

Rarely have we seen a person fail who has thoroughly followed our path. ~ A.A. Big Book, p.58



**EXTRA! EXTRA! READ ALL ABOUT IT!**



### From your Intergroup

We are excited to bring you the Appalachian Ohio Intergroup Office 2020 first quarter newsletter! If you would like to contribute an article, or have any questions, please email us at [aoio@aoio.org](mailto:aoio@aoio.org).

We are now located inside the Lighthouse. Here you will find AA literature - Big Books, 12 and 12, meditation books, coins and more. Please come visit us in beautiful downtown Chillicothe or check us out on our website at [www.aoio.org](http://www.aoio.org).

740.774.2646

Office Hours

Check the [aoio.org](http://aoio.org) website for current hours.

★ **Volunteers Needed** ★

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# 2020 Quarter 1 AOIO Group Contributions

## January

Portsmouth Weekend Winners  
Portsmouth United Group  
Pleasant Valley Groups  
Kingston Groups  
McArthur Groups  
Chillicothe Sunday VA Beginners Group

## February

Portsmouth United Group  
Jackson Monday Night Speaker

## March

McArthur Groups  
Portsmouth United Group

many thanks to all the groups that contributed this quarter. Every time you make a donation to AOIO, you help extend the hand of A.A. to the alcoholic who still suffers.

AOIO follows the Seventh Tradition and is supported by contributions by A.A. groups and A.A. members.

Please include your group name when sending in group contributions. Individual and group contributions can be sent to:

**AOIO, PO Box 772, Chillicothe, OH 45601**

AOIO maintains a phone line, website, meeting schedules, literature, coins and more to connect alcoholics with people and information to stay sober. In pursuit of AOIO's primary purpose, the Appalachian Ohio Intergroup Office shall maintain an office for, among other things:

- To provide a means for receiving requests for help, for information about A.A. meetings and activities in the area, and coordinate 12 Step calls.
- To provide a directory of A.A. meetings in the communities served by AOIO.
- To act as a central forum for disseminating information about Alcoholics Anonymous and A.A. meetings within the community, both inside and outside the A.A. fellowship - including treatment and correctional facilities.
- Serving as guardian of our Traditions in relation to A.A. members and the general public; recognizing the A.A. program is one of attraction and not promotion.
- Specifically excluded from the Intergroup's purpose is the operation or maintenance of a club, clubhouse, residence for the stay, care or treatment of alcoholics; or affiliation with same, whether direct or implied.
- Summing up: AOIO is the "service agency" for member A.A. groups, and for the general public.

It is suggested by the General Service Conference that "individual groups, through an informed group conscience, adopt a specific contribution plan tailored to the group's financial situation." After the group expenses are paid (rent, coffee, literature, etc.) and prudent reserve is established, the group may decide to contribute to the following entities: Local District, Area Committee, Local Intergroup or Central Office, General Service Office.

If you are interested in more information on contributions and how A.A. is self-supporting per Tradition 7, the pamphlet - "Self-Support: Where Money and Spirituality Mix" by the General Service Conference is available at the AOIO office.

# AOIO has Moved! We are now in the Lighthouse.

Why? To get the resources into the hands of the people that need it. It really is that simple.

Over the last several months the AOIO Board has discussed how we can better serve the fellowship. That is our purpose, right? We just didn't feel that our members knew about our intergroup office, where it was at, and its purpose.

So, what better way to get ourselves out there than to colocate where a majority of the meetings are in Chillicothe!

There was a lot of discussion on whether it is against our traditions. We discussed with other intergroup offices in the surrounding areas. We really put a lot of thought and care into it.

If we think about our Responsibility statement - "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." AOIO is making sure we are there...

If there are any questions and or concerns about our move, please reach out to one of the board members.



We really have been rocked as of recent. Life as we knew it came to a grinding halt. No more getting coffee on the way to a meeting. No more getting some good A.A. before and after a meeting. No more seeing our friends. No more face-to-face meetings.

We had to start getting creative with our program. We had to or we knew our disease could and likely would come knocking at the door.

We had to become open to change and have faith that some semblance of normalcy would return at some point. We had to start looking at our program and identify where we might have started to become complacent.

