

The Northeast Ohio Recorder

July/Aug / Sept 2019

<http://www.area54.org>

Volume XXVI, Issue 3

A Word From Our Delegate

And away I Go.....

Normally for this newsletter, I would be summarizing my trip to the General Service Conference, sharing about the flight there and back, meeting other servants of AA, voting sessions, floor action, etc. However, this year's conference is scheduled for May 19-25th, and my journey hasn't taken place yet by the Unity Day newsletter deadline. So I sit thinking, "What topic do I want to share" or "what report do I want to give?" To be honest, I haven't got a clue, but right now I'm feeling some kind of wonderful about the upcoming adventure!



Amidst the most recent Ohio State Planning meeting that occurred the second weekend of May in Columbus, everyone asked, "how do you feel", "are you ready," or "aren't you excited?!" At that moment in time my response was "Sure" and "Not really." In my mind I was thinking that I have been attending "mock" conferences since 2012, and that attending GSO conference is the same thing - just on a bigger scale. However about 3:11am early Friday morning (Friday before the conference), I woke realizing that this is HUGE!! To be a part of an organization that comes together for the betterment of its members and our message is such an honor and I'm truly humbled and excited!

Preparing for the week of the conference, I packed my suitcase three days early, found someone to housesit my abode, reached out to my service sponsor about monetary needs for the 10-day trip, and reviewed and read more of my conference materials. On the final afternoon before the conference, the excitement reached a level ten and I became ready to go! My goal is to represent Northeast Ohio /Area 54 in the best way possible and bring back a wealth of information to be shared with our groups.

I am looking forward to visiting your districts and/or groups with a presentation that will contribute to developing informed members of our AA community. Feel free to reach out via email to schedule a day and time. Hopefully, I will hear from many of you, and will be kept busy during the summer months sharing an abundance of findings from the GSO conference.

Love and Service,

Shyrl B. - Delegate
Area 54 - Panel 69

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ALTERNATE DELEGATE'S REPORT

Shyrl B., our Delegate and I attended the Southwest Ohio Mini Conference in Dayton, Ohio March 15 – 17, 2019. Steve S, a General Service Office (GSO) Staffer was a guest. Steve gave his report of his duties and how the General Service Office operates. On Saturday night, he told his story of recovery. Mark E., our East Central Regional (ECR) Trustee attended and

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FROM THE EDITOR

LETTER TO THE EDITOR

Dear Editor,

I just read "Selfishness and Self-Centeredness" and it was very interesting. I believe there is another part of selfishness to consider. It is a view of selfishness as rational self-interest.

It is selfish to breathe, and to fight anyone who wants to stop us from breathing. Taking action to keep ourselves sober and healthy and breathing is a selfish act, and is our right.

The kind of selfishness that doesn't belong in a sober life is actions taken that are at the expense of others, like spending the family money for what we want and not leaving any for others. In other words, what you describe as self-centeredness.

There are many times in recovery when spouses or partners don't like the change in us. They don't like it when we go to meetings, because they see it as deserting them.

What I am saying is that getting sober, going to meetings, talking to our sponsors is rational self-interest, even if our loved ones don't like our being gone or spending time on recovery. I think that may be the selfishness the person meant when he said "Don't be afraid to be selfish."

In any event, thank you for this thought-provoking article.

Sincerely,
Cynthia D.

Note from the Editor:

Dr. Bob advised us in his last talk, "Let's not louse it all up with Freudian complexes and things that are interesting to the scientific mind, but have very little to do with our actual A.A. work." In other words, "Let's keep it simple."

Webster's Collegiate Dictionary defines selfish in two ways:

- 1) concerned excessively or exclusively with oneself
- 2) seeking or concentrating on one's own advantage, pleasure, or well-being without regard for others.

The Cambridge Dictionary of the English Language is consistent with Webster's definition: "caring only about what you want or need without any thought for the needs or wishes of other people."

The use of the word "selfish" in a positive light is relatively recent, probably associated with work in the field of Positive Psychology, a term coined by Abraham Maslow in 1954, and which has now become rather mainstream among mental health professionals (especially those connected to the work of Martin Seligman, Mihaly Csikszentmihalyi, Christopher Peterson and other renowned contemporary psychologists and mental health professionals).

