

# U N I T Y

Central Office 25 S. Main St. Room 509 Ph. 222-2211 Feb. 1977 No. 12

## STEP TWELVE

"Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics and to practice these principles in all our affairs."

The Twelfth Step tells us that as the result of practicing all the steps, that we found something called a spiritual awakening. To some A.A.'s, this often seems like a very dubious and improbable state of affairs. What do we mean when we talk about a "Spiritual awakening?"

Maybe there are as many definitions of spiritual awakening as there are people who have had them. But certainly each genuine one has something in common with all the others. And these things which they have in common are not too hard to understand. When a man or a woman has a spiritual awakening, the most important meaning of it is that he has now become able to do, feel, and believe that which he could not do before on his unaided strength and resources alone. He has been granted a gift which amounts to a new state of consciousness and being. He has been set on a path which tells him he is really going somewhere, that life is not a dead end, not something to be endured or mastered. In a very real sense he has been transformed, because he has laid hold of a source of strength which, in one way or another, he had hitherto denied himself. He finds himself in possession of a degree of honesty, tolerance, unselfishness, peace of mind, and love of which he had thought himself quite incapable. What he has received is a free gift, and yet usually, at least in some small part, he has made himself ready to receive it.

Now, that we have had this awakening, we try to carry this message to other alcoholics who are trying to find a way to stay sober and to live life to its fullest.

The step also tells us that we are to practice these principles in all our affairs. The principles are the other eleven steps that we have worked to the best of our abilities. This is when life becomes the greatest experience that can be had. It will take on a new dimension, all things will become new. You are living sober. \*

\* Twelve Steps and Twelve Traditions

## TRADITION TWELVE

"Anonymity is the spiritual foundation of our traditions, ever reminding us to place principles before personalities."

The spiritual substance of anonymity is sacrifice. Because A.A.'s Twelve Traditions repeatedly ask us to give up personal desires for the common good, we realize that the sacrificial spirit - well symbolized by anonymity - is the foundation of them all. It is AA's proved willingness to make these sacrifices that gives people their high confidence in our future.

Our experiences have taught us that anonymity is real humility at work. It is an all-pervading spiritual quality which today keynotes A.A. life everywhere. Moved by the spirit of anonymity, we try to give up our natural desires for personal distinction as A.A. members both among fellow alcoholics and before the general public. As we lay aside these very human aspirations, we believe that each of us takes part in the weaving of a protective mantle which covers our whole society and under which we may grow and work in unity.

We are sure that humility, expressed by anonymity, is the greatest safeguard that Alcoholics Anonymous can ever have. \*

Twelve Steps and Twelve Traditions.

ENTITLED I

Today began. I did not come to, I awoke refreshed from sleep. This fresh day is mine to feel the touch of life as it will be, to be a part of the process of living, to be involved in today's required actions, to work, to love, to feel sorrow, pain, happiness, peace. This day will add to the endless tomorrow by keeping my life in this day.

My yesterdays are gone. I will let the dead bury the dead. Today I am committed to being kind, honest, to recognize my limitations, to have faith in my higher power, to lighten another's burdens, to enjoy true friendship, to exercise free will and choice, to growth in the knowledge of living, and spending a quiet time being thankful and grateful for the gift I share with you.

My action in coping with today's living is a step towards sobriety today. I accept responsibility for me today. What I do is part of the journey of living. I need your help, our program, my higher power for today. My experience and knowledge is limited, I will ask you for help today with the knowledge that you will be here and are willing to share your today with me.

Jimmy D.

MEN'S ANNUAL WORKSHOP (MW-2)

Some of us said it'd be a cold day in \_\_\_\_\_ when we'd quit drinking. Well, it was a cold day in January when more than forty men gathered at Hueston Woods State Park for a Workshop. Men from Ohio, Indiana and Illinois braved the elements and the slippery roads to join together and share their experiences, strength and hope with each other.

