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SERVING HOLMES, MEDINA, PORTAGE, SUMMIT, WAYNE COUNTIES

RESOLVED

Step One

*We admitted we
were powerless
over alcohol -
that our lives
had become
unmanageable.*

Tradition One

*Our common
welfare should
come first,
personal recovery
depends upon
A.A. unity.*

Concept One

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

By Jeff A, Keep the Focus

At the beginning of the year, many people make New Year's resolutions. Some for instance resolve to drink less coffee. I love coffee and it is one of the primary reasons I attend AA meetings. My wife doesn't like me drinking coffee so I have coffee hidden all over the house. Doesn't that sound silly? But when I was drinking, it didn't sound silly for me to hide booze all over the house. I've heard leads talk about finding some of their stash years after getting sober. We alcoholics are sneaky but not so good at remembering.

So the first resolution we ALL have to make is to not have one drink all year. Without keeping that resolution one day at a time no other resolution will matter. It's only a matter of life or death. We need to keep any resolutions like that; one day at a time. There's no other way. One year after almost dying from COVID, I have a lot of doctor visits. Heart, lungs, throat ... you name it; they're watching it. I can get pretty apprehensive about it if I don't do it one day at a time. "No doctor appointments today? Oh good. Let's go to a movie." They say that retirement is that thing that happens between doctor appointments. You can get nervous too if you start thinking about not drinking tomorrow. Keep your focus on today.

But let's take a look at those resolutions. Many people have, I believe, two problems with their resolutions. The first is they don't contain goals that are clear and attainable. That way you can track your effectiveness and feel you've accomplished something. For instance in the coffee example maybe the first goal is not having coffee after noon and the second goal is not having coffee after 10 a.m. Sound familiar? We all tried that to stop drinking but it rarely works with alcoholism. But it may work with coffee. The point is you need to set intermediate goals. Rome wasn't built in a day. Of course they didn't have Red Bull back then.

**MAKE SOBRIETY
YOUR NEW YEARS
RESOLUTION!**



(Continued on page 3)

HONESTY + PURITY + UNSELFISHNESS + LOVE



FROM JACK B, IGNEWS CHAIRPERSON

IGNews Committee

Hello Fellow Readers,

I have always associated January and New Years as a time to start over, refresh, re-energize, start something new or give something up. Kind of a grace period to be a slacker or procrastinate. I am working on it or thinking about it. Some of you may or can identify.

Since I have been in the Fellowship of Alcoholics Anonymous, I have learned that I have the ability and prerogative to start over, refresh, feel sorry for myself, procrastinate, or give something up every day if need be. It is completely up to me and my current situation, or spiritual condition. The concept or principle of living one day at a time or one moment at a time can be quite a relief, at least for this alcoholic. It allows me to put less pressure on myself and simply to try and do the very best I can in every situation, every day.

Please enjoy this month's articles about Step One and resolutions. Be a little less hard on yourselves. Trust in your Higher Power and reach out to those around you. God Bless!

AKRON INTERGROUP NEWS

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Contributions from our readers are encouraged!

Submissions are edited for space and clarity ONLY. Contact information is required and anonymity is respected.
In keeping with our goal of being self-supporting, your subscription is appreciated.

Akron InterGroup News Statement of Purpose

The **Akron InterGroup News**, as a standing committee of the Akron Intergroup Council of Alcoholics Anonymous, is bound by the Twelve Traditions and the Twelve Concepts. Our primary purpose is the same as any AA group: to carry the AA message to the still suffering alcoholic. Our secondary purpose is to keep the Akron Intergroup area of Holmes, Medina, Portage, Summit & Wayne counties informed as to events, meeting changes, Council decisions, and other news of interest to AAs in the Akron area.

As a newsletter and voice of and for the AA community, we have an additional purpose. We provide a forum for the broad spectrum of views held by our members. A controversial subject, as long as it does not concern an out-side issue and involves principles and not personalities, will be considered for

publication. At times, the committee must walk a tightrope in making decisions on what is printed and what is not. As a general guideline, any letter or article that is of interest to members of AA and in good taste, is worthy of publication. However, an article or letter that advocates ignoring or violating the Traditions, Concepts or General Service Conference actions will not be considered for publication. Our Higher Power guides us through our Group conscience.

"No AA group or member should ever, in such a way as to implicate AA, express any opinion on outside controversial issues particularly those of politics, alcohol reform, or sectarian religion. The Alcoholics Anonymous groups oppose no one. Concerning such matters they can express no views whatsoever."

— Tradition Ten, Long Form

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The other problem is many people make resolutions of the negative. "I will not ...". This year let's make a positive resolution for every negative one we make. You can have more than one you know. So if you resolve to lose five pounds a month, also resolve to attend an AA meeting at least once a week. Or maybe several meetings a week. Pick a number. Or if you resolve to workout every day also resolve to search out someone to be kind to every day. That is a good habit to get into. Maybe a neighbor you see struggling or just a nice smile in a checkout line. Keep a log of your progress recording what you did. Progress not perfection is the main goal.

