

AA Unity LiveWire AA

577 Broadway Avenue. Lorain, Ohio 44052 Phone 440 246-1800

February

Monday-Friday 9AM-5PM

2006

www.aaneoh.org

BEFORE YOU TAKE THAT NEXT DRINK OF ALCOHOL:

Compliments of the Big Book Bunch, <http://www.sober.org>

1) **POSTPONE THE DRINK.** You have undoubtedly had character defects such as procrastination, sloth, laziness, denial and fear. So, **USE THEM** right now in a constructive way by postponing that drink. You know you can hold off for 10 minutes, an hour, or even more. And, while you are delaying the destroyer, take the remedies listed below:

2) **STAY AWAY FROM ALCOHOL.** If you are in a bar or a place where liquor is available to you, go somewhere else where there is no booze for a while, at least.

3) **PRAY.** Ask God to keep alcohol from entering your body and to remove the obsession to drink. This action can and should be done repeatedly while you are following the rest of this survival plan.

4) **CALL SOBER PEOPLE.** Tell them that you want to take a drink. Give your sponsor a chance to relieve the insanity of taking a drink. Or, call anybody who can help, even Central Office (440) 246-1800. In anticipation of finding a lifeguard, hopefully you have been collecting phone numbers and saving phone lists from meetings. If you are in a strange town, Alcoholics Anonymous is usually listed in the white pages of the phone book.

5) **GO TO AN A.A. PLACE.** Head for a meeting or an A.A. gathering place, such as a clubhouse, a sober living house, or an after-meeting hangout. Sometimes a church or a parish will help.

6) **READ A.A. LITERATURE.** Try the Big Book (Alcoholics Anonymous) chapter 2, the 12&12, pamphlets or other material.

7) **VISIT SOBER.ORG.** Download and read step guides. Visit sobriety chat rooms. Go to Google.Com and search on "stay sober" (107K hits), "sobriety" (97.5K hits), or "sober" (344K hits), for example.

8) **WRITE A GRATITUDE LIST.** We get so hung up on what we don't have or want to get rid of, we fail to "count our blessings", which we have in abundance.

9) **WRITE A HARMS PREDICTION.** If you drink, who is going to get hurt? Besides yourself, how about your family, your work, and those who depend upon or respect you?

10) **WRITE A "REWARDS" FROM RELAPSE LIST.** If you are or might be alcoholic, you have reasons to not drink alcohol. If you are gripped by the desire to drink, put the burden of proof on that drink. What is it going to do for you that is worthwhile? How long will that benefit last? How much are those desired moments of ease and comfort worth? Are you really ready to throw away your sobriety for a drink?

11) **DO AN ANONYMOUS KINDNESS.**

All of the diversions above can be done within a short time of having a serious thought about drinking alcohol. Here are some things to do that will take a little longer, but they will reduce and eventually eliminate the desire to drink.

LEARN TO PRAY AND MEDITATE, TAKE THE TWELVE STEPS, LEARN TO TAKE DIRECTION, ENJOY THE FELLOWSHIP OF A.A., FULFILL A.A. COMMITMENTS, STUDY THE BIG BOOK, ALCOHOLICS ANONYMOUS, GET A JOB, VISIT THE SICK.

PRACTICE THESE PRINCIPLES IN ALL YOUR AFFAIRS. Your family, friends, employer, neighbors and all those you meet should be better off because of you.