The program began on Friday evening with dinner and a speaker's meeting, after which more coffee and experiences were shared well into the morning hours.

On Saturday, the group gathered to participate in two seminars. In the morning, Walt M. of Dayton conducted a fast paced discussion on Sponsorship; then after lunch, Charley M. of Indianapolis led the group in a discussion of Sex in Sobriety. Both Chairmen did a great job of preparing these sessions, including preparation of questionnaires to help guide our thoughts.

Speaker's meetings were again held after dinner on Saturday, and breakfast on Sunday

Many thanks are due each of those who made this first effort a great success.

Special thanks to Dock C. who did so much the planning, to Donny B. who kept the hospitality room flowing with coffee and fellowship, and to Scott H. for handling the many details at the Lodge.

Each of us left with new friends, new ideas and better prepared for a life of sobriety.

Regarding next year, some topics arose for discussion:

- a. Is the third week in January too close to Christmas, financially? What date would you prefer?
- b. Could we find a better location? Road conditions, accessibility from major population areas and the fact that motels might give a better deal for weekend business are factors here.
- d. Was it too short? Too long?

Be thinking about these and whatever else, so that you'll have your input ready when the committee gets in a planning mood.

Jack G.

MOST FEARED DISEASES

A special 1976 Gallup Poll covering 1548 persons across the country, shows the following breakdown of diseases and ailments most feared by the American Public.

- |                  |     |                 |    |
|------------------|-----|-----------------|----|
| 1. Cancer        | 58% | 5. Polio        | 2% |
| 2. Blindness     | 21% | 6. Loss of limb | 2% |
| 3. Heart Disease | 10% | 7. Tuberculosis | 1% |
| 4. Arthritis     | 2%  | 8. Deafness     | 1% |
|                  |     | 9. Undecided    | 3% |

From Parade, Dayton Daily News, Feb. 6, 1977

Regardless of the reservations we may have about the validity of their sampling techniques, this article gives us some indication of what the earth people are worrying about. (They have fears too, you know). It also reminds us that, although we know what OUR biggest problem is, we can't afford to neglect other health areas.

Dr. Charles H. of Columbus, says in his lead "I'm thankful that I have the only disease known to mankind over which I have complete control. I can choose to be sick or I can choose to be well." Think about it, we're one up on the "Normals". Bob I.

GREENE HALL REPORT

Some interesting things are happening at Greene Hall, which many Dayton A.A.'s should be interested in; and especially Greene Hall Graduates. The Aftercare Program has been temporarily suspended in order to facilitate improvements in this very necessary and worthwhile addition to the recently sober persons's recovery. The letter that was sent to graduates stated: "In the interim, there will be group therapy, for graduates only, every Saturday morning at 11:30 a.m."

Punch, cookies, and lots of "warm fuzzies" will be the order for Greene Hall's first anniversary celebration. The reunion will take place in the cafeteria of the hospital on February 16, 1977 at 7:30 p.m. A letter was sent to graduates concerning this joyous occasion that also includes family or "close people," so, if you feel that way, go!

Part of the therapy at Greene Hall includes the cooperation of some good A.A. friends. These people are called upon to use their knowledge of the sober life and the A.A. program to help instruct the people in Greene Hall who are preparing to enter the "support community" of Alcoholics Anonymous. Don S. has consented to coordinate this cooperative effort which will be in the form of "step lectures."

On January 25, several members of the Dayton area A.A. support community met at Greene Memorial Hospital with Bob M. and Manely J., the new director of Greene Hall, to discuss the revisions of the programs there and how we could be of help. If you are particularly strong on a particular step or would like to be involved in the step lecture effort, please contact Don S. in Xenia. These step lecture meetings will be held from 7:30 to 8:30 p.m. on nights that will be established as the program develops.

While we were in the aforementioned meeting, this writer asked several questions that I considered pertinent. I would like to share the notes I made at this meeting.

