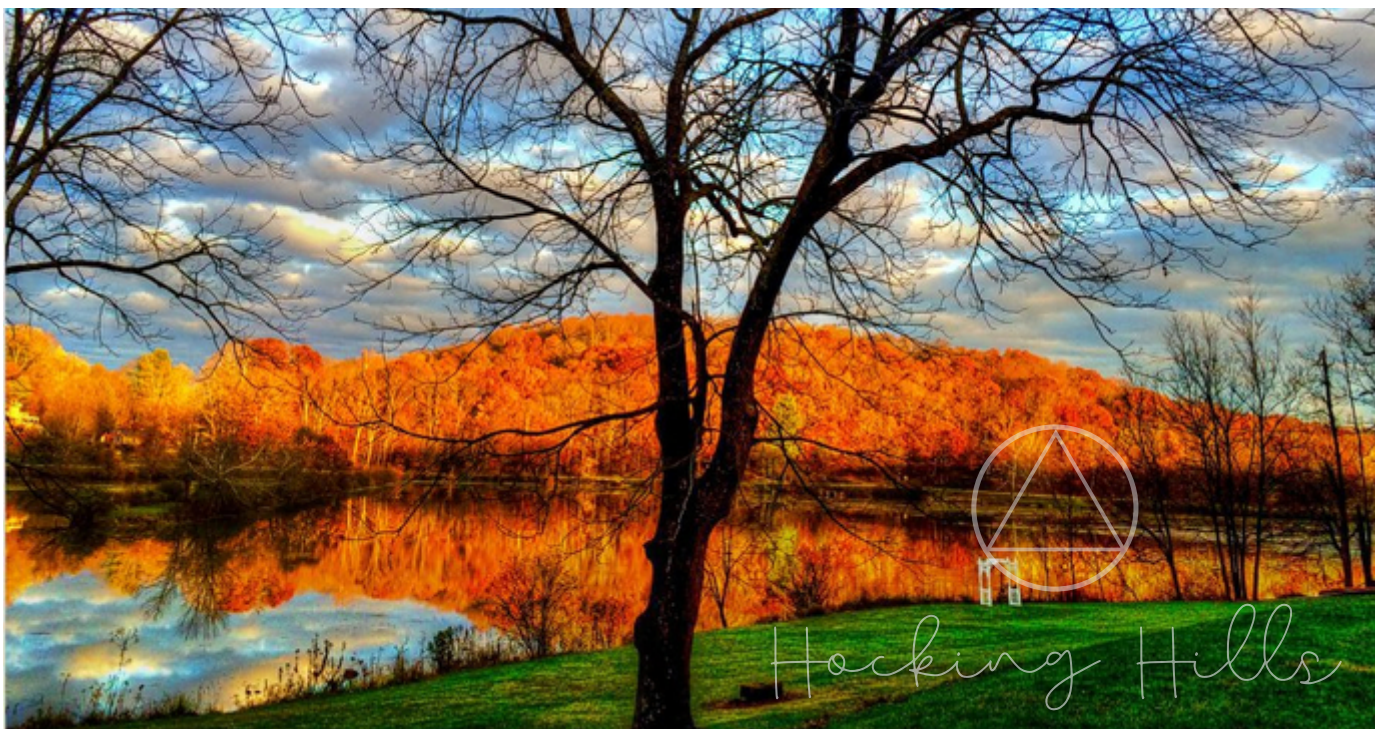


Rarely have we seen a person fail who has thoroughly followed our path. ~ A.A. Big Book, p.58



EXTRA! EXTRA! READ ALL ABOUT IT!



From your Intergroup

We are excited to bring you the Appalachian Ohio Intergroup Office third quarterly newsletter! If you would like to contribute an article, please email aio@aoio.org.

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** ★

What's in this Issue?

