

unity

This we owe to A.A.'s future;
To place our common welfare first
To keep our fellowship united.
For on A.A. unity depend our lives
And the lives of those to come.

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A 'Non-Alcoholic' Experiment...

There has been much talk lately about non-alcoholic beer and wine, so I thought maybe my experience with it may help to further discourage other alcoholics from trying it.

Before there was any talk of having a small alcoholic content in "non-alcoholic" beer, my sponsor, therapist, and others in AA told me it was psychologically dangerous. They pointed out that the physical withdrawal from alcohol is greatly outweighed by the psychological withdrawal. However, at the time I longed for the taste and refreshment of beer that I loved so much. I argued that I was drinking it as a beverage not as an alcoholic drink, even though I sometimes noticed the similarity of the times I was drinking it, the compulsion behind it, and even the rationalizing that it was better to drink fake beer than the real thing. I came to the point where I drank it "alcoholically".

I am now paying for the experiment I've had with it. Suffering from a combination of "self will run riot" and not "accepting my disease and all of its consequences" I find myself heading for disaster - near beer is not enough anymore. Even though I now know that it does contain some alcohol, I'm having a difficult time not drinking it or the real thing. The craving is back again. I am suffering through the pain of sobering up in a way - not nearly as much physical pain, but just as much mental and emotional anguish.

So if any of you are considering this "easier, softer way", stick with the AA Program instead. Drinking non-alcoholic beer and wine does not lead to happy sober living - working the Steps, staying close with your Higher Power, and the fellowship of AA does.

One of the Slow learners



PROMISES...PROMISES

When I came to Alcoholics Anonymous for the help that I so desperately needed, I knew - and was willing to admit - that I was totally powerless over alcohol. I also knew, and willingly admitted that my life had become unmanageable, and would remain so as long as I continued to use the alcohol. This was the First Step in my program of recovery.

This time, I also knew that I was unable to solve my alcoholic problem for myself. I definitely needed that help of God. There was no other way. My drinking past, with its misery and torment, had proven that fact beyond all reasonable doubt. So, I accepted the Second Step in my program of recovery.

And then, I became entirely willing to turn my life, and its problems, over to the will of God as I understood him. This was my Step Three.

I soon began to realize that something was happening to me. I was feeling a new freedom and a new happiness. I began to know new meanings for Serenity and Peace. No longer was I being burdened with Fear, Self-Pity and Anger toward myself and other people. Yes, it was becoming a reality. My whole attitude and outlook on life was changing. What a wonderful feeling this new way of life - Sobriety - was giving to me.

But, how did all this come about? The answer is plain and simple. It is found in the Eleventh Promise: "We will suddenly realize that God is doing for us what we could not do for ourselves."

There is nothing extravagant about the Eleven Promises. If we are painstaking about the development of our sobriety, and if we are willing to go to great lengths to achieve and maintain our sobriety, the Promises will materialize, and we will be happily amazed at the results before we are half-way through.

I.D.A.

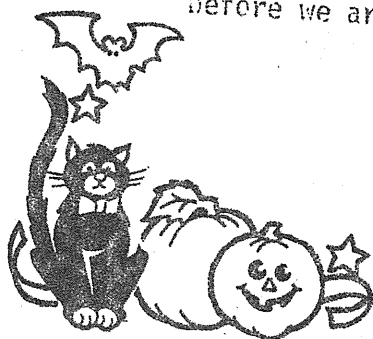
EDITOR'S NOTES:

September's Song is sung and the glories of changing leaves accent October's bright blue skies and golden sun. Furry creatures tuck in supplies and find warm shelter for the months to come.

With the changing season do we in AA look for our source of recovery supply and recheck our meetings where we find shelter year-round?

Do we remember what being a "friend" means? See Page 5.

Do we stop fooling ourselves about so-called non-alcoholic beer and wines? Do we remind ourselves that the only true "easier, softer way" is living

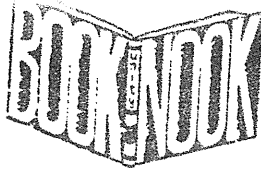


within the AA principles as set out in the Twelve Steps? Read Page 1 again. And be grateful for the love that person feels for you.

If you want to read a true letter of love, don't miss Memories of Montreal on Page 6.

Let's not let the old goblins back into our lives. It's too wonderful the way it is - sober.

Love you, my friends



A History of Alcoholics Anonymous - Ernest Kurtz

The introductory page of this book starts with the following quotation: "First of all we had to quit playing God." Page 62, "Alcoholics Anonymous".