SUN	<p>Sharing Our Sobriety (S.O.S.) 8:00 PM 577 Broadway Ave. Lorain (S)</p>	<p>North Ridgeville Men's 7:30 PM First Merit Bank 35621 Center Ridge Rd. N. Ridgeville (NS)</p>	<p>Sheffield Lake Civic Center Group 7:30 PM 4575 Lake Rd. Sheffield Lake (S)</p>
MON	<p>New Begining Big Book Disc. 8:15 PM St. Mary's School Cafeteria Stoney Ridge Rd. Avon (NS)</p>	<p>Monday Night Lorain(NS) 7:30 PM Zion Lutheran Church 5100 Ashland Ave. 6th, Lynn D. 13th, Dawn F. 20th, Dawn B. 27th, Mickey R.</p>	<p>Vermillion Mon. Night 8:00 PM 990 Rt. 60 Vermillion (NS)</p>
TUES	<p>Sheffield Men's 7:30 PM Lake Breeze Church 1430 Lake Breeze Sheffield Township (NS)</p>	<p>S.I.O.G.A. 8:00 PM First United Methodist 45 S. Professor St. Oberlin (NS)</p>	<p>Avon Tuesday (In the Barn) 8:30 PM Methodist Church 3711 Detroit Rd. Avon (S)</p>
WED	<p>Grafton Wed. Night 8:30 PM Grafton Fire Station 1050 Novak Rd. Grafton (S) 1st, Chris 8th, King G. 15th, Scott 22nd, Sober Alcoholic</p>	<p>Stepping Into Sobriety Group 6:30 PM NORD Center 6140 S. Broadway Ave. Lorain (NS)</p>	<p>Grafton Wed. Night 8:30 PM 16th Anniversary Lead: King G.</p>
THURS	<p>Thurs. Women's Sobriety Group 7:00 PM New Life Baptist Church 720 E. River Rd. Elvria (NS)</p>	<p>N. Ridgeville Big Book Disc. 8:00 PM First Merit Bank 35621 Center Ridge Rd. N. Ridgeville (NS)</p>	<p>St. Agnes Thur. Night 8:00 PM 1741 N. Ridge Rd. Sheffield Township (S)</p>
FRI	<p>Fri. Night Sobriety First Merit 06 Center St. LaGrange (NS) 3rd, Donna L. 10th, Debbie C. 17th, Bill J. 24th, Barefoot Ray</p>	<p>Elvria Fri. Night 8:00 PM Lake & Lowell St. 3rd, Chris H. 10th, Tony R. 17th, Dan L. 24th, Mark P.</p>	<p>Friday Morn. Survivor 10:30 AM 577 Broadway Ave. Lorain (S)</p>
SAT	<p>Mid-night Elvria Group 12:00 PM St Mary's Church 4th & Middle Ave. Elvria (NS) 4th, Marilyn O. 11th, Dan L. 18th, Linda H. 28th Amy B.</p>	<p>Amherst Sat. Group 8:30 PM Church of the Nazarene 210 Cooper-Foster Rd. Amherst (NS) 4th, Mary Ann S. 11th, Chris B. 18th, Dawn S. 25th Joe E.</p>	<p>Saturday Twelve Step Disc. 7:30 PM St. Anthony's Parish Center 1305 E. Erie Ave. Lorain (NS)</p>

To all Groups: Please notify **Lorain County Central Office** of **Any Changes** concerning your **Group** by phone or mail. It is so necessary for **YOUR** Central Office to have correct Information to **Print Schedules** and give out **Information** to others needing **HELP**. Thank You!!

MOVED TO:
Oberlin Breakfast Group (O) Sun., 10 AM Concord Manor 95 E. Vine St., Oberlin (NS)
Serenity Hall Group (O) Sat., 7:00 PM St Ladislaus Church 1412 29th St. & Wood Ave., Lorain (NS)
Rainbow Group (O) Mon., 7:30 PM St Ladislaus Church 1412 29th St. & Wood Ave., Lorain (NS)
Ark Big Book (O) Wed., 7:00 PM Good Shepard Church Wilson St., Lorain (S)
Sheffield Lake Wed. Night (O) Tues., 8:00 PM Tennyson School, 555 Kenilworth (NS)
Friday AM Discussion (O) Fri., 10:30 AM Pilgrim United Church Of Christ, 523 E. Broad St., Elyria (NS)

