

One Day At A Time

LAI
NEWSLETTER

JANUARY
2009

Lancaster Area Intergroup
111 West Wheeling St., Suite 206
Lancaster, OH 43130
New Hours: M-S 10-2
EMAIL: lai111@sbcglobal.net
Phone: (740) 653-4869

STEP ONE

"We admitted we were powerless over alcohol-that our lives had become unmanageable."

TRADITION ONE

"Our common welfare should come first; personal recovery depends upon A.A. unity."

CONCEPT ONE

Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.

Until he so humbles himself...

We know that little good can come to any alcoholic who joins A.A. unless he has first accepted his devastating weakness and all its consequences. Until he so humbles himself, his sobriety-if any-will be precarious. Of real happiness he will find none at all. Proved beyond doubt by an immense experience, this is one of the facts of A.A. life.

Why all this insistence that every A.A. must hit bottom first? The answer is that few people will sincerely try to practice the A.A. program unless they have hit bottom. For practicing A.A.'s remaining eleven Steps means the adoption of attitudes and actions that almost no alcoholic who is still drinking can dream of taking.

Under the lash of alcoholism, we are driven to A.A., and there we discover the fatal nature of our situation. Then, and only then, do we become as open-minded to conviction and as willing to listen as the dying can be. We stand ready to do anything which will lift the merciless obsession from us.

OFFICE NEWS

TO ALL SECRETARIES

Please keep the LAI office informed of addresses and current Secretaries for your group. This is to ensure that you receive this newsletter and more to come. If you want the newsletter emailed to you, please email the Interoffice at lai111@sbcglobal.net Information Change Form is available in the office.

STEERING COMMITTEE MEETING

The next meeting will be on **Sunday, January 18th at 2:00 pm**. All group secretaries and alternates are encouraged to attend. Hope to see you there!! If your group secretary is not attending, find out why!! Office is open for donations and literature purchases after meeting.

GET INVOLVED!

Do you like having an Interoffice in Lancaster? Is it important to you to have AA information at your fingertips? Get involved with what's going on at the Inner Office? The office is in need of volunteers and taking applications. **Requirements are 6 months of continuous sobriety and actively working with a sponsor.** If you are interested and would like to do some service work, call Kathy S. at the office at 740-653-4869 or email at lai111@sbcglobal.net

WE NEED YOUR HELP!

The LAI office can only stay open with donations from the groups. Please make sure your group is donating! If they're not ask why???

OFFICE MANAGER REPORT

The **INTERNET** is up and running! You can request schedules, pricing and so much more. The website is in the works. Volunteers are wanted for the website. The new email address is lai111@sbcglobal.net. There are new office hours - Sat. is now open 10 to 2.

MEMBERSHIP COMMITTEE

Please look over your addresses and names to make sure they are correct, please send changes to Tim K. at the LAI office at lai111@sbcglobal.net.

NEWSLETTER COMMITTEE

Would you like to plug a meeting? **Share Experience, Strength and Hope?** Submit you're A.A. related news, info, or ideas to huntersmom69@yahoo.com or leave in the Newsletter box in the LAI Office by the 10th of the month, in order for it to get in the following month's newsletter. We are off to a great start for the Newsletter for the New Year, I am still in need of Anniversaries and Experience, Strength and Hope from everyone, so please get them in to the office or email me.
Thank you, Tanya H.

GRATITUDE LIST

LAI is grateful to the following Groups who have made donations to support the operations of LAI. The list represents donations made in November and December, 2008. Thank you to all groups for your ongoing contributions.