The foresight of our founders was nothing less than incredible. Could it be that the Big Book writers foresaw the emergence of the use of the word "selfish" in this contemporary positive mental health context? After all, they wrote "Above everything, we alcoholics must be rid of this selfishness. [i.e. not all selfishness; just that associated with our negative actions.] We must, or it kills us!" (Big Book, 62, emphasis added) Given the spiritual nature of our program, I doubt it was mere coincidence that Dr. Bob's statement concerning mixing our 12th Step work with modern psychology was uttered just four years before the final chapter of Maslow's book *Motivation and Personality* titled "Toward a Positive Psychology" was published. Incidentally, Maslow dropped that chapter from his book in the second edition.

To my way of thinking, apparently shared by the dictionary writers, "positive selfishness" would be an oxymoron. But then, I'm not a mental health professional. Bottom line: in my service to Alcoholics Anonymous, I will just keep it simple and try not to "louse it all up."



Submit your service-related contributions, comments and questions, or ideas and complaints to:
newsletter@area54.org



OFFICER AND COMMITTEE REPORTS

ALTERNATE DELEGATE REPORT

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gave his report of his 5 day board weekend. The Friday evening concluded with Mark E. sharing his personal story of recovery.

Similar to our Mini- Conference, on Saturday morning everyone went to their assigned committees discussing the agenda items. The afternoon was the Mock Conference at 2pm and adjourned at 5:30 pm. I enjoyed the discussions on the agenda items.

I want to thank Leslie, District 28 DCM, for giving me the words of wisdom to share with District 14 (Tuscarawas and Carroll Counties). Past Delegate Bob D and I were invited to New Philadelphia May 5th to meet with the folks trying to relight District 14. We shared our experiences and the need to get groups to understand that the intergroup is one part of Service. While the intergroup needs the group information for the local 12-Step work and directories, GSO needs our groups to let them know how many truly active members and who they can contact when they have 12-Step work to be done. In addition, as Leslie said in our last Assembly, it is the group's responsibility to keep GSO informed. So if your group has changed contact information and/or GSR's, please complete the group update form you can find on our website, www.area54.org and email it to the registrar. Let's get our information correct with GSO to help the next still suffering alcoholic.

Our upcoming events include Founders Day and the Area 54 Picnic, June 23rd. Lorain County was gracious enough to allow us to join them at their picnic this year. As of our April Assembly, we did not have any districts that could host our annual Open House Picnic. Joining Lorain County was a good solution and I am looking forward to it.

July 12-14 your Panel 69 will be on the road to the 2019 East Central Regional Forum in Detroit MI. at the Sheraton Detroit Metro in Romulus, MI. All members of AA are welcome to attend. Registration is FREE. Whether you are new to service or have been sober and active for years, the Regional Forum experience is a wonderful way to learn and share about our worldwide, life-saving Fellowship. Presentations cover topics such as AA Around the World, Who Are Our Trustees and What Do They Do, Your General Service Office: How It Helps My Group Carry the AA Message, Self-Support and more. This is when GSO brings the New York

Office to us. In other words, this is when GSO comes to **us**, answers **our questions** and tells us what they do every day.

I attended The Ohio State Convention Planning Meeting in Columbus with several other members of our Panel 69. We were brought up to date on the program for the 2019 Ohio State Convention which will be August 16-18 in Cincinnati, Ohio. The program will have speakers, workshops, entertainment, fellowship and panels on many topics of interest to all of us. This will be a fun weekend and is open to all AA members and there is an Al Anon program too.

Starting on the 3rd Sunday in September at 1pm before our Assembly (at Brunswick), we will be planning our 2020 hosting of The Ohio State Convention. We will select a Theme for the Convention. We will create several committees: Speaker, Topics for Panel Discussion, Program Planning, Entertainment, Workshops, Hospitality, Greeters, and more. Several service opportunities for all the members of Northeast Ohio AA.

See you at the next meeting.

Respectfully submitted

Yours in service

***Susan R., Alternate Delegate
Area54 - Panel 67***

AREA CHAIRPERSON'S REPORT

Report from Area 54-Northeast Ohio Mini-Conference

I picked up John M. and district 39 representative Jimmy D. and we headed to Westlake, in anticipation of a great, 44th Northeast Ohio Mini-Conference. We arrived at 1pm, checked out the main conference room and set up for registration and committee displays. Soon after Bob and Susan arrived with the folders, badges and supplies for registration. We helped them unload, insert the area contribution envelopes in the folders and set up the registration table that Dustin, Georgann and Susan would use for the weekend. We checked into our rooms and got ready to go grab a bite to eat. As we were leaving, the Youngstown Multi-District was arriving to set up the hospitality room. When we came back from dinner our area 54 Committee chairs were busy arranging their awesome displays to perfection. Dustin and Dusty were

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OFFICER AND COMMITTEE REPORTS, CONT.

