

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 newsletter! We partner with the groups in our community to carry the Alcoholics Anonymous message to those that still suffer from alcoholism. We are maintained, supervised and supported by each of these groups.

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 new website at [www.aio.org](http://www.aio.org).

740.774.2646

Office Hours

Check the [aio.org](http://aio.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?*

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# 2019 Quarter 1 AOIO Group Contributions

## January

South Side Serenity Group (Chilli)  
Spiritual Awakening Breakfast Group (Chilli)  
Pike County Group (Waverly)  
It's in the Book Group (Chilli)

## February

Candlelight Group (Chilli)  
McAuthur Group (McAuthur)  
It's in the Book Group (Chilli)  
Weekday Noon Group (Chilli)  
South Side Serenity Group (Chilli)

## March

South Side Serenity Group (Chilli)  
Weekday Noon Group (Chill)  
First Capital Group-Friday Night (Chilli)  
As Bill Sees It Group (Kingston)  
Spiritual Awakening Breakfast Group (Chilli)  
Jackson Open Lead Group (Jackson)

*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**

## What are the Contributions Used For?

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.



## SERVICE WORK

Isn't getting sober hard enough - now I have to do service work???

They say that you have to give it away in order to keep it. Why? Because your service work is helping you as much as it is helping your fellow A.A.er's. A wise man once told me that his sponsor told him if he was doing service work for recognition then that wasn't service work. The word humility came to mind...

A.A. wouldn't exist without volunteers - coffee isn't miraculously made and the meetings aren't mysteriously setup - someone is volunteering their time. There are numerous forms of service work that we do to keep our sobriety some of those are as follows :

- Sponsorship
- Bringing meetings to our area jails/prisons
- Making coffee at a meeting
- Chairing a meeting
- Being a meeting secretary or treasurer
- Leading at a meeting and sharing our experience, strength and hope.
- Meeting set up and clean up.
- Talking to someone who needs an ear
- Volunteering for your intergroup board
- Volunteering at your intergroup office

Didn't we focus on ourselves for a long time? Helping others keeps us from the dangers of our mind. It gives us a feeling of belonging and joy. It helps us remember where we got and where we don't want to go back to. •

I am Responsible.

When Anyone, Anywhere  
Reaches Out For Help,  
I Want The Hand Of A.A.  
Always To Be There.

And For That, I Am

*Responsible!*

### Announcements

Next IGR Meeting, Saturday, May 4th, @ 10 am, AOIO Office with elections! Co-chair, Office Manager and volunteers are still needed. Help us help you!

## Today's Sober Reminders

- Choose the Light. You are not alone.
- Do not let your past steal your present.'
- Play the tape all the way through.
- Be someone that makes you happy. •



# Anonymity in the Digital Age

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

It is easy to forget our traditions while on Facebook or one of the many other ways we share our lives online. Anonymity is the foundation of all of our traditions. There are reasons why A.A. continues to work over the years - and much is because we have not changed our principles nor our traditions. We must respect our fellow A.A.'s and whatever degree of anonymity they wish to live by. Some of us want to shout from the rooftops that we are sober and have experienced that much talked about "spiritual awakening" - we are happy, joyous and free and want everyone to know it! Everyone should have what we have experienced, we think. Once you feel it, experience it, and witness it - it is an amazing feeling and sight; but, we can't shout from the rooftops. What we can do is share our experience, strength and hope in the rooms of Alcoholics Anonymous. We can spread our message of hope to those still suffering. We can tell and show them that it works - if you work it.

Anonymity is so

*Fragile,*

you can break it with  
one finger!

In 2013, the 63rd General Service Conference affirmed that "the Internet, social media, and all forms of public communications are implicit in the last phrase of the short form of Tradition Eleven, which reads: '...at the level of press, radio, and films.'" We must not publicly reveal ourselves through our full names or our photos. We must always keep in mind - it is through attraction not promotion that we carry our message.

