

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

If you would like to contribute an article, or have any questions, please email us at 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.

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★ **Volunteers Needed** ★



2020 Quarter 3 AOIO Group Contributions

July

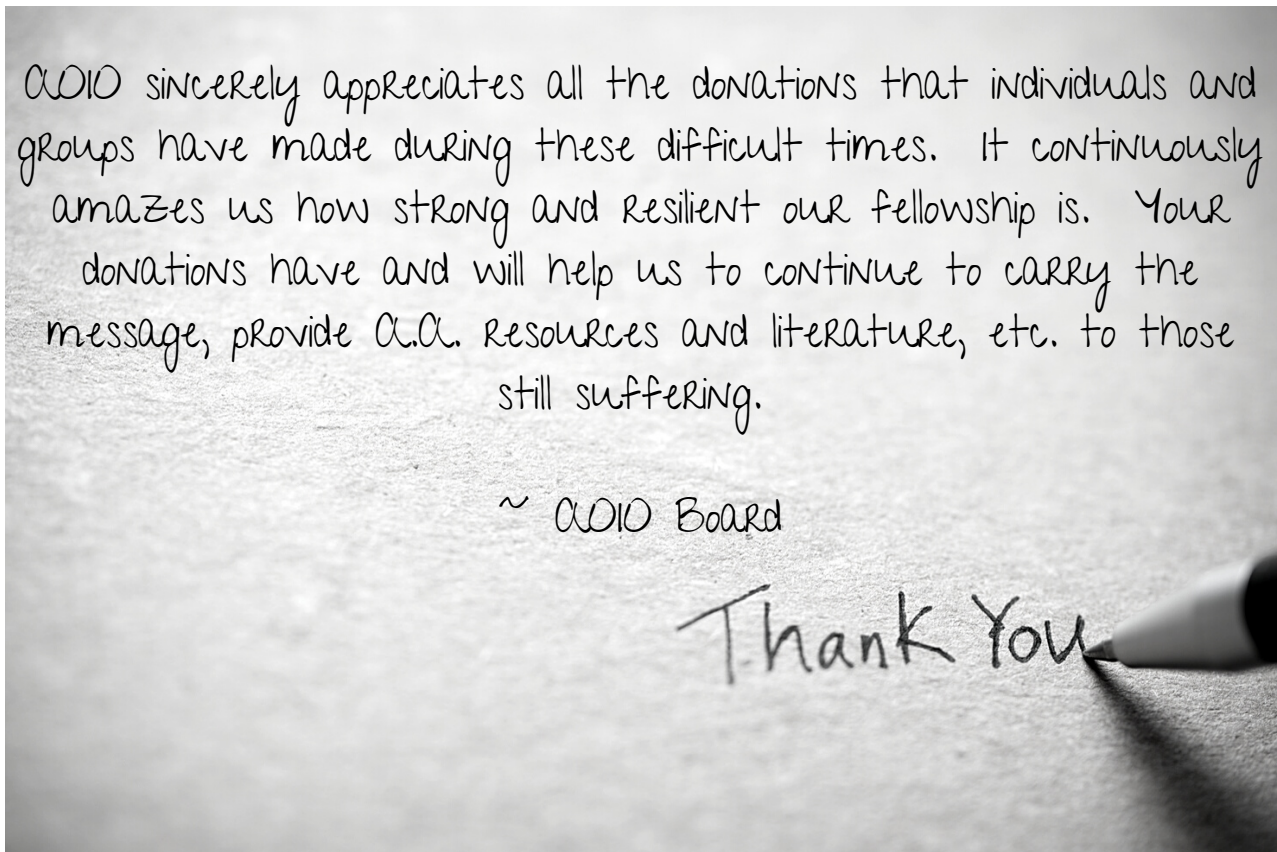
Minford Hope Group
Portsmouth 12 & 12 Group

August

Portsmouth Nooners

September

Pleasant Valley Group
Chillicothe Primary Purpose
Chillicothe First Capital Group
Portsmouth Alcoholic of Sorts



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 made online at <https://www.aoio.org/contribute.html> or sent to:

AOIO, PO Box 772, Chillicothe, OH 45601

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.