The first time I read this book, I went back and read what else it said on Page 62. I had read that before also, but could not give anyone a page reference. I did not remember all that it said on that page, but the reference to it refreshed my memory.

My first encounter with this book was with about eight months of sobriety and I immediately came to the conclusion that the title was going to tell me about not having God in my life. As you can tell, I was wrong. The playing God part I could relate to very much.

This book is a PhD. Dissertation and is not the easiest reading. There are a lot of footnotes but if you have read "AA comes of Age", "Dr. Bob and the Good Oldtimers", or the newest, "Pass It On", this book generally covers the same time as those. The one basic difference is that it is written by someone who had no part in the founding of this fellowship, so there is a different point of view in writing this history. Any of us, including this reviewer, in writing or telling about themselves, has some of that egotism that is so much a part of all of us. Kurtz is writing a history of the early days and treats the subject matter in that fashion. A great deal of research had to have been done, and the author's perspective shows that research.



The early days in Akron, New York and Cleveland have been dealt with in the other books mentioned but Kurtz does it without any axes to grind.

The last three paragraphs on pages 248 and 249 of this book are most interesting and wholly sum up the writer's problems and conclusions in writing this book. I won't quote them to you but will leave you to find out for yourselves, but I will give you the last paragraph in it's entirety because it might be just enough to read someone else's "history of AA". It says: "Alcoholics Anonymous will live, in other words, so long as it is "Alcoholics Anonymous: another simplicity which encases a complete mystery" that no one claims *perfectly* to understand.

"E.B. Tilley"

20 SECONDS TO SANITY

Worry weakens.
ACTION strengthens.

Don't pray for patience,
pray for understanding.
Patience will follow.

Some of us are so bright,
We're stupid.

Things out in the world
don't get better, they get
realer.

I have a little note pinned
up to remind me each day.
It reads: "Please, I'd
rather do it myself,"
signed God.

VIEWPOINT: NINTH PROMISE

Fear of people and of economic insecurity will leave us.

When I first came to AA, my fear of people and economic insecurity was so great, I felt it was a matter of life and death. Not as great as wanting to keep my sobriety. When I finally got enough courage to talk to people and actually listen; they told me some very simple things. They said go to lots of meetings, read the Big Book, get a sponsor, don't take a drink one day at a time, try to find a Higher Power you can believe in, and work the Steps, and this promise would eventually come true.

I thought all the promises would come true through my own powers. Today I think a little differently. It was by listening to you people and the things that have worked for you, especially the Steps; taking time for my Higher Power and taking a bit of action. When I do these things this promise comes true in my life.

The little action I took consisted of reaching out my hand to people and letting them know a little bit about me. Also knowing we are all basically the same; no better, no worse than any other human being. My fear of people lessens a little each time I reach out.

Economic insecurity for me has eased so much, mainly by a lot of praying and great faith that God will take care of me. The Big Book says although financial recovery is on the way for many of us, we found we could not place money first. For us, material well-being always followed spiritual progress; it never preceded.

C.F.

VIEWPOINT: STEP TEN

Continued to take personal inventory and when we were wrong promptly admitted it.

CONTINUE - WHAT A WORD!!

This Step helps keep life in a sense of balance. The Big Book asks that we continue to take a look at ourselves and right any wrongs.

Tough - but not impossible.

In the beginning I used this Step quite often, mainly because I could not or was not ready to deal with my deep past. So, for many months, I could look only at my most recent past. My, how times change.

Today, Step Ten is icing on the cake. Prior to this Step, I had to take measures to clean up my deep past. Now all I have to worry about is my most recent past, last night, the other day, a week ago, and that's a lot easier to handle. It's a great gauge to keep things in check and balance.

Think of it this way - a week ago everything was going along fine. Over the last several days the bottom fell out. "Dry Drunk", "Emotional Hangover" - now's the time for Step Ten! What changed??

So I continue. Not only looking for the negative things that need changing, but for the positive things in my life and how to improve on these.

All in all, I believe that we must try to get in the habit of using this Step. I'm still working to develop this idea, but many times throughout the day, I'm able to put this Step into practice.

(CONTINUED ON PAGE 5)



A NEW KID IN TOWN

There's a new kid in town and he's young and he's rambunctious and he's one of us. I'm talking about Adult Children of Alcoholics.

