

November

Unity LiveWire

2010

"Easy Does It"

• area54.org •
aaloraincounty.org

710 Broadway Avenue Lorain, Ohio 44052

Monday-Friday 9AM-5PM Phone 440 246-1800
Lorain Inter-Group Central Office email address: lorainaa@live.com

"First Things First"

• aa.org •
aaloraincounty.org

Thanksgiving

by Robert Burney M.A. (www.Joy2MeU.com)

Since it is Thanksgiving time it seems only appropriate to talk about one of the most important tools in the recovery process - gratitude. Being grateful for what we have, and keeping things in perspective, is vital in the struggle to stay in the now and enjoy today as much as possible.

There are two aspects of empowerment that come into play here. One is; that empowerment involves seeing life as it is and making the best of it (instead of being the victim of it not being what it "should" be); the other is realizing that we have a choice about where to focus our mind.

To have a healthy, balanced relationship with life we need to see life as it really is - which includes owning and feeling the pain, fear, and anger that is a natural part of living - and then have a Spiritual belief system that helps us to know that everything happens for a reason, that allows us to choose to focus on the silver linings rather than buy into the belief that we are victims.

Society teaches us to view life from a perspective of fear, lack, and scarcity. Rather we view life from that place of fear or go to the other extreme and deny that we feel any fear - either way we are giving power to the fear, we are living life in reaction to the fear.

Growing up I learned from my male role model that a man never admits he is afraid - at the same time that my role model lived in constant fear the future. To this day my father can't relax and enjoy himself because impending doom is always on the horizon. The disease voice, the critical parent voice, in my head always wants to focus on the negative and expect the worst just like my father did.

This programming to focus on the negative was compounded by the fact that I learned conditional love (that I would be rewarded or punished according to what I deserved - which, since I felt unworthy, meant I had good reason to expect doom), and that I had to learn to disassociate from myself in childhood. I had to learn to go unconscious and not be present in my own skin in the moment because emotional honesty was not allowed in my family. All Codependents learn to find things outside of self - drugs, alcohol, food, relationships, career, religion, etc. - to help us stay unconscious to our own emotional reality, but the primary and earliest way almost all of us found to disconnect from our feelings - which exist in our bodies - is to live in our heads.

Since I could not be comfortable in my own skin in the now without feeling the feelings, I spent most of my life living in either the past or the future. My mind was almost always focused on regret for past or fear of (or fantasy about) the future. When I did focus on the now it was with self-pity as a victim - of myself (I am stupid, a failure, etc.), of others (who victimized me), or of life (which was not fair or just).

It was wonderfully liberating in recovery to start learning that I could start to see life in a growth context. That I had a choice to focus on the half of the glass that was full instead of giving power to the disease which always wants to focus on the half that is empty. When I focus on what I have, and have been given, that I am grateful for - instead of just focusing on what I want that I don't have - it helps me to let go of the victim place my disease wants to promote.

What works for me is to remind myself of the difference between my wants and my needs. My Truth is that every day that I have been in recovery all my needs have been filled - and there has not been a single day that all my wants have been met. If I focus on what I want that I don't have then I feel like a victim and make myself miserable. If I choose to remind myself of what I have and how far I have come then I can let go of some of the victim perspective.

Ninety-eight per cent of the time when I am in fear it means that I am in the future. Pulling myself back into the now, turning the future over to my Higher Power, and focusing on gratitude, frees me to have some happy moments today.

When I was about two years in recovery there was a time when I was talking to my sponsor on the phone. I had just lost my job, the car had broken down, and I had to move out of my apartment in two weeks. Talk about tragedy and impending doom! I was laying in bed feeling very sorry for myself and very terrified about how painful it was going to be when I became homeless. After listening to me for a while my sponsor asked me, "What's up above you?" It was a stupid question and I told him so. I was pissed that he wasn't giving me the sympathy I deserved - but he insisted that I answer. So I finally said, "Well, the ceiling." And he said, "Oh, so your not homeless tonight are you?" And of course, everything worked out fine in the next two weeks. My Higher Power always has a plan in place even when I can't see any way out.

We all have much to be grateful for, to give thanksgiving for, if we just choose to look at the half of the glass that is full. So, have a grateful Thanksgiving.

**Lorain
Industrial
Group**
Wednesday
8:00 PM

Lorain Senior Center
3361 Garfield Blvd.
3rd Bill Findley
10th Craig Caire
17th Ken Bombalicki
24th Bill Clemons

Monday Night

Lorain
7:30 PM

Zion Lutheran Church
5100 Ashland Ave.
1st John R.
8th James C.
15th Chip B.
22nd Corey
29th Sober Alcoholic

**Midnight Elyria
Group**

12:00 AM

St. Mary's Church
4th & Middle Ave.
6th Lakisha B.
13th Tim M.
20th Kristy W.
27th Lee Ann M.
(free dinner)

Happy Thanksgiving

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.