From your Intergroup	1
2019 Q3 Group Contributions	2
Is it Really a Selfish Program.....	3
You are Evicted	4
You Can Get Off On Any Floor	5
We can minimally contribute \$12 a year.....	5
Newcomer's Corner	6



2019 Quarter 3 AOIO Group Contributions

July

Chillicothe As Bill Sees It
Chillicothe South Side Serenity
Circleville Friday Night
Chillicothe Weekday Noon
Portsmouth United
Circleville Grapevine
Portsmouth Nooners
McArthur Groups
Chillicothe First Capital
Point Pleasant Groups

August

Chillicothe South Side Serenity
Portsmouth Nooners
Jackson Monday Night
Chillicothe Women's Thursday Night
Portsmouth United

September

Chillicothe Southside Serenity
McArthur Groups
Portsmouth Weekend Winners
Portsmouth Nooners
Portsmouth United

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

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.



Since I came to the rooms of A.A., I have struggled with the idea of calling it a selfish program. For me, the term selfish has negative connotations. How could something that changed my life and my family's life so positively be selfish? The opinion of this alcoholic is that Alcoholics Anonymous is the furthest from being a selfish program. Oftentimes, I think individuals confuse selfishness with self-care. Maybe you think if you are focusing on yourself then it must be selfish. I get it, but I do not think you mean it. Or maybe you do, but that's for another article.

Webster defines selfish as:

- 1 : concerned excessively or exclusively with oneself : seeking or concentrating on one's own advantage, pleasure, or well-being without regard for others
- 2 : arising from concern with one's own welfare or advantage in disregard of others

The Big Book in fact states, "Above everything, we alcoholics must be rid of this selfishness. We must, or it kills us! God makes that possible. And there often seems no way of entirely getting rid of self without His aid. Many of us had moral and philosophical convictions galore, but we could not live up to them even though we would have liked to. Neither could we reduce our self-centeredness much by wishing or trying on our own power. We had to have God's help."

I watched a video recently that helped put it in perspective. I am going to attempt to provide a synopsis of the video and quote a part of it because I can't say it any better.

Most of us have been on an airplane, and one of the first things the flight attendant reviews is safety. Where your

flotation device is. How to use your oxygen mask. They tell you; no, they strongly encourage you, to place your oxygen mask on before you help others with theirs; to include your young children.

The idea of putting our mask on before our children seems selfish. As the video states, "Sometimes in life we even forget to breathe. We are so busy trying to please others, we forget to fuel ourselves. So busy trying to help others that we forget to help ourselves. When you put your mask on first, you're just showing and recognizing that when you prioritize your growth, you're now able to serve other people. Taking care of yourself is not self-centered, it's self-dependent. It is recognizing that when you grow, when you invest, when you work on yourself, you just have more to give someone else. How can you give something you don't have? How can you give happiness when your not experiencing happiness? How can you be joyous when your not experiencing joy? And how can you give love when you don't feel love? When you put your mask on first, it means you understand that you need to get if you want to give. It means you understand that you need to breath if you want to live. And it means we understand that we have to fill our batteries if we want to charge others."

(Jay Shetty - <https://www.facebook.com/JayShettyIW/videos/2364384087011357/>)

We can't give away what we don't have. We have to work it in order to get it.

Anonymous

You are Evicted...

I had a situation with my in-laws where they thought it was not right or fair that they could not drink at a party at my house. Just because I have a problem does not mean everyone else should be punished. Who doesn't drink on July 4th they said. They actually made the analogy that if they can't drink then no one should be able to smoke either since my father-in-law quit smoking years ago. Mind you, I have smoked around him since I have known him. This is not the first time that my alcoholism has initiated unnecessary debates with my in-laws... As I typically do, I put pen to paper and wrote my response. I didn't send it but boy did it make me feel good writing it.

Some of my thoughts on paper...

My alcoholism appears to be a source of contention. I hope that this will help clear some things up and reduce the amount of negativity that it has spawned.