Spiritual Steps to Freedom, As Bill Sees It Group-Lancaster x2, Anonymous x3, Ya Gotta Want It Group x2, McArthur Group, Steering Committee, Primary Purpose x 2, Bremen Group, Foundation Stone Group, Logan Big Book Meeting, Logan Sunday Night Open Lead, Miracles Happen, Friday Night Late Happy Hour x 2, Wednesday Night Big Book x 2, Thursday Night Open Lead, Pickerington Recovery Group, Friday Night Pickerington Group, Circleville Big Book Study, Tuesday Night Open Lead, Athens Sunday Night Lead, Sunday Night Primary Purpose

**If you want to change who you are, change what you do!
Where's your Gratitude???**

**HAPPY
NEW YEAR**

Some Resolutions To Consider:

- Spend the first 15 minutes of each day reading something spiritual.
- Think about someone you dislike and wish them well.
- Finish one job you have been putting off for a long time.
- Hold your temper, just for one day.
- If you don't seem to be able to laugh, go look in the mirror.
- Break down your work into small bits and finish one job.
- Go out of your way to do some little thing for someone else.
- Think about your guilt & fears and check them for reality.
- Resolve not to worry if you seem a little mixed up.
- Do one thing each day to make your home more pleasant.
- Try to face the day without fear.

**Synopsis of the LAI Steering Committee Meeting
November 16, 2008**

Loraine S. called the meeting to order at 2:05 p.m. Serenity Prayer said. All in attendance were:
 Groups - John Y. (As Bill Sees It Group), David S. (Ya Gotta Want It), Patti W. (Sisters In Sobriety), Tanya H. (Thursday Chairman's Choice), Linda L. (Spiritual Steps to Freedom), Dorsie L. (Experience, Strength and Hope), Maria M. (Miracles Happen), Mike F. (Foundation Stone), Pamm Shaeffer (Spiritual Steps to Freedom), Matt S. (Wednesday Night Jail)..Nine (9) voting Secretaries present. Officers - Kathy S. - Office Manager, Lynny P. - Assistant Office Manager, Loraine S. - Steering Committee Chairperson, Cherie S. - Steering Committee Co-Chairperson, Glen P. - Treasurer, Ron S. - Trustee, Amy Y. - Secretary-excused absence, John K. - Trustee-excused absence..Eight (8) Officers present. Lynny P. read the Traditions and Glen P. read the Responsibility and Unity Statements.

October Minutes: Approved
October Treasurer's Report: Approved
Office Manager's Report: Written report can be found in the Steering Committee Minutes binder
Membership Committee: No Report
Newsletter Editor: Tanya H. having problems with her computer, David S. agreed to assist her.

Old Business:

Co-Chair Nominations : Cherie S. agreed to stay on as Co-Chair, Scott G. declined the nomination, No election is required.

Treasurer Nominations : Linda L. nominated for Treasurer, she accepted, nominations closed. Motion to close was approved 9-0. Glen P. moved to elect Linda L. as Treasurer by acclamation effective 12/31/08. Motion approved 9-0. Linda L. is next Treasurer.

New Business:

Court Slips: Loraine S. suggested that LAI send a memo to Courts and Recovery Centers explaining the purpose of A.A. to minimize anonymity concerns and meeting disruptions. Several felt this should be a group decision, not a LAI function. Matt S. agreed to research A.A. info and report back to LAI, his offer was accepted, report is not going in the Newsletter.

Yellow Pages in phone book: We are listed in the white business pages now in both AT&T and Haines phone books, was decided not to pursue a Yellow page listing.

Twelve Steps Lists: Linda L. will visit C.O.G.F. to resolve the information gap between the LAI office and Nite Owl persons.

Internet Web Site: Kathy S. showed a brief view of the Intergroup website in it's rough form. It was agreed to continue work on the website and to have a complete demonstration to LAI steering committee prior to approval to purchase.

The next LAI Steering Committee Meeting will be held at 2:00 p.m. on Dec. 21, 2008 at the LAI office.

John Y. made a motion to adjourn and Mike F. seconded it. Having no objections, the meeting was adjourned with the Lord's Prayer said at 3:25 p.m.

Respectfully submitted by,
 Ron S.