Resolutions can be fun and make you feel like you're accomplishing something. They can also make you feel like a failure. So set goals but keep them attainable. And whatever you do, always keep that primary resolution not to drink. If you don't keep that resolution, nothing else will matter.

TRADITION

In the stage play "Fiddler On The Roof," Tevye, who's the main character says without tradition, life would be like a fiddler on the roof. And so it is with AA. If not for our Traditions, it would be very difficult, if not impossible, for AA to function. At the same time, they are Traditions not laws. Nobody is going to be expelled for breaking a Tradition. But they are how we should operate in AA. If we don't follow them, we and the program could be in jeopardy. But one of the barriers to holding to the Traditions, is not understanding them. So this year, I'll write about a different Tradition every month. I'm not Dr. Big Book or anything. Just one alcoholic's thoughts.

The first Tradition is "Our common welfare should come first; personal recovery depends upon AA unity." It means we put the common welfare first but there cannot be anarchy. That fellowship could never survive. Whether it's

*Our first Tradition is
"Our common welfare
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personal recovery
depends upon AA unity."*

*Progress,
not
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a Big Book study, long lead, mini lead, men's group, women's group ... that's up to the Group to decide. But it's unity within the Group, not the decisions of the individual that is needed. This is not to say an individual cannot express their God given gifts. Far from it. If one person has the gift of leadership, let them express it. If another person has experience, let them share it. If another has the gift of, er, writing, (thanks for the opportunity). The point is that these gifts need to be in service to the Group.

Besides, diversity is absolutely necessary. If everybody thought, spoke, and acted the same, life would indeed be boring. I have gone to meetings that are Big Book studies, (my personal favorite), mini leads, full leads and even an "As Bill Sees It" book study. Some are men's groups, and some are for men and women, and I know there are women's groups. For me, it would be boring if they were all the same. I mean, sure, I would get something out of the different people in each group, but I do like the variety of formats.

Another reason for unity is for our own recovery. We have a common list of suggested Steps for recovery. The person that says AA didn't work for me is really saying I didn't work AA. The Steps must be followed in the intended order to obtain the benefits. That is another side of the unity issue. Without our Program we become a social club and lose our Promises. I love the people in my Groups but there has to be a unity of purpose. There has been since the beginning.

ALWAYS A RESOLUTION, NEVER A DECISION

By Joyce B, Afternoon Alkies

I am very impressed and proud of the IGNEWS committee for the December's issue and its new design. Thank you for all your hard work and inspiration.

Many times when faced with a project or problem, making a decision is more important than planning for long term behavior changes.

Taking action to tackle any one of these produces progress more so than thinking about them. In fact, nothing gets done in my life until ACTION is taken. Exercising, keeping a tidy house, always being available to the newcomer, and keeping emotional balance would never have happened for me unless the actions of the Step work had not preceded.

These things are something I have been wanting to include in my daily activity for a long while. Yet, none would have come to fruition without following a few simple suggestions about commitments to and for Alcoholics Anonymous' simple program's legitimate suggestions and requests. Such as: going to meetings no matter what, asking for help no matter what, getting and giving out phone numbers no matter what, calling such phone numbers and asking them how they are doing no matter what. These activities help me to keep in the middle of AA activity and keep me feeling a part, instead of a part from. This can cause deep and useless morbid reflection which can diminish my usefulness and self-worth to a point of despair.

Helping others is the keynote to a healthy, sober lifestyle which I have come to thrive in, rely upon and enjoy. This is far from the past experiences of trying to arrange life to suit myself. My past is riddled and rich with consequences of my resolutions to do better, act better, think better and be better. Believing "if only I can figure this out, I could get out of my current mess" never worked.

Figuring out things using my mind, which has a rich history of being wrong and lying to me, is not a reliable source of the truth that will set me free. My feelings are also unreliable when it comes to the truth.

The truth is that taking actions which have proven results are more likely to give me the life I yearned for before I had the hope that my life could change for the better.

Action is the key

There are many suggestions in AA to take action. Actions which others who came before us have taken and received miraculous results. Results which have attracted many alcoholic people to this life saving and life altering program of recovery.



Only then am I open enough to see when God does for me what I was incapable of doing prior to these simple actions which made no sense to me that they would accomplish anything.

Saying prayers in the morning and thanking HIM at night, showing up for service commitments on a regular basis, doing the Steps by taking directions from a sponsor, being kind and friendly and saying yes to all legitimate AA requests are the many actions which lead to a life I could never have imagined.

Thanks to everyone who has helped me or especially those who have asked me for help. I could never had this life without you.