So, what does this mean when I am on Facebook and talking to another AA'er on social media? It means we must not break our anonymity - if we break our own, we could inadvertently break another's. It means that you will not find your local Intergroup office on Facebook as that would be promotion and break our fellowships anonymity. Think about it - people would follow us, comment on our posts and then their anonymity would be gone. It certainly would be nice to get meeting changes out to the masses. To tell you about an anniversary coming up. But we can't and we won't. The A.A. Guidelines on the Internet\* from the GSO offers some helpful questions we can ask ourselves when posting to determine if we are going against Tradition Twelve:

- Is my posting about the message or the messenger?
- Am I carrying the A.A. message in the hopes of helping someone else, or simply "shouting from the rooftops"?
- Am I taking my story and affiliating it with political causes?
- Am I being extra cautious about not identifying other members as A.A. members in photographs or statements?
- Am I avoiding the temptation to incite controversy with caustic argument or bully others who disagree with me?
- Am I providing helpful links to my local A.A. website, aa.org, or the aagrapevine.org?

Per the A.A. Guidelines on the Internet\*, "As long as individuals do not identify themselves as A.A. members, there is no conflict of interest. However, someone identifying themselves as an A.A. member using their full name and/or a likeness, such as a full-face photograph, would be contrary to the spirit of the Eleventh Tradition, which states in the Long Form that, '...our [last] names and pictures as A.A. members ought not be broadcast, filmed or publicly printed.'"

If you still have questions, ask your sponsor, call your local intergroup office, or the General Service Office (GSO). Remember, there is reason the program has worked through the ages... ●

\* [https://www.aa.org/assets/en\\_US/mg-18\\_internet.pdf](https://www.aa.org/assets/en_US/mg-18_internet.pdf)

# A.A. Word Search

G O Y N U Z D M Z P V Q W C W  
 Q R T T D N O Y A Y K N Z P E  
 K V A D S D I T W L K S W U G  
 S Z G T E E I T X P X I E P A  
 A H F E I E N A Y V Y C P K R  
 G B R P N T N O Y D N G I J U  
 H F S C U D U G H A J S H S O  
 Z X E Y K T I D T S G Z S E C  
 K I J G B F I P E P T K W R H  
 H H C T O L E R A N C E O E O  
 F J X Z M C C P P W J N L N P  
 Y T K S C O S G Z L C F L I E  
 I J B A Y T I L I M U H E T Q  
 W I S D O M G B L D V G F Y O  
 Y I K J F V Y T F O U J E R Z

ACCEPTANCE  
 FREEDOM  
 HOPE  
 SERENITY  
 WISDOM

COURAGE  
 GRATITUDE  
 HONESTY  
 HUMILITY

FELLOWSHIP  
 PATIENCE  
 UNITY  
 TOLERANCE



Check out AOIO's new website at [aoio.com](http://aoio.com)! Here you can find up to date area meeting information, resources, this newsletter and more.

We need your anniversary and event flyers so we can post on our website to spread the word! Send to [aoio@aoio.org](mailto:aoio@aoio.org).

## Area A.A. Meetings

### Ashville

Tue, 8:00PM, Ashville Ashville Discussion Gr, 1st English Lutheran Church, 94 Long St (rear), Open - 12&12  
Thu, 8:00PM, Ashville Ashville Group, 1st English Lutheran Church, 94 Long St (in rear), Closed