The Lorain Inter-Group 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, Be Active)

Advisory Board Meeting: The meeting will be held at 6:30 PM on the 3rd. Wednesday of the month, at the Inter-Group Office.

Lorain Inter-Group 50/50 Raffle

Lorain Inter-Group 50/50 Raffle: Just another way that you can Help support the Lorain Inter-Group. Buy a TICKET . Be A Winner.

Meeting Schedule Update: New schedules will be sent to be printed out in the next few weeks. If you have any changes that need to be published, please contact the Intergroup Office as soon as possible. 246-1800

Step 11: Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

Promise 11: We will intuitively know how to handle situations which used to baffle us.

Tradition 11: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and film.

Concepts 11: The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, Induction procedures, and rights and duties will always be matters of serious concern.

Please submit your groups' or personal anniversaries to the Livewire by the 25th of each month. Anniversaries will not be carried over to the next year for publication automatically.

*To submit information for the news letter please contact: Vicki T. 440 225-1314, Jim Parks 440 385-5687, Bobbi Matear 440 537-4280, Opal A. 440 670-6619, Donna L. 440 574-3464, Amy D. 440 714-7444, via: Call, email or leave the information at the Inter-Group Office before the 25th. of each month.

For information on Cocaine Anonymous, Narcotics Anonymous or Al-Anon meetings, please contact the Intergroup office at 440-246-1800.

Elyria Sunday Night

7:30 PM

St. Jude's
Poplar St.
7th Mary Kay G.
14th Larry VanDuzen **
21st Rita Meanor
28th Don G.
** 39th Group Anniversary,
meal to follow lead

• **Nov. Anniversary** •

1st Cliff J. 3 yrs.
7th Lee Ann O. 7 yrs.
10th Kathy K. 5 yrs.
15th Kristy W. 4 yrs.
16th Colleen M. 1 yr.
17th Bas E. 28 yrs.
17th Alisha F. 4 yrs.
18th Nyle C. 5 yrs.
26th Dave M. 26 yrs.

**St. Mary's
Sunday Night
Sobriety**

7:00 PM

St. Mary's Church
4th & Middle Ave.
7th Marilyn O.
14th Johnny Cash
21st Warner McConaughy
28th Clyde McConaughy

**Elyria New Way
of Life**

Wednesday
8:00 PM

Pilgrim Church
523 E. Broad St. &
Winckles St.
3rd Johnny B.
10th Roger D.
17th Edwin T.
24th Liz W.

Tues. Night

Laporte
8:00 PM

Elyria Baptist Church
276 Washington Ave.
2nd Carol L.
9th Sam H.
16th Maria M.
23rd Mark W.
30th Jamie R.

**Fri. Night
Faith Group**

11:00 PM

1741 N Ridge Rd.
Sheffield Village
5th Discussion
12th Jeff O.
19th Gratitude Discussion
26th Dave M.

**Friday Nite
Haven**

7:00 PM

Haven Center
1536 E. 30th St.,
Lorain
5th Sober Alcoholic
12th Renee B.
19th Angel L.
26th Lois R.

**St. Agnes
Thursday Night**

8:00 PM

St. John's Lutheran Church
1140 W. River Road,
Elyria
4th Bob N.
11th. John H.
18th. John D.
25th John B.

Easy Does It

2010 Children's Christmas Party

Schedule of events :

- Sept. 19 - Meeting at central office 12:00 pm*
- Oct. 17 - Meeting at central office 12:00 pm*
- Nov. 28 - return raffle tickets and money at central office 12:00 pm*
- Nov. 30 - last day ticket request form returned to Troy*
- Dec. 3 - dance at St. Anthony*
- Dec. 5 -pick up children's tickets after central office meeting*
- Dec. 5 -go to Sam's Club*
- Dec. 12-stocking stuffing 1:00 pm
15704 Ttrinter, Vermilion, OH.*
- Dec. 13-order pizza*
-
- Dec.19-Christmas Party*
- 9:00 am -15704 Trinter for transporting*
- 10:00 am -set up at St. John's hall*
- 12:00 pm-costume people at hall*
- 1:00 pm-party starts*
- 4:00 pm-clean up start*
- 5:00 pm-transport stuff back to 15704 Trinter*

The winner of the 5050 raffle for the Children's Christmas party will be drawn on Dec. 3rd at the dance at St. Anthony, not the 19th as ticket states. We're sorry for any confusion.