Bill and Lois never had issue, were denied an adoptive child and lived in a totally adult world. Dr. Bob died in 1951. They were so busy founding AA we can understand why they never served those children who grew up in homes where one or both parents were alcoholics and who reached maturity before Al-Anon was in place or Al-Ateen invented. The founders were members of a generation which believed that children were to be seen but not heard, and never, never intrude in the affairs of adults. Children were supposed to "grow out" of their problems, or reach adulthood and then solve their own problems. This is exactly what they have done, a long generation later.

Al-Anon was aimed at folk who were adult before they formed partnership with folk who became alcoholics. These adult children were maimed with their mothers milk. Since the alcoholic association occurred at a different time of life, an alternative salvage operation seems indicated. This groups' finding



(Continued from Page 4)

Alcoholics are a funny lot!
We do (20) good things in a day
and (1) not so bad thing. Know
what we think about?? Right -
the (1) bad thing.

Well, look at the positive.

In the use of Step Ten in our
lives - this is the essence.

So CONTINUE.

B.C.

its own unique mechanism is simply a re-statement of the AA experience and demonstrates they are our children and they belong. AA members who qualify are attracted to Adult Children. Many of those attracted find better understanding of their condition.

In the process of erecting their own traditions they are found to entertain some maverick ideas, retreat from some tentative positions, distraught some gray-beards and in the new ground they break, find themselves. The hypothesis that man is a perfectable critter may be advanced another notch. There is an exploding body of literature explaining and exploring their area. Presently their voracious appetite for literature delights the heart of a bookseller.

George M.

Am I Being a Friend?

"A friend is someone who comes in when the whole world goes out."

Am I learning to be that kind of friend?

I didn't know much about friendship when I came into the AA fellowship. Sure, I had "friends"... the bottles, and the bodies I sat next to on the bar stool.

I bought the drinks. Wasn't that being "a friend"?

I called their homes... at 3 a.m., or during their Christmas dinner.

Wasn't that being "friends"?

Am I being a friend today?

Or am I too busy going place or doing things... "gotta run", "have a meeting", "an appointment", "a date." It takes time to be a friend. My time. Is it worth the price?

When the world 'goes out', am I there?
For you.

Anonymous
Dayton

MEMORIES OF MONTREAL:
A Love Letter

This piece is entitled "Memories of Montreal", but in reality it is a love letter. A letter to all you who read it, to the God of my understanding and, most of all, to that one person who has shared all of this experience, and has given me strength and hope. Without all three of these I would not be able to share these feelings.

Through God's mercy and grace I was able to participate in a celebration of "50 Years with Gratitude" along with more than 45,000 others who are in various stages of recovery. To be able to sit in one place with all these others, and attend the world's largest open AA meeting is a feeling most difficult to put into words. But here are a few personal memories.

Arriving in Montreal sober brought to mind being there in 1967, not deep into the throes of my disease but still pretty active. Just being there 18 years later took some time to sink in, but the longer I was there, the more fully I began to understand what "God's mercy" really meant to me.

Soon, however, reality began to set in. We had expected to be staying in a college dormitory. We shared a public school classroom with 11 others. Resentment grew. Then I met a man from Wilmington who was staying there, too. Resentment vanished. If he could handle it as easily as he seemed to be, who was I to complain. And what about the others in the building--some could not speak English.

I remember:
...Going to the Convention Center, with all the thousands of recovering persons and watching as Arthur W. from Yellow Springs and Arthur W. of Australia met. They both shared the same last name and they shared the brotherhood even though they were of different races. Where else but in AA?

...Seeing friends from home and from other places I had been. Meeting a couple from North Carolina in a 300-year-

old church and sharing the common bond of recovery. They left to go west to Alaska; we went east to Quebec and New England.

...Walking into the Convention Center and hearing our names called out by a couple from Kettering who had moved to New Hampshire. We shared.

...Seeing people from Dayton, Kettering and other nearby areas. Some came by train, some by car, some by bus. But we all got there. Destiny? Fate? Coincidence? Faith? Love? All played a part.

...Sitting in that Stadium and feeling the presence and power of God. Watching the flag ceremony and seeing a nun in her habit. Seeing two men from Poland carrying their flag. Still living under oppression, but free from the oppression of alcohol.

...Hearing the sharing, caring, loving of three persons: from Central America, one from Missouri, one from New Zealand-- all of us with one common bond.

...Walking to the illuminated cross on Mont Royal and meeting a couple from California and hugging on parting not knowing if we'd meet again, but caring for one another because we shared.