SHARING MY STRENGTH AND HOPE

By Shannon P, Early Bird Meditation

Hello and happy holidays to you. I wanted to share my strength and hope that the AA program has given me. Number one is rigorous honesty and if I can't be honest with myself then it will just keep me sick and keep me from growing from my past. If I hold on to my old ideas it will lead me back to a relapse and I do not have another recovery in me. I keep it simple and do service



ONE DAY

At A Time.

work and have a Home Group which is Early Bird Meditation on Brown St. to keep me accountable. The AA Program is a simple program, and it teaches me how to live one day at a time and to focus on the present moment. I have lived most of my life the wrong, unhealthy way and thought that it was manageable. I can't, He can, and I will let him, because I'm powerless over alcohol and other things.

Also I needed more than just AA. I also needed IOP, relapse prevention, mental health counseling, trauma therapy, and family counseling. I



DON'T QUIT

Before The Miracle Happens.

know I need all this for myself in order to get better. The AA Program is my meditation and without it I wouldn't be able to live my life the right way.

To my sober support, my sponsor, everybody in the rooms of AA, I'm so grateful for all of you for helping me love myself again. I can be the mom, sister, daughter, and friend I need to be. I'm grateful for my family for being in my life even after all I put them through. I know my purpose on this earth today and it is to help others

out there and to help them love themselves again. When your broken and you feel there is nowhere else to turn just pray to your Higher Power. Let go and let God. And, just don't quit before the miracle happens.

Remember the first drink is the cursed drink. And the devil visits familiar territories. When thoughts do come to want to drink, I pick up the phone and call sober support, or read the Big Book. I don't ever want to forget how I got here so I play the tape all the way through, and I look at the bigger picture. For me it's hard to pull myself back up out of that deep hole that I kept falling in. Stay while you are here! Happy New Year!



LET GO

And Let God.



STAY

While You Are Here.

“Most people feel more secure on the twenty-four-hour basis than they do in the resolution that they will never drink again. Most of them have broken too many resolutions. It’s really a matter of personal choice; every AA has the privilege of interpreting the program as he likes.”

- Bill W, Letter 1949



MONTH OF JANUARY AA HISTORICAL DATES

Submitted by Edd B, North Hill Men's Group

- 1915: Dr. Bob S married Anne Ripley.
- 1919: 18th amendment, "Prohibition," became law.
- 1938: Jim B., author of *The Vicious Cycle*, (former atheist) gave A.A. "God as we understand Him."
- 1938: New York AA split from the Oxford Group.
- 1939: First sale of Works Publishing Co. stock was recorded.
- 1940: First AA group was founded in Detroit, Michigan.
- 1940: First AA meeting not in a home meets at Kings School, Akron, Ohio.
- 1948: First AA meeting was held in Japan, English speaking.
- 1954: Hank P, author of *The Unbeliever* in the first edition of the Big Book, died in Pennington, New Jersey.
- 1971: Bill W, Co-founder of Alcoholics Anonymous, dies.

STEP ONE FOR BILL W

December 11, 1934, remains one of the important dates in AA history—the day Bill W. guzzled his last drink on route to Towns Hospital. But the events leading up to this fortunate event also provide important reflection.

On a *bleak day in November* (p. 8 Big Book) Ebby T carried his Oxford Group message of sobriety to Bill W who was extremely impressed, but the gin and pineapple juice cocktail on the kitchen table won the day. But Ebby visited again which ignited his curiosity enough to produce a visit to the Calvary Mission where Ebby was a resident. This was on **Friday, December 7**. However, Bill drank on the way and began a drunken "testimony" from the podium.

Bill spent **Saturday and Sunday, December 8 and 9** in his bedroom tapering off. Amazingly Bill then, temporarily, lost all desire to drink, however, he came home roaring drunk on **Monday, December 10**. This provoked an argument with his wife, Lois who angrily lamented: "*You don't even have the decency to die! You're crazy! You're crazy!*" Upon which Bill picked up her small sewing machine and slammed it against the wall. Lois was, of course, terrified!

Bill rode the subways that night, panhandling funds for a bottle of booze. Just imagine! He came back home on Tuesday morning, **December 11** and when he noticed the damaged wall caused by his drinking episode, he fell into deep remorse. Recalling Ebby's success he left a note for Lois explaining he was off to Towns Hospital for yet another treatment. He had been treated there several times previously. The train fare from Brooklyn to South Manhattan was a nickel and, fortunately for us, Bill had six cents left. Then he espied a store where he still had credit and departed with four bottles of beer.

Bill arrived at Towns Hospital with a beer in one hand. He announced to his loyal physician, Dr. William Duncan Silkworth, that he had found an answer. This was Bill's final treatment at Towns Hospital. He never drank again!

Page 13 of the Big Book explains how, after Ebby's visit, Bill ingested the basic ingredients of what now constitutes our Twelve Steps. This was December 13, 1934, seven days after his first trip to Calvary Mission. Bill, on that day, had a sudden and profound spiritual experience (p 14 BB). If not for Bill's final surrender to Step One during those seven days in December, AA would not be here today.