**Lancaster Area Intergroup
November 2008 Treasurers Report**

	Nov. 2008	2009 FYTD*
Beginning Balance	\$956.60	\$1,051.89
Total Income	\$962.29	\$5,112.17
Subtotal	\$1,918.89	\$6,164.06
Total Expenses	\$1,243.41	\$5,488.58
Ending Balance	\$675.48	\$675.48
Prudent Reserve	Cash	\$1,121.00
	Literature	\$466.40
	Total	\$1,587.40

Fiscal Year = July1 -June30

TRUSTED SERVANTS

The current officers of the LAI Steering Committee, as approved by representatives of voting groups, are:

Loraine S. - Chairperson
Cherie S. - Co-Chairperson
John K. - Trustee
Ron S. - Trustee
Linda L. - Treasurer
Amy Y. - Secretary

Current LAI Office Managers and Committee Chairpersons, as approved by representatives of voting groups, are:

Kathy S. - Office Manager
Lynny P. - Asst. Office Manager
Committee Chairpersons:
Tanya H. - Annual Picnic
Tim K. - Membership
Tanya H. - Newsletter

CONGRATS TO LINDA L. ON HER NEW POSITION AS TREASURER!

BIRTHDAY / ANNIVERSARY

BIRTHDAY / ANNIVERSARY

WHATEVER YOU CALL IT, CELEBRATE YOUR SOBRIETY BY JOINING THE BIRTHDAY CLUB. PROVIDE YOUR NAME (AS YOU WISH IT TO APPEAR ON THE ANNIVERSARY LIST), YOUR SOBRIETY DATE, NUMBER OF YEARS SOBER AND YOUR HOME GROUP. PLEASE HAVE THEM TO THE NEWSLETTER EDITOR BY THE 10TH OF THE MONTH.

First Step Prayer

Today, I ask for help with my addiction.
Denial has kept me from seeing how
powerless I am and how my life is
unmanageable. I need to learn and
remember that I have an incurable illness
and that abstinence is the only way to
deal with it.

Body, Mind, and Spirit - Hazelden Meditations

December 15

The most beautiful thing we can experience is the mysterious. - Albert Einstein

We've been hurt more than once in our lives. And more than once we've wondered, "Why me?" We may also have wondered why a person we trusted could hurt us so, or why someone else behaves the way they do. We may wonder when it will all stop and we won't be hurt, puzzled, or caught unawares any more.

Only God knows the answers to those questions. And we can choose to let God take care of us while we embrace the mystery of our lives. It's enough of a task just to live each day to the fullest without also trying to figure out things we're not able to know.

In many ways, we are lucky. We're alive, we aren't starving. We've found a recovery program to help us rebuild our lives, and we have survived the trials of life so far. What more could we ask?

Now our task is to enjoy, to grow more fully human, to explore the mysterious; not to take it apart and know it, but to enjoy God's work.

Today let me accept what I can't understand.

BIG BOOK UNPLUGGED

Life on Life's Terms

She had spent her life trying to escape her feelings. That's how she *reacted*. AA taught her how to deal with feelings and how to deal with life on life's terms. She explains the *HOW* of recovery:

- H for honesty
- O for open-mindedness
- W for willingness

The Big Book calls these three traits the "essentials of recovery."

She became honest, open, and willing. When the members of AA told her to read the Big Book, she did. When they told her to practice the Steps as the Big Book instructed, she did. That's *HOW* she got sober.

Part of this woman's earlier depression came from a sense of uselessness. She felt her life lacked purpose. AA has given her a sense of purpose. It's also given her serenity, or peace of mind. That's amazing. This is the same woman who had been haunted by anxiety, self-pity, and fear. How did she find serenity?

By working with others, she says. She read the Big Book. She worked the Steps. And she worked with others, just like the Big Book and Step Twelve told her to. That gives her peace of mind. She has come up with a formula that could work for you too. The amount of serenity she brings to others equals the amount she enjoys. Spread the word, and you'll feel peace.

Maybe you've heard people in AA say, "I used to have a drinking problem. Now that I quit drinking, I have a living problem." Take away the alcohol or drugs, and we still have to deal with life. We still have to deal with our emotions and our shortcomings. She says her problems in recovery are caused not by alcohol but by herself. Her self-will may not run riot anymore, but it still can get out of control. That causes her problems and sends her back to work the Steps.

FAITHFUL FIVERS

Bob K., Lyle J., Loraine S., Kathy S., Anonymous x 2

Make sure your name is listed here **NEXT** month!

