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Akron Intergroup NEWS

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SERVING HOLMES, MEDINA, PORTAGE, SUMMIT, WAYNE COUNTIES

We Reap What We Sow, More than We Sow, Later than We Sow

Written By: Jack M., North Hill Men's Discussion

When I look back on my life of over 80 years, I can reflect on my decisions or actions which have had lasting effects. We do reap what we sow, more than we sow and certainly later than we sow. For example, I really liked the effect that alcohol produced. It gave me more confidence, it blotted out problems and I didn't have to think about the consequences. I didn't realize I was an alcoholic until after my first divorce. I was thirty-five, had a good job, a nice home, two wonderful daughters and a wife I took for granted. All that came crashing down on March 15, 1980. The Ides of March. I received divorce papers in the mail. I hadn't seen it coming but sensed that things were not normal. I'm sure many alcoholics were just as surprised as I was.

A relative suggested I join a divorce recovery group which I did about 6 months later. It was in that group that I was to meet a man who would become my best friend for over 30 years. His name was Ned. He had gotten divorced around the same time. He shared with me that his drinking to excess had led to the failure of his marriage. Ned had two children also, a girl and boy about the same age as my children. We both began talking about our lives and what happened in our marriages. Ned said he had joined AA and suggested that if I was interested, he would be glad to take me to a meeting. Naturally, I politely declined because I didn't think I was an alcoholic. But eventually as our friendship grew, I agreed to go with Ned to an AA meeting.

My first impression of the first AA meeting, a speaker meeting, was how many people were there. I naturally drifted to the back of the room and stood against the wall. I didn't want to talk to anyone. The speaker talked about job losses, car wrecks, DUI's, jail. I experienced none of these things. I began to think that I didn't really belong. I convinced myself that I wasn't that bad. (Continued on pg. 3)

Step Twelve

Having had a spiritual awakening as the results of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

Tradition Twelve

Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

Concept Twelve

The Conference shall observe the spirit of AA tradition, taking care that it never becomes the seat of perilous wealth or power; that it place none of its members in a position of unqualified authority over others; that it reach all important decisions by discussion, vote, and whenever possible, by substantial unanimity; that its actions never be personally punitive nor an incitement to public controversy; that it never perform acts of government, and that, like the Society it serves, it will always remain democratic in thought and action.

FROM THE IG News Committee

Greetings from IG News,

Merry Christmas, readers. Stay in touch and keep our fellowship thriving!
Submit your own recovery-inspired articles and sign up for the IG Newsletter to receive locally written stories, updates, and reflections from your sober support network. Together, we help sustain the Intergroup Office and strengthen our AA community.

– The IG News Team

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Website: **www.akronaa.org** v Email: **ignews@akronaa.org**
Akron Intergroup (**CLOSED** DEC. 6-14 for moving)
Our new location opens: December 15, 2025
2212 Romig Rd. Akron, OH 44320
Phone: (330) 253-8181

Akron IGNews is a monthly newsletter of the Akron Area Intergroup Council of Alcoholics Anonymous. First publication was November, 1954. It is about, by and for the members of the Fellowship of AA. Opinions expressed herein are NOT to be attributed to AA as a whole, nor does publication of information imply any endorsement by either AA or the Akron Intergroup Council. Quotations and artwork from AA literature are reprinted with permission from AA World Service, Inc. and/or The AA *Grapevine*, Inc.

Contributions from our readers are encouraged!
Submissions are edited for space and clarity ONLY. Contact information is required and anonymity is respected.

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 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. Therefore, Akron Intergroup News Committee reserves the right to publish/not publish any article upon submission without question or explanation, based on the decision of a group conscience majority vote.

"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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We Reap What We Sow, More Than We Sow, Later Than We Sow

Written by: Jack M. (Cont. from page 1)

Little did I realize that it's not how much you drank nor how long you drank but why you drank. I failed to identify with alcoholic thinking. I didn't realize that to the alcoholic, abnormal behavior becomes normal behavior.

For a number of years I was estranged from my daughters. Their mother had married fairly quickly to an older, richer man who happened to be the mayor of the city as well as a successful builder. My children lived in a beautiful home while I lived with my sister. Eventually I was able to rent an apartment. This was reaping what I had sown.

My career didn't suffer. I was promoted several times eventually ending up on the executive payroll. As a result of a promotion I moved to Akron in 1987 and had a condo built near Portage Country Club which I joined at company expense. I had a nice company car, expense account and private office. I had all the trappings of success but I was miserable. I was alone and lonely. That's more than I had sown. Ned and I continued to stay in touch but I had long since stopped going to AA meetings.