NEW MEETINGS
Thursday Sobriety (O) Thur., 8:00 PM 577 Broadway Ave., Lorain (S)
NEW TIME CHANGE:
Amherst Sat. Group (O) Sat., 8:00 PM Amhurst Church of the Nazarene, 210 Cooper-Foster Rd., Amherst (NS)
Sheffield Lake Wed. Night (O) Tues., 8:00 PM Tennyson School, 555 Kenilworth (NS)
Vermillion 12x12 Discussion (O) Fri., 8:00 PM 990 State St., Rt. 60, Vermillion (NS)
NAME CHANGE:
Sunday Night Acceptance Big Book Disc. (C-M) Sun., 7:00 PM St. Ladislaus 1412 29th St. & Wood Ave., Lorain (S)
CANCELLED:
All's Welcome Group (O) Fri., 7:30 PM Arid Club, 1741 N. Ridge Rd., Sheffield Township (NS)
Ladies Midday 12 Step Big Book Study (C-W) Wed., 1:00 PM Arid Club, 1741 N. Ridge Rd., Sheffield Township (NS)

The Lorain County Central Office is seeking Group Volunteers to decorate the front windows. (Holiday's and Seasonal displays) Sign-up your group for the new year 2006 Now. *Your chance to be Creative!!!*

Concepts 2: The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole Society in

Step 2: Came to believe that a Power greater than ourselves could restore us to sanity.

Promise 2: We will not regret the past nor wish to shut the door on it.

Tradition 2: For our group purpose there is but one ultimate authority-a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

24th ANNUAL NEW LONDON CAMPOUT

Where: Thursday June 22nd through Sunday June 25th, 2006

Where: New London Recreation Park, New London, Ohio
Grove Street (off State Rt. 60)

Calendar of Events

DAY	TIME	EVENT
Thursday	8:00 P.M.	AA Lead • <i>Harvest Feast - Eric, Jr.</i>
Friday	3:00 P.M.	AA Lead
	7:00 P.M.	Dual AA (ALANON) Lead • <i>Chris Mucka - Strongsville, OH</i>
	9:00 P.M.	AA Lead and July 23 rd - New London, OH
Saturday	10:00 A.M.	ONE Theatre Panel • <i>Alan Ferguson - Essex, Ontario</i> • <i>John Decker - Wooster, OH</i> • <i>Al Spitzer - Blaines, OH</i>
	7:00 P.M.	Pat Leach Dinner • <i>Bring your favorite dish. Meet and table service provided</i>
	4:00 P.M.	AA Lead
	8:00 P.M.	AA Lead
	8:00 P.M.	New London AA Meeting - Will be held at the park. • <i>see program - 2/24/06 - 0/07</i>

• 50/50 Raffle available at each meeting.

Cost: \$12.00 per unit (casserole, pop-up, used) per night for all occupied nights.
\$12.00 per night charge applies for those setting up early before Thursday.
Electric, water hookup, picnic tables and fire rings available on first-come basis.
Please bring firewood to share.

You do not have to camp to join the fun. Come at any time for meetings, fellowship, laughter, campfire meetings and great conversation. If coming out for the day, bring your cooler, picnic basket and lawn chairs.

For more information call:

- Bill and Judy Gillet 419-923-0554
- John and Mary Ott 419-668-4122
- Pat Morgan 440-949-1079

• List Your •

Group Anniversaries • Leads

• Special Events

Make the LiveWire your News Media

Man take drink, Drink take drink then, Drink take man!

The Arid Fellowship's Valentine Dance



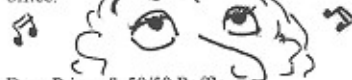
The Alateen/Al-Anon Family Dance

Friday, February 10th, 2006, 7-11pm
(doors open at 6pm)

Where- First United Methodist Church
3000 Euclid Ave, Cleveland
(corner of E 30th & Euclid Ave)
SECURED PARKING

Admission- \$5.00 adults
\$3.00 kids(20 & under)

All proceeds will go to Alateen
Donations are definitely welcome and can be made through the Cleveland Al-Anon office.



