

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 second quarterly newsletter! We received a lot of positive feedback on our first newsletter. If you haven't read it - please go to www.aoio.org to view.

We are located 14 S. Paint Street in Suite 31. 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.

740.774.2646

Office Hours

Check the aoio.org website for current hours. Due to not having enough volunteers we have had to periodically modify our hours.

★ **Volunteers Needed** ★

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2019 Quarter 2 AOIO Group Contributions

April

Portsmouth Nooners
Portsmouth Weekend Winners
McAthur Groups
Circleville Grapevine
Chillicothe Weekday Noon
Chillicothe South Side Serenity

May

Hope is Found in Frankfort
Portsmouth Nooners
McAthur Groups
Waverly One Step at a Time
Chillicothe Weekday Noon
Chillicothe South Side Serenity
Chillicothe Spiritual Awakening

June

Point Pleasant Valley
Chillicothe Weekday Noon
Chillicothe Women's Thursday Group
Chillicothe It's in the Book
Chillicothe Southside Serenity

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, 14 S. Paint St, Suite 31, Chillicothe, OH 45601

What are the Contributions Used For?

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.



The Road

Most of us started building our arsenal of coping mechanisms early – usually before we even picked up the first drink. By the time our disease had continued to progress, those tools we had been accustomed to using over the years began to no longer work and the insanity of the disease took us from functional to non-functioning alcoholics. If you were one of the fortunate AA'ers to not get to this point – be thankful you found the rooms early. Many of us coped using strategies such as defensiveness, anger, arrogance, self-pity, rationalization of our crazy thoughts, pleasure-seeking, etc. All strategies to make ourselves feel better in our minds but never actually feeling better. Unwilling to see that these mechanisms that we think of as friends are destroying every ounce of self-respect we have and continuing us on this journey of self-loathing that only our self-medicating provides a glimpse of relief.

Once we admitted we were powerless over alcohol, our journey started to change paths. The road started to seem less hilly with less curves. We started to feel a sense of relief. Admitting that we could not solve this malady alone and really coming to accept that we had to rely on a power greater than ourselves and turn our will and are lives over to Him to further smooth our journey.

Then we came to the point in the road where we had to identify all those coping-mechanisms and character defects that didn't work for us, our moral inventory, and what part we played. This is the fork in the road for many. We have that "friend" telling us to continue to use the same arsenal – we can make this work and then you have your higher power telling you it is time to change – with change comes growth and with growth a chance to be happy. A feeling most of did not understand the true meaning of lest ever experience it.

We hear people in the rooms tell us there is a solution to our problem – it will work if you work it. Some of us get annoyed with the onslaught of AA slogans that we tend to hear time and time again. Still apprehensive. Which path are we going to choose? One path will surely lead us to death. Seems like a simple enough answer, right? Choose life. Not necessarily, we still have not worked on our tool chest.

Do I want tools to fight a war or tools for peace and tranquility?

I hope you choose the right path when you come to the fork in the road. From my own experience, working through my character defects was a freeing experience. Aspects of myself that I thought I knew did not really become clear until I admitted to another person the exact nature of my wrongs. I was able to look them straight in the face and come to the realization just how much they were destroying my self-image. I was able to accept them and let them go. Knowing that I would continuously have to stay on my toes and watch if they tried to come back. Gathering the strength and confidence to stare them down.

What path will you choose when you come to the fork in the road?

Anonymous

“Those events that once made me feel ashamed and disgraced now allow me to share with others how to become a useful member of the human race.”

A.A. Big Book, p.492

What is a Home Group?

Traditionally, most A.A. members through the years have found it important to belong to one group that they call their “home group.” This is the group where they accept service responsibilities and try to sustain friendships. And although all A.A. members are usually welcome at all groups and feel at home at any of these meetings, the concept of the home group has still remained the strongest bond between the A.A. member and the Fellowship.