Around 1992 I met a Catholic priest who changed the course of my life. I had been away from the church for a time. I contacted this priest and asked if I could meet him privately. He gave me his location which turned out to be the Interval Brotherhood Home. I thought it was a monastery which it was at one time. The priest turned out to be Father Sam. When I explained I had been away from the church as well as divorced, he assured me my membership was still valid. He told me about IBH and I shared about my drinking history. Father Sam encouraged me to get back in AA, to go to meetings, get a sponsor and work the Twelve Steps. I had a Big Book which I had read like a novel years before. I actually felt sorry for the poor AA's who shared their stories.

I went to my first AA meeting in Akron on September 25, 1992. This time I stayed. I began going to a meeting nearly every day. I got a sponsor. I worked the Steps. I started to be of service. I've never looked back. My daughters are now middle aged and happily married. They have been back in my life for many years. I'm very grateful to God for restoring our relationship. I've come to realize that my alcoholic behavior caused more damage than I knew. Damage to myself as well as damage to others, especially with relationships. That's what later than we sow means. We are told not to regret the past, but there are lifelong consequences to our behavior that sometimes never gets better. But I keep coming back. One thing I've learned is that a smart man learns from his mistakes, but a wise man learns from the mistakes of others. That's how AA has helped me and continues to help me.

We Need YOUR Submissions

We are looking for new submissions every month to publish in our monthly newsletter. Please send us an email to share your experiences in AA, your personal journey or new things you have learned while sober. If you prefer to remain anonymous, just let us know! Scan this code to email us or send it to: IGNews@AkronAA.org

INTERGROUP RENOVATIONS

DONATE

The Intergroup Office is accepting donations for the renovations for our new location at 2208-2012 Romig Rd, Akron, OH.
Please consider making a donation towards this new space with great potential to help serve more alcoholics.

The Akron Area Intergroup Office and our committees will always give you a way to be of service.
Do you have a certain area of interest? Would you like to get involved? To request information send an email to info@akronaa.org

My 12 Year Journey
Submitted by: Matt M

For a little over 12 years now—when I first realized my addiction to alcohol was destroying my life—I have been trying to embrace "recovery." Unfortunately, in many of my previous attempts to stay sober, I had no idea how to grasp this concept. I knew, at minimum, I was supposed to:

1. Not pick up the substance
2. Go to meetings and
3. Get a sponsor and work the twelve steps.

So I would, for a little while. But something always felt off. Without a doubt, I would soon find myself isolating again, trying other substances to fill the panic-stricken hole within me. I would tell myself, "It's not booze — that's the thing that's really killing me," or "It's not this," or "It's not that." I'd go to the doctor, and they would increase my prescription or add a new one on top of the many I was already on. I found myself relapsing over and over, each time sinking quicker into the bottomless pit and ending up back in the hospital again.

Just over eight months ago, I found myself in a coma in the ICU for a second time. I was on an intubation machine because I had stopped breathing by the time my friend got me to the hospital. Thank God for him — he helped me out many times. I was in there for around two weeks. I've been through countless detoxes and hospitalizations due to this terrifying disease, problem, possession, destruction — whatever you want to call it. However, I truly believe something changed in me that I can only (and want to) describe as my personal spiritual experience.

Upon getting discharged from the hospital, I was scared, but I asked God to guide me — to tell me what to do — as I was having trouble getting into an inpatient program. I didn't want to go back to the one I had left, but my gut told me to call and ask if I could return. I felt I had unfinished treatment with them. Within 20 minutes, I had the answer. I felt relief, yet still feared my condition was far beyond my control. On my first day back at inpatient, I was rushed to the hospital again because my condition was getting scary. After several hours and more helpful medication, I went back to inpatient. I knew it was going to be an extremely tough road, but I also knew I really wanted to be done with those terrifying, scary-as-death-itself days.

At first, each day and each night was almost unbearable, but I told myself to push through it and truly trust the process. I went to my classes, I paid attention. I dug deep into my behavioral change process. I listened with intent. I hurt. I cried. I begged. I pleaded with God to help me... (Cont. pg 7)

Disclaimer by the IGNews Committee
The articles published through this forum may have opinions expressed by the authors of those submissions. They in no way are the opinions of this publication, IGNews Committee, or AA. We, like AA, have no opinion on any outside issues, politics, religion, organization, sect or alcohol reform. **Those included in articles are of the writers alone.**

October
CONTRIBUTIONS

Individual: $3798.80
Group: $9107.22
Moving Fund: $3011.00

Your contributions keep the Intergroup Office running.

Pet of the Month

Luna

Happiness is a warm nose and a wagging tail.

Troy H.