Thanksgiving

ARID Fellowship Club

Will be Open from Wednesday,
Nov.

24h at 11:00 a.m.-

Midnight on Friday, Nov. 26h

Dishes & Donations are welcome

For more information call:

Kim 541-1840

Phone Line Report:

Month of Oct. 2010

12 Step Calls.....	8
Sponsorship.....	2
Al-A-Non.....	10
Meeting Info.....	106
General Info.....	63
Phone Service.....	79
Total:.....	268

**Arid Fellowship Club
GRATITUDE POT LUCK**

November 13th

Dinner: 5:00 PM

1741 N. Ridge Rd.

Sheffield Township

FOOD • FUN • FELLOWSHIP

BRING COVERED DISH

****2 Year Anniversary***

Friday, November 12

(Combined0)

Tuesday & Friday Haven

Groups

Haven Center

1536 E. 30th St., Lorain

Dinner- 5:00 pm

Lead- 7:00 pm - Renee B.

Door prizes - 50/50 Raffle

Covered Dish Appreciated

I didn't learn humility with my head.

I learned humility with my heart.

Gratitude

"Another exercise that I practice is to try for a full inventory of my blessings and then for a right acceptance of the many gifts that are mine -- both temporal and spiritual. . .

I try to hold fast to the truth that a full and thankful heart cannot entertain great conceits.

When brimming with gratitude, one's heartbeat must surely result in outgoing love, the finest emotion that we can ever know."

Bill. W., March 1962

c.1988AAGrapevine, The Language of the Heart, p. 271

Rule 62: "Don't take yourself too damn seriously."

Meditation for the Day

I must admit my helplessness before my prayer for help will be heard by God. My own need must be recognized before I can ask God for the strength to meet that need. But once that need is recognized, my prayer is heard above all the music of heaven.

Survivors List:

Groups in need of Support to stay afloat . Please Attend, Contribute, Be Active, Help Chair, Be a Secretary, Be Responsible

Tuesday Night Haven

7:00 p.m.

Friday Nite Haven

7:00 p.m.

Haven Center

1536 E. 30th St., Lorain

Sat. Young Person's

Group

Sat. 2:00 PM

Monday Big Book Discussion

7:30 PM

Arid Club

1741 N.Ridge Rd.

Midnight Elyria Group

12:00 AM

St. Mary's Church

4th & Middle Ave.

Great Fact Group

Wed. 12:00 pm

Pilgrim United Church of Christ

523 E. Broad St. & Winckles St., Elyria

Sunday Living Life

5:30 PM

1730 Broadway JFK

Turning Point

Thursday 6-7:30 PM

Washington Ave.

Mon. Night Rainbow Group

7:30 PM

1st Lutheran Church

6th & Washington

We Need Your Help!!

Don't let them Close

HELP SUPPORT

THE GROUPS.

ATTENTION: Lorain County A.A. Community - help needed on various Committees! If interested, please contact one of the Advisory Board Members and VOLUNTEER!!!! Help Make A Difference!!!

Committee Chairs

Unity LiveWire Committee

Vicki Tomlinson..... 440 225-1314
 *e mail vickitom@oh.rr.com
 Jim Parks.....440 385-5687
 *e mail jbparks2542@yahoo.com

Internet Committee (aaloraincounty.org)

Mike.....440 670-9910
 e mail webmaster@aaloraincounty.org

Cooperation with the Professionals Committee

Opal A.....440 670-6619

Correctional Committee

Alan Revercomb440 541-2473

Archives Committee

Linda S.440 245-2928

Young Peoples Committee

John Flores.....440 308-5421

Picnic Committee

Art C.....440 773-9474
 Sue Koons.....440 309-0491

Treatment Facilities Committee

Chairperson needed NEED VOLUNTEERS

Pig Roast Committee

Troy Smith.....440 365-9018

Memorial Day Breakfast Committee

Donna Lawson.....440 574-3464

Grapevine Committee

Linda S.440 245-2928
 Coretta Farley440 308-1714

District Committee

District 19A (Sheffield Lake, Avon Lake, Sheffield, Avon, N. Ridgeville, Eaton, Columbia, Grafton DCM Ellen Winson.440 327-8812

District 19B (Lorain City Meetings and some in Vermilion) DCM. Yolanda A.440 541-2216

**District 20A (All of Elyria City Meetings a Carlisle) DCM. Judy Sexton.440 322-2619
 Alt. DCM Patty McMullen.....440 365-3778**

District 20B (All Meetings at ARID Club) DCM. Debbie McConnell.....440 277-0162

**District 20C(LaGrange, Penfield, Brownhelm Tnsp., Amherst, Henrietta Tnsp., S. Amherst, Kipton, Oberlin, Camden Tnsp., Pittsfield Tnsp., BrightonTnsp., Wellington Meetings) DCM. Patti Rodgers440-284-6677
 Alt DCM Donna Lawson.....440 574-3464**

Financial Report

Listed below are the Profit & Loss spread sheet, the group donations and the rents for the Month of Sept. , 2010.