What are Faithful Fivers?

They are AA Members who pledge at least \$5.00 per month toward the support of their local Intergroup Office to "carry the message." This idea is catching on around the country. In *Just for Today*, a story noted that "the plan came about when we remembered that many of us had spent far more than \$5.00 on alcohol during our drinking days."

I agree to pledge \$_____ per month for _____ months.

Name_____

Address_____

City_____, State_____ Zip_____

**Make checks payable to Lancaster Area Intergroup, 111
West Wheeling St., Suite 206, Lancaster, OH 43130**



OUR NEW EMAIL ADDRESS IS lai111@sbcglobal.net

Heard at meetings

"Show me an alcoholic whose Big Book is falling apart, and I'll show you an alcoholic who isn't"

The Pocket Sponsor

Carry a little bit of Fellowship with you!

Another day of recovery begins and we start this day with surrender. "From that point, each of us is reminded that a day clean is a day won." - *When I surrender; I win.*

Our common bond binds us together and yet 'common bond' does not mean 'carbon copy.' Like the sun moving through a prism—you are a dancing ray of light among millions of lights. You are separate and yet connected to the whole. - *I am a light from a prism not alight from a prison.*

God didn't do it! - *God doesn't do anything to me, but always through me.*

Just because we make mistakes doesn't mean we are failures. The only mistakes that become failures are the ones we don't learn from. - *I have the right to be wrong.*

'Resentment' is when you didn't get your way yesterday. 'Anger' is when you don't get your way today. 'Fear' is that you won't get your way tomorrow. - *There are no good reasons for resentment, anger, and fear—just good excuses.*

Heard around the rooms of A.A.

"To learn math, I had to study math books; to learn history, history books, to learn about recovery, I need to study the Big Book and to continue studying it as those who came before me have said."

The Little Big Book Dictionary 4th Edition

unmanageable - 59, 306, 346, 354, 401, 420, 424, 425, 550.....**unmanageability** - 335 - beyond our ability to influence, direct, control, predict, or sustain one's life in a satisfactory, required, or desired fashion / not able to find ways to get along in a desired manner / not being able to influence, control, or predict the nature or behavior of one's actions or lifestyle / not manageable (Note: **unmanageable** does not mean that one cannot make decisions)

Barleycorn - 209, 210 (See - **John Barleycorn**) - the seed or grain of the 'barley' plant, a cereal grass, used in food and in making beer, ale, and whiskey

glum lot - 132 - gloomy group / cheerless bunch / gloomy - sort, number, type, or kind

The Man In The Glass

When you get what you want in your struggle for self
And the world makes you king for a day,
Just go to a mirror and look at yourself
And see what THAT man has to say.

For it isn't your father or mother or wife
Whose judgment upon you must pass,
The fellow whose verdict counts most in your life
Is the one staring back from the glass.

Some people might think you're a straight-shootin' chum
And call you a wonderful guy,
But the man in the glass says you're only a bum
If you can't look him straight in the eye.

He's the fellow to please, never mind all the rest
For he's with you clear to the end,
And you've passed your most dangerous test
If the guy in the glass is your friend.

You may fool the whole world down the pathway of years
And get pats on the back as you pass,
But your final reward will be heartache and tears
If you've cheated the man in the glass.

Author Unknown

UPCOMING EVENTS

53rd OHIO STATE CONVENTION OF AA GENERAL SERVICE

Hosted by Ohio & S.E. Michigan General Service

MARK YOUR CALENDARS FOR 2009

JULY 10TH - 11TH - 12TH

HOLIDAY INN

7007 N. HIGH STREET

Speakers-Panels-Fellowship-Films-Archives-Hospitality
Standing Committee Displays-Past Delegate

MAILBOX

If you would like to share your **Experience, Strength and Hope** or recognize someone that is going the extra mile and want it in the Mailbox, please have it in the Interoffice by the 10th of the month or email at lai111@sbcglobal.net

Thanks Tanya H.

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JANUARY, 2009**

*If you want what the
winners have, do what the
winners do.*