P. 15-16 The A.A. Group ... where it all begins - Alcoholics Anonymous



We spent years living our lives around alcohol. Better go to the store in the morning because I'll likely be drunk by afternoon, maybe even morning...Alcohol isolated us from the very things that might have brought us joy. Cunning, baffling and powerful, indeed. Creativity? What is that? The most creative we were was trying to figure out methods to try to control our drinking. I will only drink on the weekends. I will drink beer not liquor. A majority of the hours in our day revolved around alcohol – drinking it, thinking about it. Normal activities partnered with alcohol – cleaning the house, cooking, mowing the lawn, fishing, gardening, relaxing, celebrating, etc. – alcohol became part of everything we did.

When we get sober, we have a lot of time on hands. We have to condition ourselves to live life without the reliance of alcohol. Immersing yourself in AA particularly the first year is extremely helpful. Doing 90 and 90 or trying to make it to as many meetings as possible helps keep us focused and not forget the dark places our drinking brought us to. It allows us to start changing our habits and strengthen our minds so we can fight off any desires. Prioritizing your life and your well-being (physical, mental and emotional) are key. If you work the program, you will get to the point where those desires are lifted and as the Big Book states – you will recoil from alcohol as if it is a hot flame. You may have a job, kids that keep you busy but you will need something for yourself.

I found in sobriety so many things that I enjoy. They are both therapeutic and serene. I have found my creative side that enjoys gardening, landscaping, designing, crafting, etc. I also enjoy spending quality time with my dogs. I keep myself busy with work, family, and my hobbies. This keeps me from my mind. Boredom is my enemy and frankly, I cannot think of one time I have been truly bored since I got sober. There are definitely times that I sit and watch television or sift through my Facebook feed, but I learned that it is okay to sit and chill – I am not being lazy, I am just relaxing. I am taking care of myself.

Try to give yourself a break and not be hard on yourself. Growth is a process. Sometimes bumpy, sometimes smooth. Learn to enjoy being with yourself. Once you become friends with "You", you can offer so much more to everyone else. Remember, we only live this life once – why not make it joyful?

Anonymous

I am not ashamed.
I am not embarrassed.

I am not ashamed nor embarrassed that I am an alcoholic. Actually, quite the opposite. I am grateful. I had a mind problem before I ever had a drinking problem. I drank to keep from the tortures of my mind. We all know how this works out...

Coming to A.A. and learning to work on me has given me a freedom from my mind and the onslaught of negative thoughts that I never thought was imaginable. You see, if I were not an alcoholic, I would have never came to the rooms and more than likely would never have worked on myself. I would not have learned how to cope with life. And I would not have the fellowship of similar minds that I have been so fortunate to find in the rooms.

Do I shout from the rooftops? No. Do I tell everyone that I am an alcoholic? No. Why? Because, it is no one's business – only those that I want to share with. We have to be realistic too – not everyone in society knows how to handle that information. Some judge, some disagree, some just do not understand.

I am confident and happy with myself - that negativity does not influence me. I have forgiven and let go of the wrongs that I have done. If I do not, I will never get better. Love yourself, accept yourself and change the things you can. Do not be ashamed. Do not be embarrassed.

Anonymous

Listen.

When I first came to A.A. I went consistently to the Weekday Noon Group – everyday at 12:00 pm. There were certain people I hung on every word they said. It resonated with me. They made me think, they taught me. And boy was I hungry to learn. I had an intense desire to change my ways as I had accepted my way never worked for me.

One day one our wise "old-timers" said that his sponsor told him to look at who was talking while they talked. Focus. Listen. Why?

While others are talking, do you find yourself thinking about what you are going to say? If you are, then you are not listening. You will only learn and grow if you listen.

Anonymous



What I am going to say in the following is how I was taught. That does not make it right or wrong it's just the way I sponsor, because I think these things are important.

When you ask me to be your sponsor and I say I do not know, but here is my number - call me within the next two days. If you do call then we will begin, if you do not call, I will believe you are not serious and I will move on to someone who is.