- Bob S, Richmond, Indiana

STEP ONE: UNDERSTANDING ALCOHOLISM

The Road of Happy Destiny

By Rick R

How heart wrenching it is to see newcomers arrive in the meetings of Alcoholics Anonymous after losing families, friends, jobs, relationships, and hope. Then to watch them struggle through relapse after relapse while they see others around them building happy and resourceful lives. What makes them different from the rest of us? Why it is that all their efforts to make a happy life for themselves continue to fail? My heart goes out to them, and I am always trying to find a way to articulate things, in simple terms that the, so called newcomer, can understand.

My problems started long before I ever touched a drop of alcohol. I always felt different from the other (normal) kids, but I did not know it at the time. I thought they all felt like I did, but they did not. It may have been as simple as, how I reacted the first time I was humiliated in public, or when I was punished for doing something wrong and learned that it was easier to lie my way out of trouble. I will never know exactly why but I do know my mental makeup was different. Now, what can I do about it? On a scale of 1 to 10, let us say that I woke up each morning at an emotional level of 2, the normal person wakes up at an 8. When I took my first drink, and I went from a 2 to a 9, everything was right with the world. So, I thought. The Normy took a drink and went from an 8 to a 9. No big deal. The world had not changed but my perception of it had changed and with the euphoria I felt, I thought I had found the solution to my problem.

Later, I discovered that it only temporally masked the real problem, which was much deeper, and when, after a while, my tolerance for alcohol ran out. I completely lost control and, in time, lost almost everything that was meaningful in my life. I had unknowingly hit bottom and I had little choice but to try AA. "My name is Rick and I'm an alcoholic." Knowing that I was an alcoholic got me in to the Program, but knowing it, did not solve my problem. I started to have success in the Program when I came to understand the cause and effects of my core issues, such as low self-esteem, fear, guilt, neediness, unworthiness etc. and how they kept driving people away from me. I

had to understand that those symptoms were caused by my faulty self-perception and that my mind was lying to me. I had been at a level 2 since childhood, and that is my problem. Alcoholism is the symptom of my problem.

If I woke up this morning with amnesia, I would be just like everyone else, because I would not be dragging my past around with me in my head. Much of my surface behaviors failed, mainly because I was overcompensating for my feelings of inadequacy. My solutions have been to establish a pattern of behavior that is unselfish

in nature, consistent with the suggestions in the Big Book, and the 12&12, and practice them without fanfare. Tough order, I know. But by doing this, with patience, in time, others noticed the change, and before too long I was receiving more than my share of affirmations. If you can understand that you are not responsible for being emotionally diverted as a child and for the alcoholism that resulted from it, you can move forward. You contracted a disease and, with this understanding of its cause and effect, you can draw a line in the sand and start the recovery process today. You can join us on the road of happy destiny. We will be waiting for you.



BRINGING MEETINGS TO WOMEN AT A LOCAL JAIL HAS GIVEN NEW MEANING TO HER SOBRIETY

Stephanie P, St Louis, MO

I was never a big fan of New Year's resolutions. If I made them, they were general and half-hearted. But in January of 2016, I was coming off a hard year and I decided I needed to make some positive steps.

At that time, I had more than two years of sobriety, a part-time job and three young children. I did not want to commit to sponsorship, but the idea of service appealed to me greatly. So I set off to investigate service opportunities in the program and was put in touch with the woman who headed the AA women's corrections program at the county jail. She had an open spot on the rotation.

I went through the orientation process and took my first meeting to the jail a few months later (we worked in pairs). I was nervous the first time I went in, not knowing what to expect. It was intimidating until I was actually in the meeting place and could share my experience, strength and hope just like I would at any other AA meeting.

I soon grew more and more comfortable with each meeting. The women in the jail might seem different at first, but they were the same as me—alcoholics. The meetings "inside" were a lot like my AA meetings outside. When we shared with one another we looked for our similarities, not our differences.

Then one day after having attended about five of these meetings, I held my first one alone (and it wasn't by choice, let me tell you). I showed up at the room where I

typically met my AA partner for the meeting. I waited and waited until it became clear she wasn't going to show. So with mounting anxiety, I gathered the AA materials and decided on the meeting format. A few minutes before the hour, I took the bin with the Big Books and started toward the room where the meeting is held. During my walk, I said to myself, You've got this...breathe...it'll be fine.

I arrived at the room and arranged the chairs in a nice circle, doing my calm deep breathing all the while. The first pod came, and it was sizable (bigger than my last group). Then the second pod came, making for quite a large group of women. I began following the chair format I had on a printout in my lap. I had enlisted a couple of the women to read "How It Works" and the statement on anonymity.