Rents:

Month of Sept. , 2010

1. Friday Morning Survivor
2. Lorain Consolidated
3. Mid Week Morning discussion
4. Monday Happy Hour
5. Spanish American
6. Strength In Sobriety
7. Unity Hall Discussion
8. We Care Tuesday

Expenses

1.Rent	\$650.00
2.Columbia Gas	\$193.00
3. All Service Telecommunications	\$152.03
4.Ohio Edison 710 Broadway	\$238.54
5. Time Warner	\$90.45
6. House Managers	\$1,576.25
7.Pay Cor Fees	\$64.29
8.Live Wire Printing	\$69.00
9. Berry Yellow Pages	\$20.05
10. Materials for Bathroom Floor Repairs	\$41.66
11. West Bend Mutual Insurance Company (Liability Insurance)	\$4,097.00
12. Copier Cartridge	\$90.50
13. Office Supplies	\$100.00

Donations/Rents

By Week

1.....	\$850.50
2.....	\$1,204.59
3.....	\$1,037.41
4.....	\$906.42
5.....	\$58.50

\$4,057.42

Month of Sept. 2010

Donations/Rents	\$4,057.42
Coca Cola Sales	\$0.00
Total Income	\$4,057.42
Expenses	\$7,382.77
Porky Pig Donation	\$1,086.23

\$7,382.77

Total Loss Sept., 2010 (\$2,203.54)

When making Donations to the Lorain Inter-Group, Area 54, Multi-District, or the General Service Office in New York. PLEASE put your Groups General Service number on the Donation. You can find your Groups General Service number in the meeting schedule or on the internet at aaloraincounty.org under A.A. Meetings. Please put your Area & District numbers on the donation, it also helps to identify your Group. If you don't have a General Service number under your Groups information in the meeting schedule you can contact your District Committee person listed in the LiveWire to help you get registered.

Donations

- | | |
|---------------------------------------|--|
| 1. Amherst Saturday Night | 20. Monday Night 12 X 12 Discussion |
| 2. Anonymous | 21. Monday Night Lorain |
| 3. CBS Big Book Step Study | 22. New Beginnings Big Book |
| 4. Elyria Friday Night | 23. North Ridgeville Friday Night Discussion |
| 5. Elyria Monday Closed Discussion | 24. Oberlin Breakfast Group |
| 6. Elyria Sunday Night Group | 25. Oberlin Group |
| 7. Elyria Women's Discussion | 26. Oberlin Women's Closed Group |
| 8. Friday Morning Survivor | 27. Rainbow Group |
| 9. Friday Night Avon Lake | 28. S.I.O.G.A. |
| 10. Friday Night Faith Group | 29. Saturday Night Security |
| 11. Friday Night Sobriety | 30. Saturday Twelve Step Discussion |
| 12. Grafton Wednesday Night | 31. Serenity Hall |
| 13. LaGrange Monday Night | 32. Sheffield Lake Civic Center Group |
| 14. LCCC After Lunch Bunch Discussion | 33. Stepping Into Sobriety |
| 15. Living Life | 34. Strength in Sobriety |
| 16. Lorain Inter-Group 50/50 Raffle | 35. Sunday Open Men's Discussion |
| 17. Lorain Wednesday Group | 36. Tuesday Morning Discussion |
| 18. Mid Week Morning discussion | 37. Wednesday Morning Discussion |
| 19. Monday Morning Live Discussion | 38. Wellington Group |
| | 39. Wellington Thursday Night |

Board Of Directors

Chairperson	Troy Smith.....365-9018
Vice-Chairperson	Ken Cain..... 322-2496
Treasurer	Bill Post.....933-4153
Secretary	Mark Potter.....452-5946
Office Managers	Sam Hensley.....288-4942
	Tom Niemiec.....258-7286
	Keith Shagie.....258-1159

Advisory Board Members

Tom Ortiz.....	315-8600
Bill Jackson.....	935-3251
Nikki Lustek.....	409-2136
Donna Lawson	574-3464
Alan Revercomb.....	541-2473
Vicki Tomlinson.....	225-1314
Greg Hayes.....	371-3835
Rich Yowler.....	477-1019