When you say, sponsor me. What are you asking me to do? If you are asking me to be your buddy, banker, family counselor, or just sign off on your BS, I'm not your person.

When I sign on to be a sponsor, I take on the responsibility of being a guide and a teacher. I will guide you through the 12 steps of AA, and I will, to the best of my ability, teach you about the program and structure of AA. I will not be responsible for your sobriety; if I do then I will have to take responsibility for your drunk.

These things I will do:

- I will guide you through the 12 Steps of AA sharing with you the knowledge I have gained by working the steps. Remember I cannot share something I do not have.
- I will discuss with you each principle associated with each step.
- I will sit with you, read, and discuss the Big Book.
- I will discuss with you, my concept of proper meeting etiquette.
- I will discuss with you the different types of meetings, why they exist and their importance.
- I will discuss with you the structure of AA, Groups, Intergroup, District, Area, Etc.
- I will share with you my view of the importance of service work.

These are just of a few of the things I consider important. As we go forth, others will come up.

Always remember your sobriety is your responsibility, not mine. Another thing to keep in mind is, "You will get out of AA what you put into it, nothing more, nothing less."

This is just one person's way of sponsoring, but it works for me.

Anonymous



Almost seven years ago Kent M. asked his sponsor and seven good friends in AA to hear him out on his idea to start a central office in Chillicothe. It would serve the whole area south of Columbus. He had the name picked out, Appalachia Ohio Central Office. Group consensus decided on Appalachian Ohio Intergroup Office.

"Would other intergroup offices be threatened?" one member wondered. "People would have access to information on AA 24/7." "The AA groups in Chillicothe did support the AA hotline," another member remembered.

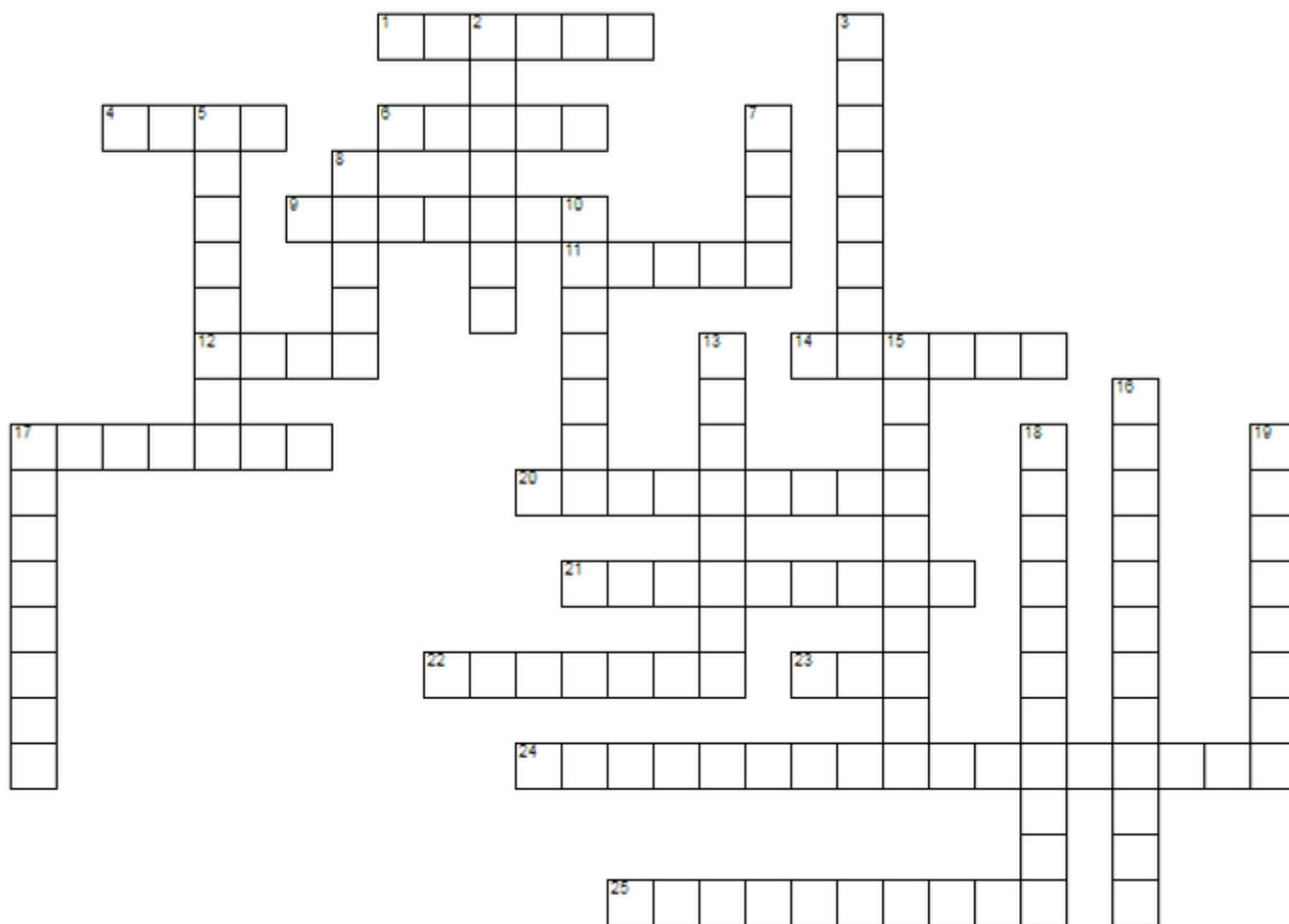
They read the AA Guidelines for Intergroup Offices together. Financial and legal considerations. Insurance. Bylaws. Location. Volunteers. Inventory. "It's a lot more detail than I thought," one member said.