AREA CHAIRPERSON REPORT

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selling Grapevine and Conference approved Literature and our guests were arriving.

The Conference convened at 7pm with Jamie B. past delegate chairing our 44th Northeast Ohio Area 54 Mini-conference. The mini-conference history was read by our mailing secretary Mark P. Then our Area 54 Delegate Shyrl B. introduced our panel, committee chairs, DCM's, GSR's, and other Ohio delegates, past delegates and our GSO staffer Patrick C. who is currently the Conference coordinator. We then heard a talk on Love and Service by Kristan S. followed by "What is my experience" chaired by Greg DJ. Michael M. was the timer. Speakers were GSR Dusty S., DCM Jesse H., committee chair Greg J., Area 54 officer Tina C., Area 54-Panel 69 Delegate Shyrl B. and GSO staff member Patrick C. Our East-Central Regional Trustee Mark E. was unable to attend due to being ill and having to go to the emergency room. We sent Mark a Get-Well card. Susan R. gave a folder summary explaining the contents of our folders so everyone would be able to study their committee agenda before retiring for the evening. We then heard a Delegates panel on Area & GSC highlights chaired by Arnetta P. and timed by Brian JC. As first year delegates, Shyrl B. and Stephen S. area 53 delegate each had two minutes. Henry C. area 55 and Jenny C. area 56 each had five minutes as second year delegates. The evening was ended with an ice cream social hosted by the Lorain Multi-District.

Saturday morning began with an early bird meeting chaired by Mark P. and the Youngstown Multi-District opened the hospitality room for breakfast and fellowship. Registration resumed and attendees began to arrive. Dustin and Dusty were selling Grapevine and literature and Steve K. had an Archives display in the Director's room. We had opening remarks by Jamie B. and a presentation by Mae R. and Tina C. on finance and the importance of money in the basket being distributed to the entities. Then we went to our Conference committee sessions. I was on Literature 2, where Ola P. was the moderator. After the Serenity Prayer we determined our voting procedure and began discussion. Our topics were consider revising the forward to the 12x12 to add information on the 12 concepts; consider a suggestion to add "Non Alcoholics may attend open meetings as observers only" to the end of the Blue card; and, consider request to update the 12 steps illustrated

pamphlet. When our sessions ended the moderators took the results to Beverly F., Calvin L. and James T. so they could summarize the results prior to the mock conference. The Mock conference was chaired by Bob McK. and myself. Each committee chair came up and presented their agenda items for voting, and we had some lively discussions, minority opinions and one floor action. The banquet started at 6pm. There was salad, pulled pork, chicken, green beans, potatoes and cheesecake for dessert.

After dinner, we performed a skit entitled *Snow White and the Seven Character Defects*. The cast included Casey M. narrator, Susan R. the wicked queen, John M. the magical mirror, Tim H. the woodsman, Brittany B. snow white, Kristan S. the rabbit, Bob McK the racoon. The "defects" were, Mae R. pride, Bertha B. fear, Marquita Mck. Resentment, Mark P. sloth, Arnetta P. self-pity, Greg J. sleazy, Lexi D. gluttony, and Prince played by Patrick C. A self-centered egotistical queen banished her beautiful step daughter into exile after trying to have her killed, soon she stumbled upon woodland animals who took her to some unsuspecting drunken misfits, who took her in. Her evil stepmother soon realized she was not dead and took matters into her own hands transforming herself into a witch. She gave Snow White an alcoholic elixir that placed her into an alcoholic spell that can only be broken by the kiss of a prince and a twelve-step experience. Our Director Bob McK. did a wonderful job of entertaining us.

After the skit we had an Open AA speaker meeting led by GSO staffer and fellow member Patrick C. who shared his experience strength and hope with us. The night was capped off with an ice cream social hosted by the Cleveland North Coast Multi-District. Brian C. then showed conference approved videos in the amphitheater.