Visitation:

Some controversy over visitation was raised when Bob M. asked the Xenia Group to "cool it" because of a couple of people who had acted in an irresponsible manner on the ward. The policy on visitation remains; A.A. members welcome at responsible hours conducting themselves in responsible fashion. (These are not Bob M.'s words - they're Bob C.'s for those who may want to get upset.) I view this as a very liberal policy and should meet with any responsible person's approval.

Services:

Include extensive group therapy, physical evaluation, and putting patients in touch with whatever organization is appropriate to meet their individual needs.

Follow-up:

Aftercare complete with family therapy, also a brief introduction to Al-Anon.

Spirituality:

Is on the upshoot with special sessions being planned. I call your attention to the last paragraph on page 43 of the Big Book.

Counselors:

Are educated people with empathy for alcoholics. They're tops, we love them.

Detox:

Means just that when a person enters therapy they are chemically clean.

Length:

21 days after detox, which is usually from as little as five to as much as ten days.

Bob C.

\*\*\*\*\*

It is never too soon to do a kindness, for one does not know how soon it may be too late.

Love can give you the boost you need to do whatever you want.

CENTRAL OFFICE REPORT - JANUARY 1977

Answering Service had 208 calls -  
19 were 12-step calls.

Central Office had 165 calls -  
16 were 12-step calls.

Alco-Aids had 30 (estimated) 12-step calls.

FINANCIAL REPORT

<u>Total Income</u>	\$642.85
Literature Sales	399.85
Group Donations	240.00
Anniversary Club Contributions	3.00
<u>Total Disbursements</u>	\$950.00

INSTITUTIONAL LITERATURE FUND

Bob C., Institutional Chairperson asks that anyone or any group caring to contribute to the Literature Fund make checks payable to A.A. Institution Literature Fund.

MOVIE TIME AT CINEMA SOUTHSIDE

Until further notice, the Saturday and Sunday 8:30 p.m. meetings at the Southside Club will consist of movies relating to Alcoholism. These are open meetings and will be particularly helpful to friends or relatives in understanding the disease.

Feb. 12-13 - ALCOHOLISM OUT OF THE SHADOWS  
19-20 - THE ALCOHOLISM FILM  
26-27 - THE OTHER GUY

CATCH THESE SHILOH GROUP FEB. LEADS

Fri. Feb. 11 - Gerry M. from Lebanon  
Fri. Feb. 18 - Sylvia S. from Xenia  
Fri. Feb. 25 - Gene S. from Cincy  
(in A.A. since 1938, probably one of the "First 100")

Above meetings begin at 8:30 p.m.  
Location: Trinity Lutheran Church  
6540 N. Main St., Dayton, Ohio

MEETING CHANGES

THINK SPRING - but, in the meantime the BLEEP has caused dislocation of some of our meetings. Before you go charging off across town it would be a good idea to check on whether and/or where the meeting is being held. Roscoe at the Central Office has kindly volunteered to act as a clearing house for this information. So, call 222-2211 to report any change from the published schedule. Then, any folks who might want to visit with you can call to find out where you're going to be. Central Office hours are 9:30 a.m. to 1:30 p.m. Mon.-Fri. and 9:30 a.m.-12:00 noon Sat.

Some we do know about are: Victory Step Group anniversary celebration (but not the meeting) on Feb. 22 is cancelled. Following 8:30 p.m. meetings will be at Southside Club: Mon. Oakwood Group; Tues. Centerville Step Group; Wed. Kettering Disc. Group and Thurs. Greenmont Big Book Disc. Group.

AL-ANON REPORT

Miami Valley Information Services Center (Intergroup) will have its Spring Roundup in April at First Lutheran Church, First and Wilkinson Sts., Dayton, Ohio. Exact date will be announced in the March "UNITY". For preliminary information check your local Al-Anon group, or the Monument Ave. group.