Door Prizes & 50/50 Raffle
Coffee & chips provided, donations of desert & snack items welcomed

*To Volunteer or information call...

Gary J. work (440)734-4422 home (440)835-8807

Survivors List:

Groups in need of Support to stay afloat please contact:
Lorain County Central Office.
Call 440 246-1800

St. Agnes Thur. Night (O)

Thur., 8:00 PM Arid Club, 1741 N. Ridge Rd., Sheffield Township (NS)

Elyria New Way of Life

Group (O) Wed., 8:00 PM Pilgrim United Church of Christ, Winkles & Board St., Elyria (NS)

We Need You!!

Don't let them Close HELP SUPPORT the groups.

G.S.R./D.C.M. Meeting: The Multi-District meeting is held at 11 AM on the 1st. Sunday of the month. This meeting is for the General Service Rep's. (G.S.R.) of each Group and the District Committee Member's (D.C.M.). If you want to learn more about service attend this meeting. (March 5th., 2006)

The Lorain Central Office Meeting is the 1st. Sunday of the month at 12:30 PM. It is very Important that all the Secretaries of each Group attend this meeting. We urge your Attendance (Be Informed, Get Active) (March 5th., 2006)

Advisory Board Meeting: The meeting will be held at 6:30 PM on the 3rd. Thursday of the month, at the Central Office. (Feb. 16th., 2006)

Do not be afraid to step beyond the status quo and the boundaries that you have established in the past. It is time to grow and expand in many and varied ways, so refuse to allow fear to keep you from pressing beyond your limitations. As you proceed in faith, your steps will be ordered and established by divine wisdom. However, you must not step out in presumption or act without My direction and guidance. Seek Me first, says the Divine Power, and I will inspire you to new heights.

Lorain Central Office

577 Broadway Ave.

Help Needed

• Phone Line •

Friday

Requirements:

1 yr. Sobriety;

Sponsor

Home Group

Please Call:

440 246-1800

HELP NEEDED

To carry the message to other Alcoholics in the Lorain County Jail:

Mondays &

Thursdays

Requirements:

1 yr. Sobriety

(if you would like to help)

Please Call:

Russ Walker

440 668-6650

Central Office

Wednesday

Night

Meeting

Space

Available

577 Broadway Ave.

Lorain

Please Call:

George or Charlie

440 246-1800

Arid Club

Meeting

Space

Available

1741 N. Ridge Rd.

Sheffield

Township

Please Call:

Donna or Stan

440 233-4801

The Lorain Central Office and our A.A. Fellowship

Would like to extend our sincere Thanks to all The Key lady's for the fine decorations of our window display for the Holidays. Also, we would like to thank all the Volunteers that help keep our doors open for those in need, during the Holidays, and a special thanks to Donna Lawson for organizing the opening.

Committee Chairs

Unity LiveWire

Russ Walker.....	327-1308
*e mail russ8859@aol.com	
Jim Parks.....	327-1147
*e mail parksphoto@adelphia.net	

Archives Committee

Kevin Sexton.....	323-9217
e mail bigbook@alltel.net	

Schools

Ellen B.....	322-5306
e mail irishmimil@comcast.net	

Correctional Committee

DCM.Russ Walker.....	327-1308
e mail russ8859@aol.com	
Maureen Leach.....	967-6305
Coretta Farley.....	308-1714

District Committee

District #19a

DCM.Russ Walker.....	327-1308
e mail russ8859@aol.com	

District #19b

DCM.Pam Krueck.....	984-3805
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District #20c

DCM.Donna Lawson.....	cell# 440 574-3464
Alt.Craig Warren.....	cell# 440 985-3403