Sunday morning was opened with an early bird meeting chaired by Tony C. and Dustin S., and the Youngstown Multi-District served breakfast in the hospitality room. The conference reconvened and Jamie B. gave opening remarks. We then had a sharing session entitled "Our Big Book: 80 years, 71 Languages." Sharing were Donna K. area 53, Henry C. area 55, Jenny C. area 56 and Brian C. area 54. They shared about different aspects of the big book including the writing, the publishing, stories and history. Brian gave a heartfelt message of how he acquired a third edition book from an old timer who thought that young people were ruining AA. Brian told of helping him at his home and changing his perception of

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OFFICER AND COMMITTEE REPORTS, CONT.

AREA CHAIRPERSON REPORT

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younger members and when he passed on a member gave the book to him.

Past delegates ask-it basket was a fun time again as panel members answered questions that were placed in the basket during the weekend. A general sharing session was held, and several members shared how the weekend had informed and inspired their idea of General Service. Closing remarks were shared by Shyrl B. Panel 69 delegate and Jamie B. past delegate and mini-conference chair. We closed with the responsibility statement. A special thanks to the mini-conference Committee, and we hope to see everyone next year at the 45th Annual NE Ohio Mini-Conference.

Yours in service,

Tim H. - Area Chairperson
Area 54 - Panel 69

AREA TREASURER'S REPORT

Life on Life's Terms

These past few months have been very busy and overwhelming. Mini Conference season has come and gone, and I'm in the middle of learning my new position which is frustrating at times. It hasn't been easy either. I believe this is one of the hardest positions I've done yet. It's almost like being a newcomer in this program and not knowing what to do next. The only thing I do know is not to give up. Push through and keep asking questions; ask for help when you're not sure of what to do. The most important part in this journey is to remain teachable in all areas.

By remaining teachable I have gotten a lot better at understanding that asking for help when I don't understand something isn't a sign of weakness, but a sign of being humble. It's nice to not be afraid to ask for help although it's a struggle. Although this is hard at times, it is important to use our tools that were taught to us from day one. These tools are useful when things get crazy or when things are going great.

Lately it has been crazy with multiple issues of learning this position and the multiple facets (programs utilized to do it).

It's really important to trust in our program and others around us. I'm not perfect at this, but I have learned from watching the examples of others how to handle situations in recovery and real life, and to trust in what I have been taught by them and many others. My service to Area 54 has helped me tremendously to find that strength that is down inside me and utilize it in all aspects of my life. It's truly an honor to be able to serve Alcoholics Anonymous and to be that small mustard seed of hope for the person who could walk through the doors of an awesome program and way of life.

Love and Service,

Tina C. - Area Treasurer
Area 54 - Panel 69

AREA RECORDING SECRETARY'S REPORT

Safety in AA

I enjoyed our recent Unity Day with the presentation on Safety in AA. We had a good turn-out, and there was plenty of food, fun and fellowship. Many ideas were shared.

The members of ECYPAA (Brian, Josh, Erica and Sam) spoke on being safe. Many of the attendees had input on the subject. The yellow card titled *Safety Card for A.A. Groups* (F-211) was presented. It contains valuable information regarding safety at A.A. meetings, and can be downloaded from aa.org.

"Alcoholics Anonymous is a microcosm of the larger society we live in." (F-211) Through sponsorship, workshops and meetings we as a Fellowship can raise awareness for Safety so that AA's message of hope and recovery to the still-suffering alcoholic can be carried.

Thank you Area 54 for this opportunity to serve.

Very Sincerely,

Beverly F. - Area Recording Secretary
Area 54 - Panel 69

The Ohio State Convention of Alcoholics Anonymous is an open, annual service convention hosted on a rotating schedule by one of the four Ohio General Service Areas comprised of Area 53 – Central & Southeast OH; Area 54 – Northeast OH; Area 55 – Northwest OH; and Area 56 – Southwest OH.

The purpose of the convention is to carry the spirit of the General Service Conference to individual A.A. members of the districts and groups in Ohio. This is accomplished by fostering cooperation among the four Ohio Areas, highlighting and celebrating the General Service Activities of Alcoholics Anonymous in these areas and through sharing experience on AA's legacies of unity, service and recovery.

The goal of the convention is to support and strengthen the General Service Conference structure in Ohio, helping us to stay sober to help other alcoholics achieve sobriety.