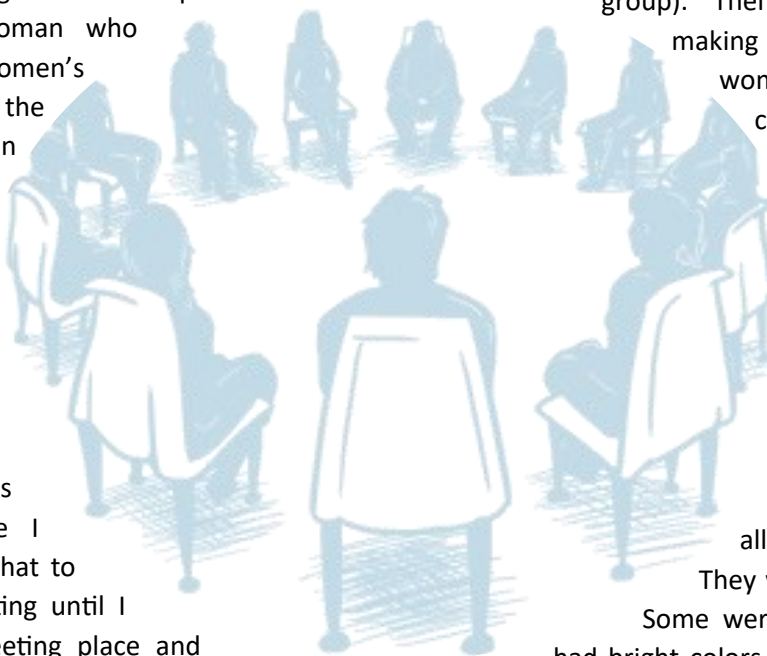
As they were reading, my breathing regulated and I was able to glance around at all these women sitting there.

They were alcoholics, just like me.

Some were young, some older, some had bright colors streaked in their hair. Some had tattoos. Some had a hard look on their face, and some looked like my mother or one of my aunts. Some looked just like me.

We then read from the Big Book (a selection I had chosen), and then I opened up the floor for everyone to share. An eager, youngish woman began and talked about not making it to her 8-year-old daughter's art show because she got drunk that afternoon. She said this disease made her do crazy things. Her mind told her that missing her daughter's program was a good idea. She ended her share with the powerful image of her daughter

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sitting, waiting all alone at the bottom of the school steps with her art certificate.

As I sat there listening, I recalled a similar example of my own insanity. At the pinnacle of my alcoholism, I was picking my two daughters up from their school. My toddler son, Gavin, was in his car seat in the van. I had been feeling extremely anxious that particular day and wanted nothing more than a drink. Gavin was obviously coming down with a stomach flu, as he had vomited about an hour beforehand. But my insanity told me he was fine, and I really needed to go to the store to get my vodka. This made good sense in my mind.

After the girls got in the car, I headed for the grocery store. I told them Mom needed to pick up “a few things.” Right before we pulled into a parking space in the lot, Gavin threw up everywhere, all over everything. My daughters were upset as I tried my best to inadequately clean the mess and told them it was no big deal.

“What do you need so bad from the store anyway, Mom?” Alicia asked. I don’t remember what I told her, but I opened the door and immediately made a dash inside the store to get my vodka.

Insanity. I knew it then, but I didn’t care because sobriety was not my goal; masking my feelings in that moment was.

This woman in jail who had missed her daughter’s art show was the same as me. We were both powerless over alcohol. And the only difference between these women and me was that I hadn’t gotten caught for any illegal behaviors yet.

There was a little bit of crosstalk and heated discussion because one woman stated that the program was a simple one. This upset another woman who exclaimed,

“It’s not simple. If it were simple, I wouldn’t be having such a hard time.”

That’s when I jumped in and shared that the basic principles of AA were indeed simple: going to meetings, getting a sponsor, following the Steps. I said that if we put the

same effort into sobriety as we did our drinking, we had a very good chance of staying sober. Simple concepts...but not always easy ones to carry out.

The buzzer sounded and I realized we had actually gone over our allowed hour. As the women moved toward the door, a few of them turned around to thank me.

“No, thank you, ladies,” I told them. “Thank you.”



Source: URL: <https://www.aagrapevine.org/magazine/2020/mar/thank-you-ladies>

“A REMARKABLE MISSION”

Nonalcoholic Class A Trustee Sister Judith Ann Karam first learned about Alcoholics Anonymous as a teenager living with her family in Cleveland, Ohio, and working as a part-time pharmacist at Rosary Hall Sanitarium, one of the earliest alcohol rehabilitation centers, located in Cleveland's St. Vincent Charity Hospital. Born to immigrant parents from Lebanon, at the age of seven Judith Ann lost her mother to leukemia soon after her younger brother was born. “This was a profound time for me,” Sister Judith Ann recalls. “I was able to pray and understand that my mother was with God. I had a sense that brought me into a spiritual realm, that I could connect with my mother by connecting with God.” Before long, she discovered the Sisters of Charity of St. Augustine, a religious order dedicated to serving the Diocese of Cleveland in health care, education and social services, and in 1964 she entered the order as a novice.