By: Anonymous

This question read at some meetings has caused some controversy in our fellowship and some frustration amongst our newcomers.

When I first came into the rooms, I heard this question read aloud in some meetings, not all. I often wondered why no one raised their hand. How was I going to find a sponsor if I didn't know who was willing to be one?

I tend to be a curious person so I asked around. I knew there must be something I was missing. The answer I got was that it was against our traditions and that it is attraction and not promotion. I may have heard some other reasons but I can't recall them. I am not sure if it is indeed against our traditions, but it at least helped me understand why no one raised their hands at the time. It may not be the reason for everyone.

As I worked the steps with my sponsor and continued to participate in meetings and came to the point where I can be a sponsor - I do not raise my hand either. For me, I am taught that a sponsor is someone that has worked the steps and I want what they have. I also do not immediately agree to being someone's sponsor if asked. I tell them to call me and we can get together for coffee and chat to see if we are compatible - if you truly want what I have. My recovery is mine and it was paramount that I find a sponsor that I was compatible with..

That doesn't mean that they will tell me what I want to hear. I want someone that is going to be real with me. Not hurtful but real. Sometimes real can be a little uncomfortable.

So if you ever wonder why no one raises their hand, that is what I have learned. I always ask questions if I don't understand. I have to remember it is my journey and no one else is going to drive the bus for me.



By: Anonymous

Sometimes I need to be reminded that I am not perfect. My higher power pushes me off the beam and forces me to humble myself. I am grateful that I have this program to help me identify when my character virtues are turning back into character defects.

Having a history of depression and anxiety, I know what it is like to feel crappy. To be worried about what is going to happen and to be depressed about what has already taken place. I do not ever want to go back to that pain and misery and the self-medicating to try to solve it. I keep coming back to remind myself where I don't want to go back to.

The Big Book states, that we will not regret the past nor wish to shut the door on it. I have no regrets. Sure there are things that happened or that I did that would probably be better had they not occurred but I know I can't change them.

When I start feeling off, I go back to the day that brought me to the rooms. What happened, how I felt then and the days leading up to it. I may even listen to a song that I played that day. It reminds me of how far I have come and how quickly I could go back there if I don't watch it.

I have been taught in the rooms that a relapse happens long before someone takes the first drink. I need to hear this. It forces me to be on top of issues that may arise. I may not identify them immediately, but so far I have identified them in time to figure out what is going on before I get back on the elevator.

There are a few things I do:

- Increase the meetings I am going to.
- If my ego is on overdrive, I may curtail sharing and just listen.
- Call my sponsor.
- Tell on myself. Admit to another person the negative thoughts that have been renting space in my head.
- Increase service work. Ultimately making sure I am doing for others and getting out of myself.



According to the Akron Group News, December 1998, the below are items to watch out for when we start having a relapse of mind. If not taken care of, there is a high chance it will cause us to get a new 24 hour coin.

1. **Exhaustion:** Allowing oneself to become overly tired; usually associated with work addiction as an excuse for not facing personal frustrations.
2. **Dishonesty:** Begins with a pattern of little lies; escalated to self-delusion and making excuses for not doing what's called for.
3. **Impatience:** I want what I want NOW. Others aren't doing what I think they should or living the way I know is right.
4. **Argumentative:** No point is too small or insignificant not to be debated to the point of anger and submission.
5. **Depression:** All unreasonable, unaccountable despair should be exposed and discussed, not repressed: what is the "exact nature" of those feelings?
6. **Frustration:** Controlled anger/resentment when things don't go according to our plans. Lack of acceptance. See #3.
7. **Self-pity:** Feeling victimized, put-upon, used, unappreciated: convinced we are being singled out for bad luck.
8. **Cockiness:** Got it made. Know all there is to know. Can go anywhere, including frequent visits just to hang-out at bars, boozy parties.
9. **Complacency:** Like #8, no longer sees value of daily program, meetings, contact with other alcoholics, (especially sponsor!), feels healthy, on top of the world, things are going well. Heck may even be cured!
10. **Expecting too much of others:** Why can't they read my mind? I've changed, what's holding them up? If they just do what I know is best for them? Leads to feeling misunderstood, unappreciated. See #6.