My 12 Year Journey (Cont.)
Submitted by: Matt M

...continue even when I just wanted to walk across the street and drown myself in the bottle. I went to meetings, I regained sponsorship, I started the 12 steps again. I was honest with my counselors, and I put a focus into this thing like never before. I slowly started to realize that God was truly doing for me what I could not do for myself— and that he had been doing it the whole time.

In this process, I have now gotten off numerous medications. I started working out again, eating healthy, and staying on top of my mental awareness almost every second of every day. I know that if I want to change, I have to have the will to change and the open-mindedness to change. I also realize that I need to be in the right places and around the right people. Every single thing in our reality starts with a thought. We have an infinite number of possibilities for which way our lives can go. How I think is where I will go.

Ask God for guidance, but at the end of the day, you are the co-creator of your life. I want my life to be better than it has ever been. Now I know: thoughts, become things.

General Services Area 54
Third Sunday 2-5pm
Area Assembly
12 Step Recovery Club
1480 Pearl Road, Brunswick, OH

Akron Multi-District
Meets Third Saturday of Every Month 1pm
Pilgrim UCC, 130 Broad Blvd.,
Cuyahoga Falls, OH 44221

District 5A & 5B
Meets third Thursday of Every Month
@ 6:30 pm Christ Episcopal,

Intergroup Council Meetings
Are typically held the **FIRST**
Sunday of the month at
12:00 pm at **The Paradise Club**
1710 Front St.
Cuyahoga Falls, OH.

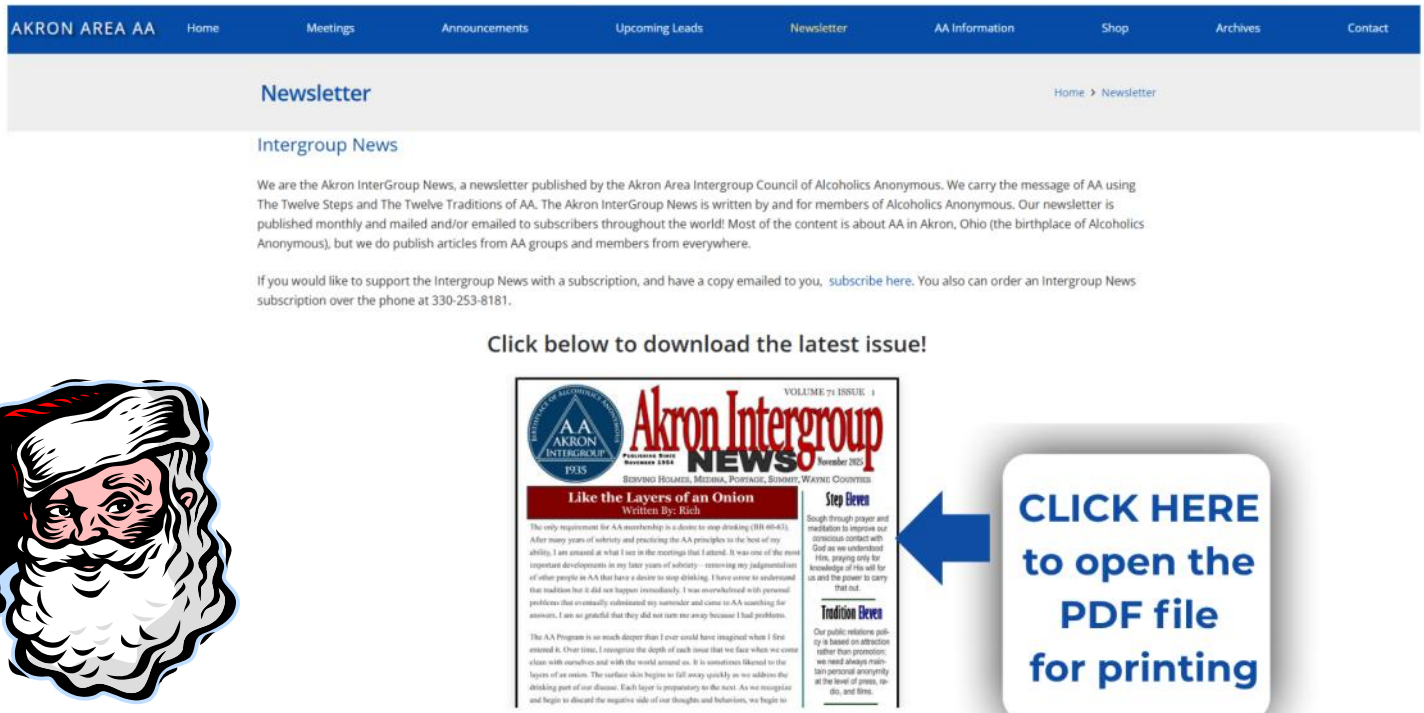
All Intergroup Representatives are encouraged to attend every meeting.