### Chillicothe

Sun, 9:00AM, Spiritual Awakening Breakfast, Lighthouse, 291 S. Paint St., Open - Speaker  
Sun, 12:00PM, Serenity On Sunday, Lighthouse, 291 S. Paint St., Open - Step Stdy  
Sun, 6:00PM, Big Book Study, First Christian Church, 268 W Water St., Closed - BB  
Sun, 7:30PM, Grapevine, First Christian Church, 268 W Water St., Open  
Mon, 12:00PM, Weekday Noon, Lighthouse, 291 S. Paint St., Open - BB  
Mon, 7:00PM, Primary Purpose, 1st Christian Church, 268 W Water St., Closed - BB  
Mon, 7:30PM, 1st Capital, Lighthouse, 291 S. Paint St., Closed  
Tue, 12:00PM, Weekday Noon, Lighthouse, 291 S. Paint St., Open  
Tue, 6:30PM, You Gotta Want It, Lighthouse, 291 S. Paint St., Open  
Wed, 12:00PM, Weekday Noon, Lighthouse, 291 S. Paint St., Open  
Wed, 7:00PM, Big Book Study, Lighthouse, 291 S. Paint St., Open  
Thu, 12:00PM, Weekday Noon, Lighthouse, 291 S. Paint St., Open - 12&12  
Thu, 5:45PM, South Side Serenity, AOIO Office, 14 S Paint St Suite 31, Open  
Thu, 6:30PM, Women's Thursday Meeting, Lighthouse, 291 S. Paint St., Open  
Thu, 8:00PM, KISS, Lighthouse, 291 S. Paint St., Open  
Fri, 12:00PM, Weekday Noon, Lighthouse, 291 S. Paint St., Open  
Fri, 7:30PM, 1st Capital, Carver Community Center, 155 West 4th St., Open - Speaker  
Sat, 9:00AM, It's In The Book, 1st Christian Church, 268 W Water St., Open  
Sat, 10:30AM, Women's New Beginnings, Carver Community Center, 155 West 4th St., Open  
Sat, 12:00PM, Weekend Serenity, Lighthouse, 291 S. Paint St., Open  
Sat, 8:00PM, Saturday Nite Live, VA, 17273 St Rt 104 Bldg 35, Open

### Circleville

Sun, 6:00PM, Roundtown Recovery Group, Circleville Fire Dept, 586 N Court St (rt side ent), Open - Speaker  
Mon, 12:00PM, Monday Lunch Group, St Joseph Catholic Church, 134 W Mound St, Open  
Mon, 8:00PM, Big Book Study Group, Circleville 1st Church, 436 E Ohio (in rear), Open  
Tue, 12:00PM, Tuesday Noon Group, St Joseph Catholic Church, 134 W Mound St, Open - Joe & Charlie  
Tue, 6:30PM, Men's Group, Crossroads Church, 5679 Tarlton Rd, Chairman's Choice  
Wed, 6:30PM, Grapevine Group, Circleville 1st Church, 436 E Ohio (in rear), Open  
Thu, 12:00PM, It Takes Two Group, St Joseph Catholic Church, 134 W Mound St, Open - 12&12  
Thu, 8:00PM, Step Group, St Phillip's Church, 129 W Mound St (rt side ent), Closed - 12&12  
Fri, 12:00PM, Living Sober Group, St Joseph Catholic Church, 134 W Mound St, Open - Lit  
Fri, 7:30PM, Friday Night Group, Trinity Lutheran Church, 135 E Mound St, Open - Speaker

### Frankfurt

Wed, 6:30PM, Frankfort Hope Is Found in Frankfort, Frankfort United Methodist Church, 30 Church St, Open -LWS

### Gallipolis

Tue, 8:00PM, Tri-County Gr, St Peter's Episcopal Church, 541 2nd Ave, Open  
Wed, 8:00PM, Tri-County Gr, St Peter's Episcopal Church, 541 2nd Ave, Open - BB  
Thu, 12:00PM, Lunch Bunch, St Peter's Episcopal Church, 541 2nd Ave, Open  
Fri, 8:00PM, Tri-County Gr, St Peter's Episcopal Church, 541 2nd Ave, Open - Speaker

### Greenfield

Sun, 8:00PM, Freedom Group, 1st Presbyterian Church, 457 Jefferson St, Open  
Mon, 8:00PM, TWMIG Group, 1st Baptist Church, 125 N. Washington St, Open - Speaker

### Hillsboro

Sun, 9:00AM, Sunshine Group, Southern St Comm College, 100 Hobart Dr Rm 203, Open  
Mon, 6:30PM, Young Peoples Group, FRS Counseling Center, 313 Chillicothe Ave, Open  
Tue, 7:00PM, Beginners Group, 1st Baptist Church, 127 S West St (basement), Open  
Tue, 8:30PM, Hillsboro Tuesday Night Group, 1st Baptist Church, 127 S West St (basement), Closed  
Wed, 7:30PM, Serenity Group, FRS Counseling Center, 313 Chillicothe Ave, Open  
Thu, 6:00PM, Sisters In Sobriety, St. Mary's Episcopal Church, 234 N High St.,  
Thu, 8:00PM, Peace & Serenity Group, Peace Lutheran Church, 231 Harry Sauner Rd, Open - CC  
Fri, 8:00PM, Friday Night Group, St Mary's Episcopal Church, 234 N Main St, Open - Speaker