Two members talked to Lancaster Area Intergroup about how they got started. "They hand delivered letters and had a lot of eating meetings. They put out a monthly newsletter, it's their main source of contact." Central Ohio Group Fellowship said literature inventory was the most important but most costly. A rough estimate to start up was \$2,294 and to run monthly was \$597.

By the fifth meeting, only six weeks later, there was a bank account, post office box, email address, and a phone number in the works. The 501c3 application, bylaws and a newsletter had been started.

Anonymous





ACROSS

DOWN

- 1 the soundness of an action or decision with regard to the application of experience, knowledge, and good judgment
- 2 Dr. Bob's occupation
- 3 cunning, baffling and _____
- 4 a feeling of expectation and desire for a certain thing to happen
- 5 _____ not perfection
- 6 city of first A.A. meeting
- 7 don't get too Hungry, Angry, Lonely, Tired
- 8 just for _____
- 9 Portsmouth group that meets M-F at 12:00
- 10 someone who guides you through the
- 11 street AOIO office is on
- 12 Steps of Recovery
- 12 first name of Bill W.'s childhood friend
- 13 the capacity to accept or tolerate delay, trouble, or suffering without getting angry or upset
- 14 a program of recovery for people who are affected by another person's drinking
- 15 willingness to tolerate a difficult or unpleasant situation
- 16 a feeling or state of despair
- 17 facet of moral character that connotes positive and virtuous attributes such as integrity, truthfulness, straightforwardness
- 18 religious movement where A.A.'s origins can be traced back to (2 wd)
- 19 the state of being calm, peaceful, and untroubled
- 20 the quality of being thankful; readiness to show appreciation for and to return kindness
- 21 spiritual foundation of all of our traditions
- 22 the ability to do something that frightens one
- 23 first name of individual that started AOIO
- 24 meeting held at AOIO office (2 wd)
- 25 a group of people meeting to pursue a shared interest or aim

Check out AOIO's website at aio.com! Here you can find up to date area meeting information, resources, this newsletter and more.

We need your anniversary and event flyers so we can post on our website to spread the word! Send to aio@aio.org.