11. **Letting up on disciplines:** Allowing established habits of recovery - meditations, prayer, spiritual reading, AA contact, daily inventory, meetings - - slip out of our routines; allowing recovery to get boring and no longer stimulating growth. What bother?!

12. **Using mood-altering chemicals:** May have a valid medical reason, but misused to help avoid the real problems of impending alcoholic relapse.

13. **Wanting too much:** Setting unrealistic goals - not providing for short-term successes; placing too much value on material success, not enough on value of spiritual growth.

14. **Forgetting gratitude:** Because of several listed above, may lose sight of the abundant blessings in our everyday lives - too focused on #13.

15. **"It can't happen to me":** Feeling immune; forgetting what we know about the disease of alcoholism and its progressive nature.

16. **Omnipotence:** A combination of several attitudes listed above; leads to ignoring danger signs, disregarding warnings and advice from fellow members.

Humility

"Perpetual quietness of heart. It is to have no trouble. It is to be never fretted or vexed, irritable or sore; to wonder at nothing done against me."

"It is to be at rest when nobody praises me, and when I am blamed or despised, it is to have a blessed home in myself where I can in and shut the door and kneel to my "Higher Power" in secret and be at peace, as in a deep sea of calmness, when all around and about is seeming trouble."

Plaque on Dr. Bob's desk defining humility.

What Is the Etiquette for 12-Step Meetings?

by Theresa Parisi (<https://www.addictioncenter.com/community/proper-etiquette-12-step-meetings/>)

For many recovering addicts and alcoholics, beginning to venture into 12-step and other support group meetings can feel intimidating at first. Do I have to speak? Where do I sit? What if I can't find the meeting? These are just some of the many questions that may cross your mind, creating increased stress. To decrease stress levels, it is helpful to understand the format and suggested proper etiquette when attending 12-step meetings in order to make this venture a positive one, help ease any discomfort of being new, and acclimate to the group more quickly. Common proper etiquette for 12-step recovery meetings, such as Alcoholics Anonymous (AA) and Narcotics Anonymous (NA) include:

Avoid Crosstalk

It is important to address the group when sharing, rather than addressing another person after they share with the group. When shares are directed to the group, everyone can benefit from the message being discussed, and no individual is singled out.

Use "I" Statements when Sharing

In general, it is suggested to limit your sharing to your own personal experiences by using "I" statements, rather than "you."

Avoid Double-Dipping

Unless time permits and there is no one else sharing, it is typically advised to only share once at each meeting to allow other members time to express themselves and share as well. It is important that everyone feels they have the ability to participate in the meeting, and this helps create openness.

Limit the Number of Times You Leave Your Seat

Try to get your coffee, final smoke break, and last run to the restroom prior to the meeting starting in order to prevent disrupting the meeting by getting up while someone is sharing. If you absolutely must get up and leave your seat, be sure to wait until the person sharing finishes prior to getting up.

Arrive 15 Minutes Early, and Stay 15 Minutes After

An important component of 12-step meetings is fellowship. Arriving 15 minutes prior to the meeting beginning allows for time to converse and get to know other members of the group. Staying 15 minutes after the meeting allows for time to further converse and develop new relationships.

Limit Side-Talk

Sharing in a meeting can be intimidating and anxiety-inducing for many people. When people are chattering or having side conversations while someone is sharing, it can be very distracting and even hurtful to the person sharing. It can also distract other peers from listening. Do your best to sit quietly and listen to respect your peers while they share.

Stick to the Meeting Topic

It is generally best practice to stay focused on the meeting topic when sharing. Some groups may offer the opportunity to share at the beginning or end of a meeting if someone is having a "burning desire" or a pertinent need to share due to having cravings to use or something pressing they feel they need to share.