- *I am an alcoholic. I am. Not you.*
- *As an alcoholic, I choose not to be around alcohol if I can avoid it.*
- *If I am around alcohol, I have the choice to remove myself from the situation if it makes "me" uncomfortable.*
- *I do not dictate whether others can or should drink. I am not against alcohol. I am against alcohol in "my" body.*
- *If I have a get together at my house, more than likely it will be an alcohol free event.*
- *If you have alcohol at your house, your party, at a restaurant, etc. I am not going to tell you not to drink nor judge you for your drinking. I have a problem with alcohol, not you.*
- *Some people can handle their booze; I am not one of them.*

I share this with you in hopes that it may help you deal with people in your life that do not understand or may not want to understand. Remember, this is your journey and you control the direction. Not everyone will accept your circumstances or road you are traveling on and that is okay. What is important is that you embrace it and know that it not only improves your life but everyone around you.

You might ask, why didn't I send it? It wasn't going to make a difference. More than likely it would have just made the situation worse. I may think something is obvious and "expect" others to see that too. As they say, expectations lead to disappointments. Disappointments can lead to resentments. Resentments can lead to that first drink. I decided to evict the thoughts in my head.

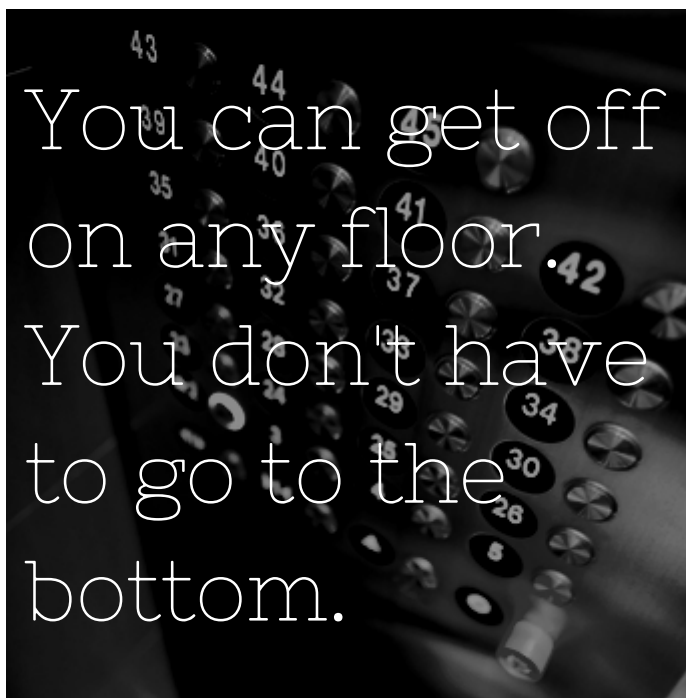
Anonymous



The recipe for perpetual ignorance is: Be satisfied with your opinions and content with your knowledge.

ELBERT HUBBARD





WE CAN MINIMALLY CONTRIBUTE \$12 A YEAR.

I was at the anniversary dinner recently and someone stated that the group decided they would “minimally” contribute \$1 a month to the General Service Office (GSO). That if they could not minimally contribute that amount then they should ask themselves if the meeting should continue. Now, this group is thriving and very popular in its area and typically contributes more than \$12 a year, but I think they made a great point. If you are the treasurer of your group or have a home group – have a group conscious and determine what you can afford once your expenses are paid (rent, coffee, literature, cream, sugar, supplies, etc.) and your prudent reserve is established. A.A. is self-supported and remember: “Self-support begins with me, because I am part of us — the group. We pay our rent and utility bills, buy coffee, snacks and A.A. literature. We support our central office, our area committee, and our General Service Office. If it were not for those entities, many new people would never discover the miracles of A.A.” (Pamphlet – “Self-Support: Where Money and Spirituality Mix” by the General Service Conference).

The pamphlet also provides some samples of group contributions:

- % to district
- % to area committee
- % to G.S.O
- % to intergroup or central office
- % to other A.A. service entities
- % to other A.A. service entities

OR

- 10% to district
- 10% to area committee
- 30% to G.S.O
- 50% to intergroup or central office

OR (if you have no intergroup/central office):

- 40% to district
- 30% to area
- 30% to G.S.O.