(Ohio State Convention Planning Committee Guidelines, p. 4)

<i>Guest Speakers: Area 56 Natives ECR Trustee Mark E. and GSO Staff Mary C.</i>	<i>This is Your Invitation to Fellowship A Permanent Haven for all Alcoholics</i>	<i>Saturday Banquet Committee Roundtables AA & AlAnon Meetings Panels Ice Cream Social Sobriety Countdown</i>
<i>Host General Service Area 56 Requests the Honor of your Presence at the</i>		
<i>63rd Ohio State Convention of A.A. August 16, 17, & 18, 2019</i>		
<i>Please send this registration with your payment to: Ohio State Convention Southwest Ohio General Service Area 56, P.O. Box 684, Dayton, Ohio 45401</i>	<i>Holiday Inn Eastgate 4501 Eastgate Boulevard Cincinnati, Ohio 45245 (513) 752-4400 Rates: \$112 per night <i>plus tax</i> Includes 2 breakfast tickets Hotel Registration Deadline: July 26, 2019</i>	<i>For more information call: Jenny C., Delegate (513)-289-7657 Laura G., Past Delegate (937) 405-5241 You can also visit us on the web at www.aaarea56.org</i>

UPCOMING DATES FOR THE AREA AND BEYOND

NOTE THE DATE

June 7-9 - Akron, OH

Founders' Day

Grapevine sales on Saturday only 6/8

Gv

June 23 - 12:00 PM (Noon) to 5 PM

Area Open House Picnic

Combined with Friends of Bill W Picnic

Hosted by Lorain County AA and Area 54

Leotta Bettcher Hall

15018 South St., Birmingham, OH 44889

July 21 - 2:00 PM - Brunswick, OH

Area Assembly

Gv/Lit

August 25 - 2:00 PM - Brunswick, OH

GSR/DCM Workshop

OUTSIDE OUR AREA

August 3 - Erie, PA

PENN-OHIO Family Fun Day

Picnic Grove: Southern #1

Waldameer Park & Water World

220 Peninsula Drive, Erie, PA 16505

August 16-18 - Cincinnati, OH

Ohio State Convention

Hosted by Area 56 SW Ohio

Holiday Inn & Suites Cincinnati-Eastgate

4501 Eastgate Blvd, Cincinnati, OH 45245

August 22-25 - Boston, MA

61st IYPAA

Boston Marriott Copley Place

110 Huntington Ave

Boston, MA 02116

EXCEPT AS NOTED, Area Assemblies & Workshops begin at 2:00 pm and are held at The 12 Step Recovery Club, 1480 Pearl Rd. (in Brunswick Plaza), Brunswick, OH 44212. The club is on US Route 42, about 1/4 mile south of State Route 303. Phone: (330) 273-7216

23rd National A. A. Archives Workshop
"Our Footprints to Hope & Recovery"



September 5-8, 2019

Detroit, Michigan

Hotel St. Regis
 3071 W. Grand Boulevard
 Detroit, Michigan 48202
 Telephone: 313.873.3000

Special Room Rates
 Single Queen: \$99 Single King: \$109
 Double Queen: \$129 King Suite: \$149
 Parking: Daily \$10 - 24 hrs. \$20

Reservations by phone: 313.873.3000 - Code: 2019 NAAAW
 Reservations online: www.hotelstregisdetroit.com - Code: NAAAW

Presentations • Workshops • Panels • Displays

What is a Repository • Collecting & Preserving
Collection Scope & Policy • Ethics & Spirituality in Archives
History Presentations by Areas 32, 33, 34 & 86
Story Telling - Bring Your Letters
Footsteps to Grapevine & La Vina
Early Bird Meeting • Hospitality Area • Banquet

City of Recovery Tour - Detroit A. A. Historical Sites (Thursday Morning)



2020 INTERNATIONAL CONVENTION **JULY 2-5, 2020** **DETROIT, MICHIGAN**

Registration forms will be mailed in August 2019 to all G.S.R.s, central offices, intergroups and international G.S.O.s. Online registration will be available September 9, 2019, on aa.org. Advanced registration for the convention between September 9, 2019 and April 14, 2020 will be \$115.00 per attendee. Registration after April 15, 2020 will be \$140.00 per attendee.

For more information, visit aa.org.

RECOVERY, UNITY AND SERVICE

These are the Three Legacies of our A.A. experience. Our leaders are but trusted servants, they do not govern. God, expressed through our group conscience, is our sole authority. World Service is the heart of our Third Legacy. Our meetings are informative and educational. They are held so that the Committee Members, GSRs and all interested members may be better equipped to carry the message of World Service back to their home groups and individual members, thus giving a better understanding to our purpose, our hopes, and our work.

Confidential Contact List

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➔ Visit us at <http://www.area54.org>

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