I know one thing, I am grateful that I have the program of Alcoholics Anonymous to lean on during this time. My mind does not like change and definitely does not like unknown's. Unknown's can take my mind into a gymnastics competition where I will lose.

As I write this, it would seem that normalcy is on the horizon. In the coming weeks or months we will be allowed to return to the rooms. I hope that I continue to work my program with the same fervor that I have in lockdown.

**Anonymous**

*"In all times of emotional disturbance or indecision, we can pause, ask for quiet, and in the stillness simply say: 'God grant me the serenity to accept the things I cannot change, courage to change the things I can and wisdom to know the difference. Thy will, not mine, be done.'"*

12&12 Step Three, pp.40-41

*Our intent is real.  
Our intent is simple.  
Our intent is  
Responsible.*



In light of the current circumstances, our AOIO office is struggling to stay afloat. Our office has been closed per Governor DeWine's orders, but we still continue to support our community and fellowship through:

- Our secure website (<https://www.aoio.org>)
- A private Facebook group to keep our fellowship connected (if you haven't joined yet and would like to, please reach out to us at [aoio@aoio.org](mailto:aoio@aoio.org))
- Zoom (online) meetings
- Newsletters

Our group and individual contributions are significantly down, and our sales of literature is non-existent. Through these contributions and sales, the AOIO office is able to continue to exist. We have several reoccurring expenses such as but not limited to rent, phone, website, zoom, insurance, etc. Although the office is closed, we still must pay these expenses.

We want to continue to support our community and fellowship and have implemented a mechanism for folks to make online contributions through our website at:

**<https://www.aoio.org/contribute.html>**

It is secure and utilizes PayPal either by using your PayPal account or another credit card. If you are not comfortable using the online method, we have available the Seventh Tradition Contribution Form on our website for you to fill out and send through mail along with a check or money order. The form is available at the same link listed above.

In A.A., our Seventh Tradition states: "Every A.A. group ought to be fully self-supporting, declining outside contributions."

While contributions cover each group's rent and other expenses, the Seventh Tradition is essential at every level of A.A. service. It is both a privilege and a responsibility for groups and members to ensure that not only their group and also their intergroup/central office, local services, district, area, and the General Service Office remain self-supporting. This keeps A.A. free of outside influences that might divert us from our primary purpose – to help the alcoholic who still suffers.

Please considering helping us continue supporting our fellowship. If you need anything at all, please do not hesitate to reach out to one of our board members directly or email us at [aoio@aoio.org](mailto:aoio@aoio.org).

# Zoom meetings, Really?

Alcoholics Anonymous around the world has had to resort to online meetings to stay connected and have fellowship. Understandably, many in the program were and are leery. How was this really going to work? We are used to seeing peoples faces when they are sharing, shaking their hand, giving them a hug.

Zoom meetings are certainly different and it takes a couple times to get used to it. But for this alcoholic I have to remember that my disease is cunning, baffling and powerful. If I don't continue to go to any length to keep it then I will lose it. The easier softer way is not the route I want or should take. I need A.A. right now more than ever and will embrace Zoom (online) meetings until we are allowed to get back into the rooms of Alcoholics Anonymous.

I have been fortunate through this new online method of fellowship to meet new people and hear some new A.A. New because it is people sharing that I haven't heard before. Sharing their program and how it works for them. I look forward to meeting them in person once we are allowed.

AOIO has scheduled almost daily Zoom (online) meetings. All with different themes:

- **Sunday @ 9:00 am Joe & Charlie Tapes:** Listen to a Joe & Charlie tape then open it up for discussion.
- **Tuesday @ 7:00 pm Living Sober:** Read a chapter out of the Living Sober book then open it up for discussion.
- **Wednesday @ 7:00 pm 12 & 12:** Read a chapter out of the 12 & 12 and then open it up for discussion.
- **Thursday @ 7:00 pm Topic Discussion:** Select 2-3 topics and open it up for discussion.
- **Friday @ 7:30 pm First Capital Grapevine:** Listen to a story from the Grapevine and then open it up for discussion.
- **Saturday @ 9:00 am Topic Discussion:** Select 2-3 topics and open it up for discussion.