As a part of her responsibilities connected to the rehabilitation center, a young Sister Judith Ann delivered supplies and medications to Rosary Hall at St. Vincent Charity Hospital. In the early 1960s, sometimes this meant that the necessary “supplies” included fifths of whiskey for patients who were being weaned off alcohol. There, at Rosary Hall, Sister Judith Ann also witnessed the vision and attentive care of Sister Mary Ignatia Gavin, who worked with Dr. Bob to treat thousands of alcoholics and establish one of the first 14-day treatment programs within a general hospital. As many members of Alcoholics Anonymous know, Sister Ignatia is commonly referred to as the “Angel of Alcoholics Anonymous.”

“This is where I was introduced to alcohol rehabilitation,” says Sister Judith Ann about Rosary Hall. “I remember



Sister Judith Ann Karam (left), with G.S.O. Archivist Michelle Mirza (non-alcoholic).

seeing Sister Ignatia in the hallways and being very curious about her program.” She recalls the sister’s slight build and radiant smile, and noticed that when Sister Ignatia walked down the hallway she was never alone. “I saw how she lived in ministry with the hospital,” she recalls. Sister Judith Ann also recognized that at that time Sister Ignatia was a risk-taker for addressing a malady that was stigmatized by society.

“This is where my curiosity, understanding and love for the treatment of the alcoholic started.”

- Sister Judith Ann

“Even though I was young, I understood that Rosary Hall was very different from the other nursing units in other parts of the hospital. I saw how hard the sisters worked and helped people there,” adds Sister Judith Ann. “This is where my curiosity, understanding and love for the treatment of the alcoholic

started.” At the same time, the work and dedication of the sisters inspired her own spiritual journey: “It was all about learning about God and praying to God — and seeing how the sisters lived while being in service to God.”

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When she made the decision to enter the convent in 1964, Sister Judith Ann was asked what she might like to do. “I put two things down,” she explains. “A pharmacist or a nurse in Rosary Hall. They decided on the pharmacy for me, but Rosary Hall and addiction medicine has always been a part of this journey.” Sister Judith Ann continued her training in pharmacy and returned to St. Vincent Charity Hospital as a registered pharmacist. Her career in medicine and hospital administration grew and evolved significantly over the years: Sister Judith Ann helped to develop the first clinical pharmacy program in the city of Cleveland. She earned a higher degree in the administration of hospital and health systems, and went to serve as CEO of several Sisters of Charity Health System hospitals from 1998 to 2013. Currently, she serves as Chair and Public Juridic Person of the Sisters of Charity Health System and congregation leader of the Sisters of Charity of St. Augustine. Throughout all of her studies and leadership positions, community focused service has remained central to her work.

Because of her role as a leader of her religious order, Sister Judith Ann participated in many A.A.-related functions that celebrated the life and work of Sister Ignatia. “There was always a special religious service so that we could celebrate the gift that she gave to the Sisters of Charity — true love and help for the alcoholic,” says Sister Judith Ann. Because of this strong association, Sister Judith Ann was invited to the International Convention of Alcoholics Anonymous in Atlanta in 2015, when A.A. celebrated its 80th anniversary. She recalls the impact of witnessing thousands and thousands of recovering alcoholics gathered inside the expansive Georgia Dome. “It was overwhelming to see how many people had been impacted by Bill W., Dr. Bob and Sister Ignatia,” notes Sister Judith Ann.

Four years later, Greg T. — G.S.O.’s former general manager — went to Akron and together with Sister Judith Ann took a tour of St. Thomas Hospital, the Sisters of

Charity hospital where Sister Ignatia began her work with alcoholics. Greg and Sister Judith Ann went on to visit other famous A.A. sites, including Dr. Bob’s home and the lobby of the Mayflower Hotel, where Bill W. made his fateful call to Oxford Group member Henrietta Seiberling. “We were at Dr. Bob’s gravesite in the Mount Peace Cemetery when there was a call from the chair of the General Service Board, asking if I would accept an invitation to be on the board,” says Sister Judith Ann. “I was interviewed, and later elected by the 70th General Service Conference. It was such a tremendous honor.”

“I am so grateful to be among the dedicated individuals serving A.A. It’s a remarkable mission — and a remarkable organization.”

- Sister Judith Ann

During her few years of service to A.A., Sister Judith Ann has already served on a number of committees — from finance and public information to the search committee for the new general manager of the General Service Office, Bob W. She was the first Class A trustee to serve on the A.A.W.S. board (2020–21), affording her the opportunity to learn a significant amount about the General Service Office and its

operation. Despite the virtual nature of her participation during the pandemic, for Sister Judith Ann the care and feeling of the Fellowship has been palpable. “Every single day you can feel the care and the concern of those whose mission it is to reach out to the suffering alcoholic,” she comments.

Throughout her service to Alcoholics Anonymous, she has also made lifelong friends. “The support and love that people give to each other in A.A. is real,” she says. One of her favorite A.A. statements is the Responsibility Declaration, which she heard in the first A.A. meeting she attended after being elected as a trustee: “I am responsible. When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible.”

“I’m so grateful to be among the dedicated individuals serving A.A.,” Sister Judith Ann adds. “It’s a remarkable mission — and a remarkable organization.”