...Later standing in an ancient street in Old Quebec and sharing with others who had come half-way across the world to celebrate AA's 50th anniversary and Al-Anon's first International Convention.

...Seeing and hearing Lois W., one of the few left who was there at the beginning. Hearing Dr. Bob's son, talking of being the only one there when the two co-founders met. Only in AA do these feelings exist.

...As I said, this is a love letter, because only through you out there, that one person who has lived it all with me and I, were able to understand the meaning of God's Grace.

Frank C.
Kettering



You are cordially invited to

CELEBRATE SOBRIETY!!! SHARE PERSONAL GROWTH!!!

A WOMAN TO WOMAN SEMINAR (2nd annual)

A workshop weekend for sober alcoholic women only. Come grow with us by participating in the fun and timely discussions such as:

DON'T TELL ANYONE (sexual abuse & the alcoholic woman)

ONE OF THE GUYS (double standards)

SUCCESSFULL FAILURE (fears of success & failure)

WHO DO YOU LOVE? (relationships of all kinds)

NEW HORIZONS (women's changing roles)

THE WEEKEND OF NOV. 1-2-3, '85. (Reservations for hotel A MUST!)

Fun begins Fri. 2p.m. with sign-in and program (getti to know you) at 8p.m. Sat. a.m. starts RIGHT with free coffee & a news magazine brought to your room, then your choice of above workshop all day, then dinner (included). Sun. breakfast (also included) & topics for spiritual growth. Seminar concludes at noon.

FOR GREAT FUN GROWING JOIN US AT:

STOUFFER'S DAYTON PLAZA HOTEL	RATES:	\$49 single
5th & JEFFERSON STREETS		59 double
DAYTON, OHIO		69 triple or quad

FLYING? CHECK HERE DRIVING? Free parking inside for registered guests. Make own hotel res. or use encl. card. LIMITED SPACE! Res. are on first come, first serve basis. Sorry, no meals purchased at door. Questions? Call Regena: (513) 233-6980 after 6p.m. or:

Susan: (513) 864-1057 anytime before 11p.m.

or write: Chairman, WTW Seminar, 5880 Beecham Dr., Dayton OH 45424

REGISTRATION

Print full name and address

Check one and send amt shown

___ \$20 for seminar only

___ \$30 seminar & dinner only

___ \$40 for whole wknd: works
Sat dinner, Sun l

Make check payable to & mail to : WTW Seminar
5880 Beecham Dr. Dayton OH 45424

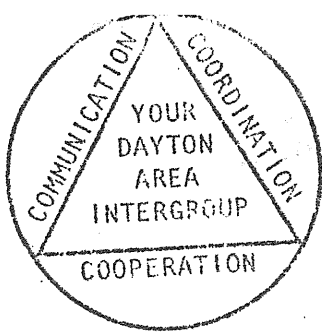
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A N N O U N C E M E N T S

INTERGROUP - Thursday, Oct. 10 at 8 p.m., Otterbein Methodist Church, corner Keowee and Xenia. Visitors welcome.

GENERAL SERVICE ASSEMBLY - Sunday, Oct. 13, 2 p.m. at Holiday Inn, Middletown, I-75 at State Rt. 122. Election of officers.

NEW MEETINGS - Women's closed discussion group, beginning Sunday, Oct. 6 at 4 p.m. Honey Creek Presbyterian Church, New Carlisle.

K.I.S.S. has moved 10 a.m. Thursday meeting to Verity Lodge, 4200 E. University Blvd., Middletown.

WHAT'S UP - West Central Intergroup fourth annual fellowship day, Saturday, Oct. 5 at St. Gerard's Church (school) 240 W. Robb off W. Main, LIMA, starting at 8:30 a.m. Registration fee of \$4 includes dinner. Bring brown bag lunch. Baby-sitting available.

Woman's Workshop planning session Sunday, Oct. 13, 2 p.m., Alco-Aides.

WOMAN-TO-WOMAN seminar, Nov. 1, 2, 3 at Stouffer's Dayton Plaza Hotel. See Page 7.

SAMARITAN HALL alumni banquet, Nov. 2, 7 p.m. in the UD Arena Associates Lounge.



WHY WORRY? 40% will never happen, for anxiety is the result of a tired mind. 30% concerns old decisions which cannot be altered. 12% centers in criticisms, mostly untrue, made by people who feel inferior. 10% is related to my health which worsens while I worry. And only 8% is "legitimate", showing that life does have real problems which may be met head-on when I have eliminated senseless worries.

Grape Free Press, Kansas