NEW AL-ANON AND ALATEEN MEETINGS

Alco-Aids Club - 2156 E. Third St.  
Every Friday at 8:30 p.m.  
(Same time as Monument A.A. Group)

Until further notice the Monday 8:30 p.m. S. Dayton Group and the 8:30 p.m. Centerville Tuesday night Al-Anon group meetings will be held at the Southside A.A. Club.

OUT OF TOWN NEWSLOVE AND UNDERSTANDING

24th Indiana State A.A. Convention  
Feb. 25-26-27, 1977 - Holiday Inn  
1-70 East at Shadeland - 21st Street  
Indianapolis, Indiana

SHOUT IT OUT

26th Annual Kentucky State Conference  
Feb. 18-19-20, 1977

Lexington, Ky. at the Continental Inn.  
Write to:

Host Committee - P.O. Box 23  
Lexington, Ky. 40501

NATIONAL A.A. WOMEN'S CONFERENCE

Feb. 25-26-27, 1977

Sheraton-O'Hara Motel Hotel  
Chicago (Rosemont), Ill.

For information or registration forms:

Women's Conference Mailings  
2726 N. Sayre Ave., Apt. 2  
Chicago, Illinois 60635

WE NEED YOU IN UNITY

The new editorial staff of UNITY has already found out that the excellent work done by John B. is a tough act to follow. So we had an Editorial Policy Board conference (in all humility, this grandiose sounding effort consisted of John B. and Bobs C., D., and I. jawboning around J.B.'s dining room table one Saturday afternoon.

The first thing we decided was to holler for help. If we can tap the talent we know is out there, this Alcoholic's Almanac will be much more interesting and useful. We can think of no better way to share our experience, strength and hope than by publishing contributions from a cross section of our A.A. community.

The types of things which would be appropriate are:

- a. Mini-leads
- b. Something you may have said or heard about a particular subject at a discussion meeting
- c. Bits of personal philosophy which have helped your program.
- d. Your favorite slogan and how it helps.
- e. Special problems and solutions (singles, women, young people, travelers, shut-ins,, etc.)
- f. Reports on conventions or other A.A. activities.
- g. Any interesting and/or humorous anecdote pertaining to the A.A. program.

We've approached a few people for articles and the response has been somewhat underwhelming. Never saw so many busy folks.

These, mind you, are otherwise rational human beings who suddenly remember that they promised the Governor that they would shovel all the snow off the Miami River and its tributaries before the spring thaw. You can almost see the ghostly image of a grim faced teacher saying "And for punishment you will write a 1,000 word essay on the subject "Do soda crackers have a sex life?" These same people can, and will, TALK for hours. Good, solid A.A. thinking - how it was, what happened and how it is now.

We don't want literary masterpieces, we want IDEAS. If you can't write as fast as you think, latch on to a recorder and tape it first, then write it down. Think of it as a different type of twelfth step work. Grab a pen and a piece of paper and grow. 200-300 words would be about right. Send your material to the address on the blank below.

Even with the BLEEP the way it is, there's gotta be more going on than we have here. BUT, we can't print what we don't know about. If you want a little free publicity about A.A. related functions such as anniversaries, special leads, special topics for discussion meetings, breakfasts, lunches, dinners, shove us a note.

Remember the five Ws and the H from your high school journalism class. Who, Where, What, When, Why and How. Be sure to include all this stuff so that everyone will be 10-4 on your program.

\* \* \* \* \*

Unity is still offering individual subscription to be mailed to your home. A Donation of \$3.00 will assure you 12 issues. The donation will go for expenses and if any is left, will go to the Central Office Committee.

-----  
PLEASE PRINT

\_\_\_\_\_  
Name

\_\_\_\_\_  
Address

Apt. #

\_\_\_\_\_  
City

State

Zip Code

Mail to:

Unity  
Central Office A.A.  
25 S. Main St.  
Room 509  
Dayton, Ohio 45402