Reprinted from Box 459, News and Notes from the General Service Office of A.A. ® Vol. 67, No. 3 / Fall 2021

ANNOUNCEMENTS



SONS OF EBBY 7TH ANNIVERSARY

TUESDAY, JAN. 4, 2022

FOOD AT 7:00 PM

LEAD AT 8:00 PM

COME JOIN US AT
NORTHAMPTON UNITED METHODIST CHURCH
852 W BATH RD
CUYAHOGA FALLS, OH 44223

THIS IS A MEN'S ONLY EVENT

FOOD – FUN – FELLOWSHIP – 50/50

Morning Meditation

19TH ANNIVERSARY

BREAKFAST * LEAD BY STERLING D

* 50/50 RAFFLE *

Saturday, January 1st, 2022

*Church on the Boulevard
754 Kenmore, OH 44314*

DOORS OPEN AT 6 A.M. FOLLOWED BY LEAD
BREAKFAST PROVIDED BY GROUP

*Join us in fellowship and gratitude. Newcomers and visitors
welcome. Love to see past alum of Morning Meditation.*

"We're Moving" Waters Park AA Meeting



To Wedgewood United Methodist Church

Akron OH 44312 (Park around the back)

* Doors Open at 5 p.m. * Pizza and Refreshments *
* Lead at 6 p.m. *

COME BE A PART OF THE FUTURE OF AKRON'S
3RD OLDEST MEETING 1/22/2022
1941 TO ???

PET of the MONTH FOR JANUARY

H
A
R
L
E
Y



I found Harley in 2009 behind the AA Intergroup when he was about 9 months old and I was 3 months sober while answering the phones on a Sunday with my home group. He belonged to a lady on Dayton Street that had gotten too old to care for him and she eventually let me have him. He's been going to meetings with me ever since and has truly been a huge blessing in my sobriety.

- Brock L.

FELLOWSHIP AFTER THE FIRST 164 PAGES

GENERAL SERVICE

Area 54

Jan 16 Area Assembly 2:00 PM

Jan 23, Mini Conference
Planning Meeting 2:00 PM

Akron Multi-District

Meets Third Saturday of
Every Month—1:00 PM

Pilgrim UCC

130 Broad Blvd.,
Cuyahoga Falls, OH 44221

District 10

Meets Second Monday of
Every Month—6:30 PM

Trinity UCC

150 North Street, Wooster, OH
44691

Intergroup Council meetings are usually held the first Sunday of the month at 12:00 PM at The Paradise Club. All Intergroup Representatives are encouraged to attend every meeting. This is a hybrid meeting. You will find the Zoom info at akronaa.org

Committee Meetings at Intergroup Office

Information Technology

Second Tuesday—6:00 PM

Literature Committee

First Monday—6:00 PM

Founders' Day Committee

First Monday—7:00 PM

Twelve Step Fund Committee

Third Saturday—9:00 AM

Group Services

Third Saturday—10:00 AM

Corrections Committee

Third Saturday—11:00 AM

Public Information-CPC

Third Saturday—12:00 PM

Treatment Committee

First Tuesday—6:00 PM

Intergroup News Committee

Third Saturday—9:00 AM

Check Website akronaa.org
for meetings not listed here as more are
always being scheduled

AKRON INTERGROUP INFORMATION

AKRON IG NEWS

Deadline for Articles: January 15, 2022—Midnight

Proofreading: January 22, 2022—9 AM

Mailing Volunteers at office

Ex. Board Meeting January 6, 2022— 7 PM

Ex. Board Meeting February 3, 2022— 7 PM

Above are Located at InterGroup Office or Zoom

Council Meeting January 9, 2022—12 PM

Council Meeting February 6, 2022—12 PM

Above Located at Paradise Club
1710 Front Street Cuyahoga Falls, OH

Where to Send Contributions

The following is a suggested guideline of how to divide your group's contributions and where to send them:

50% Akron Intergroup Office

775 North Main Street; Akron, OH 44310
Make checks payable to
Akron Intergroup Office

25% The General Service Office

PO Box 459; Grand Central Station
New York, NY 10163-0459
Make checks payable to the
General Service Office

15% NE Ohio General Service, Area 54

PO Box 91384
Cleveland, OH 44101-3384
Make checks payable to
NE Ohio General Service

10% To your Local District:

Akron Area Multi District

Vincent W , Treasurer
PO Box 67163
Cuyahoga Falls OH 44222
Checks payable to Akron Multi District

District 10 Wayne/Holmes Co.

Rea R Treasurer
640 E. Henry St.
Wooster, OH 44691
Checks Payable to District 10

District 11 (Medina)

Dave D, Treasurer
8581 Chippewa Rd
Lodi, OH 44254
Checks Payable to District 11

District 5A (Portage County)

Dustin S, Treasurer 2203 Ranfield Rd.
Mogadore, OH 44260
Checks payable to District 5

68th Anniversary

CELEBRATION

The next Planning meeting
will be held at the Akron
Area Intergroup Office on
January 22, 2022 at
11:00 AM



CONTRIBUTIONS

NOVEMBER GROUP CONTRIBUTIONS: \$7,352.73

INDIVIDUAL CONTRIBUTIONS: \$4,156.37

Thank you!