District #20b

DCM.Judy Sexton.....	322-2619
Alt.Marilyn Oliver.....	284-9834

District #20a vacant

Help Needed

Board Of Directors

Co-Chairperson	Terri Poznako.....	225-6897
Co-Chairperson	Tom Ortiz.....	277-0276
Treasurer	Bill Post.....	933-4153
Secretary	Tom Banks.....	823-5159
Office Managers	George Schmidt.....	288-8935
	Charlie Crawford.....	988-7061

Advisory Board Members

Donna McCauley.....	288-3495
Tom Coughlin.....	926-3791
Russ Walker.....	327-1308
Bob Paton.....	965-7886
Troy Smith.....	365-9018
Donna Lawson.....	574-3464
Jaci Klier.....	935-3899

*To submit information for the news letter please contact: Russ Walker or Jim Parks via: *email or leave the information at the Central Office before the **26th.** of each month.

Financial Report

Listed below are the Profit/Loss spread sheet, the group donations and the rents for the month of **December 2005.**

Expenses		Donations
1. Rent	\$ 650.00	1.....417.50
2. All Service Telephone	115.13	2.....659.60
3. Columbia Gas	312.00	3.....430.78
4. Ohio Edison	225.25	4.....787.23
5. Century Telephone	133.28	5.....377.01
6. House Manager's	1,548.48	
7. PayCor Fee	109.51	\$ 2,672.12
8. Garbage Bags	46.60	
9. Liability Insurance	1,000.00	Donations \$ 2,672.12
10. LiveWire Printing	70.00	Expenses \$ 4,310.25
11. Christmas Open House	50.00	Loss \$ -1,638.13
12. New Years Open House	50.00	
	\$ 4,310.25	

Donations for the month of December 2005

Please include General Service # if you know it, and Phone # with your donations. Thank You!!

1. Monday Night Lorain	18. Amherst Saturday Night
2. Tuesday Lorain Central	19. Grafton Wednesday Night
3. Oberlin Group	20. Wellington Big Book Study
4. Wellington Wednesday Disc.	21. Serenity Hall St. Lad's
5. Thursday Disc. Lorain Unity	22. Wednesday Back To Basics
6. Serenity Hall St. Lad's	23. Tuesday Lorain Central
7. Vermillion Monday Night	24. Serenity Hall St. Lad's
8. Oberlin Breakfast Group	25. S.L.O.G.A.
9. Amherst Friday Night	26. Monday Big Book Discussion
10. Serenity Hall St. Lad's	27. Compass Group
11. Oberlin Group Thursday Night	28. Lorain Industrial
12. Tuesday Elyria Women's	29. Amherst Friday Night
13. Wellington Friday Night	30. Monday Night Lorain
14. Saturday Night Security	31. Serenity Hall Gould
15. C.O. 50/50 Raffle	32. Mike-Cindy Collins
16. Monday Night Happy Hour	33. Vermillion Thursday Night
17. LaGrange Monday Night	34. Tuesday Vermillion Big Book

Phone Line Report

for the month of Jan., 2006

12 Step Calls.....	29
Sponsorship.....	9
Al-A-Non.....	10
Meeting Info.....	144
General Info.....	90
Total:	282

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*Easy
Does
It*
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Rents for the month of Dec., 2005

1. Thursday Morning Disc.
2. Friday Nite Men's .
3. Mid Week Morning Disc.
4. Mon. Night Happy Hour
5. Friday Morning Disc.
6. Mid Week Morning Disc.
7. Blue Monday
8. Sat. Morning Disc.-Unity
9. Friday Nite Men's Disc.

December's Central Office 50/50 Raffle Winner: Tom Ortiz \$111.50

Any of the Groups that have Moved, or have become Inactive in the last year should contact the Central Office and **Fill Out a Group Change Form.** Or come to the **Multi-District meeting at 11 AM (March 5th., 2006)** or the **Central Office meeting at 12:30 PM.** that same day and we will help you fill out the **Form.**
Please be responsible Members of Aloholic Anonymous;