### Ironton

Mon, 6:30PM, Ironton Group, St Paul's Lutheran Church, 101 6th St, Closed  
Tue, 6:00PM, Ironton Powerless Group, First Church of Nazarene, 2318 S Fourth St, Open  
Wed, 8:00PM, Ohio Furnace Group, Ohio Furnace Comm Bldg, 120 Disterdick Ln, Closed  
Thu, 8:00PM, Ironton Group, St Paul's Lutheran Church, 101 6th St, Closed

### Jackson

Mon, 7:30PM, Jackson Open Lead, Senior Citizens Bldg, 25 E Mound St (in rear), Open - Speaker

Closed meetings are for A.A. members only, or for those who a drinking problem and "have a desire to stop drinking".

Open meetings are available to anyone interested in Alcoholics Anonymous program of recovery from alcoholism.

Reprinted from the A.A. group "Where it All Begins"  
(Pamphlet P.16)  
With permission from A.A. World Services, Inc.



*"When I am willing to do the right thing I am rewarded with an inner peace no amount of liquor could ever provide. When I am unwilling to do the right thing, I become restless, irritable, and discontent. It is always my choice."*

*~ A.A. Big Book, p.317*

# Area A.A. Meetings- Continued. . .

## Kingston

Wed, 6:30PM, As Bill Sees It Group, Mt Pleasant Presbyterian Church, 1 Church St (little white house), Open  
 Sat, 6:30PM, Saturday Night Live Group, Mt Pleasant Presbyterian Church, 1 Church St (little white house), Open

## Laurelville

Sat, 6:30PM, Hocking Hills Study Group, South Perry United Methodist Church, 19680 SR 180 (basement), Open

## McArthur

Sun, 5:30PM, McArthur Sober On Sunday, McArthur Presbyterian Church, 200 W High St (St Rt 235) (basement), Open  
 Wed, 7:30PM, McArthur Living Sober, McArthur Presbyterian Church, 200 W High St (St Rt 235) (basement), Open

## Minford

Sun, 8:00PM, Hope Group, Minford United Methodist Church, 565 East St (in rear), Open-BB

## New Boston

Tue, 8:00PM, Shawnee Group, New Boston Comm Center, 3980 Rhodes Ave, Closed  
 Thu, 8:00PM, Shawnee Group, New Boston Comm Center, 3980 Rhodes Ave, Closed - BB

## Otway

Sat, 7:00PM, Spiritually Fit Group, Hills Chapel Church, 3433 Rocky Fork Rd, Open

## Point Pleasant

Mon, 7:30PM, Point Pleasant Valley Group, Presbyterian Church, 714 Main St, Closed - BB  
 Tue, 12:00PM, Out To Lunch Bunch, Presbyterian Church, 714 Main St, Open  
 Thu, 7:30PM, Point Pleasant Valley Group, Presbyterian Church, 714 Main St, Closed - 12&12  
 Sat, 8:00PM, Point Pleasant Valley Group, Presbyterian Church, 714 Main St, Closed

## Pomeroy

Sun, 7:00PM, Serenity Group, Sacred Heart Church, 161 Mulberry Ave (basement), Closed - 12&12  
 Thu, 7:00PM, Serenity Group, Sacred Heart Church, 161 Mulberry Ave, Open  
 Sat, 8:00PM, Big Book Study Group, Sacred Heart Church, 161 Mulberry Ave, Closed - BB