*Your contributions keep the
Intergroup Office running.*

164

AFTER WORK SERENITY
AFTERNOON ALKIES
ASHLAND TUESDAY NITE AA
AURORA FRIENDLY
BARBERTON MONDAY NITE
BRING YOUR OWN COFFEE BIG BOOK
CIGAR SMOKER'S BIG BOOK STUDY
CRESTON EASY DOES IT
CUYAHOGA FALLS
EARLY BIRDS FLOCK TOGETHER
EAST AKRON GROUP
ELLET BIG BOOK STUDY
GRATITUDE AT THE OASIS
HIGHLAND SQUARE AT NOON
HIRAM STRAIGHT TALK
KENMORE BIG BOOK
KENMORE GROUP
LADIES BIG BOOK GROUP SATURDAY
MCDONALDSVILLE SATURDAY
MEDINA MEN'S MEETING

MEDINA SUNDAY AA

MEDINA WOMEN'S FRIDAY EVE
NOETIC BLOOMERS
NORTH HILL MEN'S GROUP
NORTHAMPTON
ONE STEP AT A TIME
ROAD TO DESTINY
SAGAMORE MIXED DISCUSSION
SATURDAY NIGHT SERENITY
SILVER LAKE INVOLVEMENT
SPIRITUALLY FIT
STOW MEN'S TUESDAY
THURSDAY CLOSED WOMEN'S
THURSDAY HIGH NOON
THURSDAY NIGHT MENS NON
SMOKING
TOWERS DISCUSSION
TUESDAY NOON DISCUSSION
WEST SALEM SATURDAY NIGHT
YANA (YOU ARE NOT ALONE)

Individual Donation Form Akron Intergroup

Annual Donation \$ _____ ☐ Cash
Amount Paid \$ _____ ☐ Check
Balance Due \$ _____

*Reminders will be sent. If you do not wish
to receive reminders, please check this box* ☐

<https://akronaa.org/shop/donations/donation/>

Make all checks payable to:

Akron Intergroup
775 N MAIN ST
AKRON OH 44310-3044
Phone: 330-253-8181

**Donate online
at akronaa.org**

Date _____

Name _____

Address _____

City, State, Zip _____

Signed _____ Phone _____

Donation received by _____

Federal income deduction authorized

January 2022

Sun

Mon

Tue

Wed

Thu

Fri

Sat

						1 OFFICE CLOSED MORNING MED ANNIVERSARY 6-8:00 AM
2 WATERS PARK MOVING PARTY 5:00 PM	3 LITERATURE CMTE 6:00 PM FOUNDERS DAY 7:00 PM	4 TREATMENT CMTE 6:00 PM SONS OF EBBY ANNIVERSARY	5 N.U.T.S. INTRODUCTIONS 7:30 PM	6 EXECUTIVE BOARD MEETING 7:00 PM	7	8
9 INTERGROUP COUNCIL 12:00 PM	10	11 IT COMMITTEE 6:00 PM	12 N.U.T.S. 7:30 PM	13	14	15 CORRECTIONS, FUND DR, PI/ CPC, GROUP SERVICES
16	17	18	19 N.U.T.S. 7:30 PM	20	21	22 IGNEWS PROOFING 9:00 AMA
23	24	25	26 N.U.T.S. 7:30 PM	27	28	29
30	31					



**To be listed on the calendar and on
the events page on the website,
call the office or email: info@akronaa.org**



Write for the InterGroup Newsletter

*Choose your own AA topic
or the suggested topic:*

FEBRUARY'S TOPIC

Came to Believe

**Deadline for February articles
is January 15, 2022**

*Mail, Email or bring submissions to the office:
775 North Main Street, Akron, OH 44310*

Email to: ignews@akronaa.org —

Or fax to: (330) 253-8292

Proofing is December 18, 2021 at 9:00 AM

**MOVING? - DON'T MISS AN ISSUE OF THE INTERGROUP NEWS
CALL THE OFFICE OR FILL OUT THIS FORM.**

Want to become an Akron IGNews Subscriber?

Akron IGNews can be received by mail or email (pdf file)

Mail this form and a check or money order to:

Akron InterGroup News: 775 North Main Street, Akron, OH 44310

Or call the Office at 330-253-8181 and use your credit or debit card.

Or order on our website: akronaa.org

This subscription is:

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| <input type="checkbox"/> Two Years | <input type="checkbox"/> Mail: \$16 | <input type="checkbox"/> Email: \$5 | <input type="checkbox"/> Mail & Email: \$19 | |

Name _____ Phone _____

Address _____ City _____ State _____ Zip _____

Email Address _____

Canadian mail subscribers please add \$12 per year / Overseas mail subscribers add \$24 per year for postage