**Anonymous**



The Big Book states "Able to go anywhere we want, provided we have a legitimate reason to be there." Today I use this direction in my everyday life. My work requires me to travel quite a bit. Airports, hotels, business meetings, and gatherings. During my active drinking days, I would embrace the idea of travel especially if it was some place new where I had never been. Oh, the new places I could drink, yay for me. My typical routine would be to ask people "where are the fun places to go?" or "where I could I find the signature drink for the area?" I would always do some type of research for a place within close proximity from the hotel for a bar or watering hole. If I was flying, I would try and make my connection go through O'Hare. Why? Because I could walk throughout the airport with a drink in a to-go cup. As long as I was going to be able solve my drink problem, I was good.

Today, after a few years of sobriety, I approach things a little bit differently. I no longer ask people where to go drink, but instead I ask my friends if there are any good A.A. meetings in the area. My research includes looking up the local district A.A. office to help find A.A. meetings. I do the research to find the type of meeting - whether it is a literature study, discussion or a lead/speaker. Typically, I try to find a clubhouse that hosts multiple meetings throughout the day. I use apps like Meeting Guide to help me understand meetings in the general area. I still book travel through O'Hare with no fear of an old stomping ground, but I tend to book direct flights if my destination allows me to.

Throughout my new travels, I have found the freedom to go anywhere, anyplace, anytime -provided I have a legitimate reason to be there and I do not have to drink. I have discovered one thing that is amazing. Whether I am heading to Washington D.C, Orlando, Florida or Dallas, Texas or even Chillicothe, Ohio, the A.A. meetings focus on The Program of Alcoholics Anonymous and the solution of working the 12 Steps of A.A. I am truly grateful for The Program and the Fellowship of A.A.

**Anonymous**



Why do we all go to meetings? We go to keep and stay sober. To always remember where we came from and where we don't want to go back to. To hear something that resonates with us so we can continue on our journey of self-reflection and growth. To share our experience, strength and hope.

When I am in a meeting there a few things that I always try to do out of respect the meeting, respect for who is talking and respect that someone in that room just might be on the brink of going back out and needs this meeting more than anything.

- I turn my cell phone on vibrate.
- I stay off of my phone – this includes texting and surfing the internet.
- If a call comes through that I think I must take, I take it outside so I am not disruptive.
- I look at who is talking – I can't hear them and absorb what they are saying if I am daydreaming or conjuring up what I am going to say when it is my turn.
- I do not talk to others during a meeting and definitely while someone is sharing or leading.

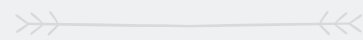
I have witnessed in meetings people being disruptive, talking, laughing, playing on their phones and simply not being considerate. Please consider others when you are in a meeting and be respectful of who is talking.

**Anonymous**

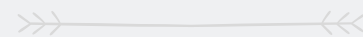
# Why I Drank

**Author: Unknown**

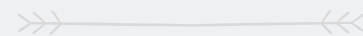
I drank to find happiness  
.....but found only misery.



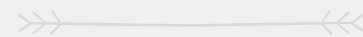
I drank to be a good dancer  
.....but then stumbled to the floor.



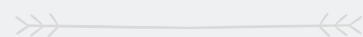
I drank to sing karaoke  
.....but ended up slurring my words.



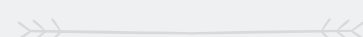
I drank to become sophisticated  
.....but then acted like a fool.



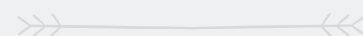
I drank to be more social  
.....but I became hostile and angry.



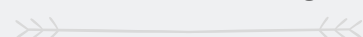
I drank to act like a real man  
.....but I became a real loser.



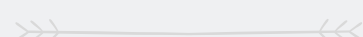
I drank to feel popular  
.....but ended up embarrassing everyone.



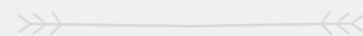
I drank so that I could enjoy life  
.....but I ended up wanting to die.



I drank to find real friendship  
.....but drove the true friends away.



I drank to try to escape  
.....but I only found myself imprisoned.



I drank to find some Serenity  
.....but I only found Hell.

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*