Use Proper Terminology

Going to an Alcoholics Anonymous meeting as an addict is acceptable. However, it is respectful practice and customary to identify as an alcoholic when at an AA meeting, even if you identify as an addict. It is further proper to use the term "drinking" rather than "using" to show respect for the meeting and fellowship. The same goes for attending Narcotics Anonymous if you are an alcoholic. The proper term would be to identify as an addict and use the phrase "using" rather than "drinking." This is customary when attending meetings outside of your typical fellowship.

Respect Anonymity

As one of the guiding principles of 12-step programs, anonymity protects not only the participants at the meeting but also the 12-step program as a whole. Never share with someone that another person is in a meeting you attend without their consent.

Limit Cell Phone Use

Cell phones should be silenced or turned off at the beginning of the meeting. If you receive an important phone call you should take it outside, but this should be avoided if possible.

Obtain a Sponsor

The cornerstone of 12-step programs is obtaining a sponsor and individually working the 12-steps with them. While this is not required, it is strongly advised in order to work the recovery program. Find a person with more clean or sober time than you have (at least one year) and if they have something you want (glowing happiness, friends to socialize with, a good job, success in recovery, or shared something you relate with, and et cetera). Once you find that person, introduce yourself, and ask them if they will be your sponsor. They will lead you from there.

Be Aware of Time Constraints

It's important to limit your shares to only 3-4 minutes. Some meetings offer a timekeeper, who'll notify you when your time is up. Keeping your shares limited to a few minutes allows everyone to have the same chance to share during the meeting.

Get a Phone List

In the beginning or ending of each meeting, the chairperson will offer newcomers a list of phone numbers of individuals in your gender to reach out to for support and accountability. It is strongly advised that women stick with women and men stick with men. Be sure to use this phone list as it is known to be a lifeline for many.



by Jaime W.

My name is Jaime W. and I am an alcoholic who chooses to fight for my life. My sober date is March 10, 2018. The past couple of years have been the hardest but also the most rewarding years of my 42 years of life. I didn't just have one addiction, I had several to include toxic and abusive relationships. One thing I have learned in recovery is that this disease does not discriminate. I was raised in a very loving home, both my parents were wonderful, normal people who taught me the right way to live life. After 13 years of abuse, 5 miscarriages and the death of my son, I started numbing the pain I felt was unbearable at that time. That started 15 years of addiction that progressively got worse until I was completely broken, alone, soulless, and planned my suicide. God had other plans for my life. I experienced His divine intervention. Since that day, I have chosen to fight for my life every single day. God has shown me unconditional love, forgiveness, comfort, mercy and grace that is like no other high I have ever felt. I have fully regained my independence, I have a bond and wonderful relationship with my children, I continue to work the 12 Steps in my daily life, I know I don't have to be perfect today, I just have to do my best, I'm now working at the exact treatment center that helped me save my life, helping woman just like myself. God had a purpose for all of my pain, He saved my life so I could go back and help pull others out of the pits of hell. Life is absolutely beautiful on this side, I am beyond grateful and will spend the rest of my life giving back and helping people just like myself. I can do all things through Christ that strengthens me.



Yesterday Today and Tomorrow

By: Unknown

There are two days in every week
about which we should not worry,
Two days which should be kept free of fear and apprehension.

One of these days is YESTERDAY,
with its mistakes and cares,
its faults and blunders,
its aches and pains.
YESTERDAY has passed forever beyond our control.

All the money in the world cannot bring back YESTERDAY.
We cannot undo a single act we performed;
we cannot erase a single word we said.
YESTERDAY is gone.

The other day we should not worry about is TOMORROW
with its possible adversities, its burdens, its larger promise.
TOMORROW is also beyond our immediate control.

TOMORROW, the sun will rise,
either in splendor or behind a mask of clouds,
But it will rise.
Until it does, we have no stake in TOMORROW
For it is as yet unborn.

This leaves only one day - TODAY.
Any man can fight the battles of just one day.
It is only when you and I add the burdens of those two awful eternities
- YESTERDAY and TOMORROW -
That we break down.

It is not the experience of TODAY that drives men mad.
It is remorse or bitterness for something which happened YESTERDAY
and the dread of what TOMORROW may bring.

Let us, therefore, live but ONE day at a time.