## Portsmouth

Sun, 10:00AM, Weekend Winners Group, Kendall Heights Comm Center, 1908 Wayne Ave, Open-Lit  
 Sun, 11:30AM, Living Sober Group, Solace Bldg, 729 6th St, Closed  
 Sun, 8:00PM, Weekend Winners Group, Kendall Heights Comm Center, 1908 Wayne Ave, Open - (last Mon Spkr)  
 Mon, 12:00PM, Nooners Group, 2nd Presbyterian Church, 801 Waller St, Open-LWS  
 Mon, 7:00PM, Men's Group, Health & Wellness Center, 505 Washington St, Open-BB  
 Mon, 8:00PM, 12&12 Group, All Saints Episcopal Church, 610 4th St, Closed  
 Tue, 12:00PM, Nooners Group, 2nd Presbyterian Church, 801 Waller St, Open - 12&12  
 Tue, 4:30PM, United Group, All Saints Episcopal Church, 610 4th St, Closed  
 Wed, 12:00PM, Nooners Group, 2nd Presbyterian Church, 801 Waller St, Open - Reflections (LWS)  
 Wed, 12:00PM, Women's Freedom Group, All Saints Episcopal Church, 610 4th St, Open  
 Wed, 8:00PM, United Group, All Saints Episcopal Church, 610 4th St, Closed  
 Thu, 12:00PM, Nooners Group, 2nd Presbyterian Church, 801 Waller St, Open - BB  
 Thu, 6:30PM, Alcoholic of Sorts Group, Mahajan Therapeutics, 2954 Walnut St (front north door), Open - BB  
 Fri, 12:00PM, Nooners Group, 2nd Presbyterian Church, 801 Waller St, Open - ABSI  
 Fri, 8:00PM, 12&12 Group, All Saints Episcopal Church, 610 4th St, Open - Speaker  
 Sat, 12:00PM, Weekend Winners Group, Kendall Heights Comm Center, 1908 Wayne Ave, Closed - Steps  
 Sat, 8:00PM, United Group, All Saints Episcopal Church, 610 4th St, Open - Speaker

## Rainsboro

Sat, 10:00AM, Rainsboro Recovery Group, United Methodist Church, 7579 St Rt 753 Greenfield 45123, Open

## Washington Courthouse

Sun, 7:00PM, No Dogs Allowed, Presbyterian Church, 214 N Hinde St  
 Mon, 12:00PM, Noon Group, Fayette Recovery Center, 5 Fayette Center, Open  
 Mon, 8:00PM, Washington CH Group, St Andrew's Church, 733 St Rt 41 South, Open - Speaker  
 Tue, 7:00PM, Reaching Hands Group, Church of God, 610 Harrison, Open - 12&12  
 Wed, 12:00PM, Noon Group, Fayette Recovery Center, 5 Fayette Center, Open  
 Wed, 7:00PM, Nite Live Group, St Coleman's Catholic Church, 219 S North St, Open - BB  
 Thu, 8:00PM, Washington CH Group, St Andrew's Episcopal Church, 733 St Rt 41 South, Open - Speaker  
 Fri, 12:00PM, Noon Group, Fayette Recovery Center, 5 Fayette Center, Open  
 Fri, 8:00PM, Reaching Hands Group, Church of God, 610 Harrison St, Open  
 Sat, 7:00PM, Nite Live Group, St Coleman's Catholic Church, 219 S North St, Open

## Waverly

Mon, 7:00PM, Waverly One Step At A Time Group, 1st Presbyterian Church, 211 Schmit Dr, Open - Step  
 Tue, 7:30PM, Waverly 12 Steps To A New Life, Georgie Harris House, 111 N High St (in rear), Open  
 Wed, 7:30PM, Waverly Pike County Group, Grace United Methodist Church, 104 S High St, Open

## Pass the Jug!

Did you know that the Correctional Facilities Committee (CFC) of Area 53 provides over 500 conference-approved books each quarter to inmates in jail and prison? The money that pays for the literature comes from the "Change for Change" Jug at AA meetings that groups collect and send to CFC. At the Quarterly CFC Meeting on March 2, 2019 at COGF, "Outside Sponsors" shared the different ways they pass the jug: "We walk the jug around the room;" "Once a month we'll tell where the money goes and talk about being a correspondent;" "We have a 50/50 raffle and put half of it into the Jug;" "Literature is so important to inmates." You can pick up a "Change for Change" Jug at the COGF Office, 651 West Broad St., Columbus, OH 43215. Call in advance to be sure one is available (614) 253-8501.

# HALT

HUNGRY, ANGRY, LONELY, TIED

# NUTS

NOT USING THE STEPS

# STEPS

SOLUTION TO EVERY PROBLEM