- **Council Meeting** December 7: 12pm
- **Council Meeting** Friday, January 2: 12pm
- **Executive Board Meeting** December 4: 7pm

How to print the newsletter from Akronaa.org

NEXT...

The newsletter page will open (example below)



CLICK HERE to open the PDF file for printing

CLICK "Subscribe Here" to have the newsletter delivered to your email box every month for $3/year

Don't Find Fault, Find a Remedy (Henry Ford)
Written by Chris W.

What does that mean?

Years ago when I was young, I always found something to complain about. I was always wanted things to be perfect. The only problem was that nothing was going my way, and I was miserable.

In the Big Book, it talks about ab actor who was trying to arrange everyone to his expectations (pg. 60-61). In "Acceptance Was The Answer (pg. 420)", he talks about serenity and expectations. For me, I have no control over what other people do. It reminds me of the whirling dervishes in the Acceptance pamphlet. The solution is in the 12 Steps.

The problem is me and my thinking. So what is the solution? Instead of complaining about things, do something about it. In my recovery, I look for a solution that is reasonable. And it works, as long as I get out of my way.

People Will Observe Us First
Written by Jerome D.

Surrender to God in everything. Abandon your will and life by leaving your concerns in God's hands. This brings peace for you.

Every act of complete surrender to God will remove the desire to drink. Continuous surrender by working the 12 Steps helps maintain sobriety and create a spiritual awakening.

Be sure to remember that you carry the AA message first through the example you live. People will observe us first to see if we have something spiritual to offer. People that do not have a relationship with God (as well as still-suffering alcoholics) are discontent and living lives that do not give full satisfaction.

We are on a journey of discovery, meditation and prayer that gives us the focus and discipline to keep spiritually fit. This helps us do things we could not do before. With sobriety and surrender to God we can find ambition and enthusiasm to live life doing the right things. Our sober spiritual journey is not a competition with others. In the AA fellowship – we each see God's will for our self.

With our renewed ambition and enthusiasm for life, we now have a second chance to pursue the career we always wanted. We can get into hobbies or a new sport, etc. We can be happy continuing to attend AA meetings and moving into various service positions which will increase our skills, gifts, talents and abilities. These will help us be successful in other areas of life as well. Who knows where God may lead us as we stay surrendered to Him seeking His will for us and our life. Of course, staying sober and growing spiritually closer to God is always our main priority.

Gods will/may challenge us in various ways but it will not be beyond our capability to carry it out.
God's will is when we come to sobriety. When we come to believe in Him, we come into possibilities, miracles, and limitless expansion.

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 N. Main St., Akron, OH 44310
Checks payable to Akron Intergroup Office

25% The General Service Office
PO Box 2407; James A. Farley Station
New York, NY 10116-2407
Checks payable to General Service Board

15% NE Ohio General Service, Area 54
PO Box 91384
Cleveland, OH 44101-3384
Checks payable to NE Ohio General Service

10% TO YOUR LOCAL DISTRICT:
Akron Area Multi District
Paul, Treasurer
PO Box 67163
Cuyahoga Falls, OH 44222
Checks payable to Akron Multi District

District 5A & 5B (Portage County)
Dustin S.
2203 Ranfield Rd.,
Mogadore, OH 44260
Checks payable to District 5

More announcements and details of these announcements can be found at the Intergroup Office or at akronaa.org

Get to know your history!

AKRON

Where it All Began in 1935!!!

Go to: Akronaa.org->Archives->History

COMMITTEE MEETINGS AT INTERGROUP OFFICE

Archives Committee
Wednesday— 10 AM-4 PM Drop In

Corrections Committee
Third Saturday — 10:00 AM

Founders' Day Committee
First Monday — 7:00 PM

Group Services
Third Monday— 6:00 PM

Information Technology
Second Tuesday — 6:00 PM

Intergroup News Committee
Third Saturday — 9:00 AM

Literature Committee
First Saturday — 8:30 AM

Public Information-CPC
Third Saturday — 12:00 PM

Treatment Committee
Tuesday before Ex. Bd. Mtg.— 6:00 PM

Twelve Step Fund Committee
Third Saturday — 9:00 AM

CHECK WEBSITE AKRONAA.ORG
FOR MEETINGS NOT LISTED HERE AS MORE ARE ALWAYS BEING SCHEDULED. SCHEDULE MAY CHANGE WITH NEW EXEC BOARD MEMBERS

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. ❑

Make all checks payable to:
Akron Intergroup
775 N. Main St.
Akron, OH 44310-3044
Phone: 330-253-8181

Donate online at akronaa.org

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Signed_____Phone_____
Donation received by_____
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