Anonymous

They say that every bottom has a trap door. You do not have to find it. You can get off on any floor. For me, if I choose to take that first drink, I choose death. Yeah, it is possible I could take a miserable ride down that road again and maybe find my way back to the rooms, but eventually, I will die. Alcohol just is not an option anymore – if I allow it to be an option, I will surely drink.

You do not have to lose everything in order to be in the rooms of Alcoholics Anonymous. Some people have, some people have not. I guess, what is your definition of losing everything? Is it material things? Is it your marriage? Your children? Your family? I did not lose any of the above, but I lost myself and would have lost all of those things if I had not found the rooms when I did. I damaged relationships that I continuously work to repair.

Some people say those that haven't lost everything have a “High Bottom” – what is that? I find it fascinating some of things that are said in the rooms – I do not necessarily let it bother me but it does make me think and I try to understand. I like to think they say that to warn you to be careful. As long as you are a living, breathing person things could always get worse if that is the route you want to take.

The ultimate bottom is death. Don't try every trap door as it may be your last. Get off now and don't get back on. Those promises will come true if you work it.

If you have a desire to go back out, play the tape back. How did it end?

- Call your sponsor.
- Go to a meeting.
- Be honest.
- Remember... you are not alone.

Anonymous



First, welcome to the rooms of Alcoholics Anonymous – keep coming back. Your journey in the program is entirely up to you. Some things I learned in my two years in the program and in the rooms:

- **Surround yourself with the winners.** Each of us probably have varying definitions of what that means. For me, it met that I surrounded myself with people that I wanted what they have. They worked the program to their fullest. What they had to say resonated with me. Made me listen. Made me want to learn more.
- **You have to want it.** No one can force you to want to get sober. If you truly have a desire, jump in and start swimming. Your life is dependent on it.
- **You matter no matter what anyone says or thinks.**
- **You have to make you a priority – mind, body and spirit.**
- **Get a sponsor.** Do not get a sponsor because you have to. Get a sponsor because you want guidance through the steps. Your sponsor is not your babysitter. They are getting just as much out of sponsoring you as you are getting from them. Remember, you are your responsibility, not your sponsors.
- **Go to meetings as much as you can.** Daily is ideal the first year. It helps keep you from the dangers of your mind and consistently reminds you where you do not want to go back to.
- **Engage immediately.** The longer you wait the harder it will be. Many of us do not like public speaking. I have anxiety and despised public speaking but I forced myself to talk my first meeting and it got easier each time. Remember, you are there for you – what other people think is inconsequential.
- **Getting into a relationship the first year is not a good idea.** You cannot focus on you if you are working on a new relationship. Moreover, we all know sometimes new relationships are rocky and that added drama will certainly not help your sobriety.

- **Listen in meetings.** Absorb what people are saying and learn from them. Look at them when they are talking. Throw away or ignore what is not useful – stuff that is not in the big book and affects your serenity.
- **Read the Big Book.** The first 164 pages are your lifeline.
- **Do not struggle alone.** Call your sponsor, contact someone from the rooms, go to a meeting, ask for help.
- **Do not be afraid of the steps.** It may seem arduous to identify your character defects and make amends, but it is a freeing experience and helps stop those negative thoughts from consuming your mind. Negative thoughts are sure way to the next drink.
- **Get involved.** Chair meetings. Make the coffee. Help setup and tear down the meeting. Give your number to someone that needs it. Secretary or treasure a meeting. Service work is essential to your continued sobriety.
- **Go to different meetings.** Try to get to out of town meetings or different meetings in the area. You may hear just what you need that day.
- **Take it one day at a time.** Do not focus on that you will never be able drink. Focus on today. This is true for many things in life. For me, if I find myself focusing on something in the future that worries me – I ask myself, is this important? Is it going to kill me? Be cognizant of where you are putting your energy.

Remember, you will get out the program what you put into it. You will meet people that are like-minded and build friendships that you never thought you would have. It truly is a beautiful experience once you embrace it and let go of the negativity.

Anonymous

Sometimes when you're in a dark place you think you've been buried, but you've actually been planted.”

CHRISTINE CAINE