgeville 1st Step |
| 7. Compass Group | 25. North Ridgeville Men's |
| 8. Conscious Contact Group | 26. North Ridgeville Women's Group |
| 9. Early Morning Discussion | 27. Oberlin Breakfast Group |
| 10. Elyria Friday Night | 28. Oberlin Group |
| 11. Elyria Men's Stag | 29. Sheffield Lake Civic Center Group |
| 12. Elyria Monday Closed Discussion | 30. St. Agnes Thursday Night |
| 13. Elyria New Way of Life | 31. St. Mary's Sunday Night Sobriety |
| 14. Elyria Women's Discussion | 32. Stepping Into Sobriety |
| 15. Friday Morning Survivor | 33. Strength in Sobriety |
| 16. Friday Night Amherst | 34. Sunday Night Sobriety |
| 17. Friday Night Faith Group | 35. Tuesday Morning Discussion |
| 18. Grafton Wednesday Night | 36. Vermilion 12 X 12 Discussion |
| | 37. Vermilion Discussion |

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
Bill Jackson.....	935-3251
Nikki Lustek.....	409-2136
Donna Lawson	574-3464
Alan Revercomb.....	541-2473
Vicki Tomlinson.....	225-1314
Greg Hayes.....	371-3835
Rich Yowler.....	477-1019