

# District 48 Newsletter

June 2013

[www.district48.org](http://www.district48.org)



June 7, 8 & 9, 2013 | Akron, Ohio | Birthplace of A.A.

Diane, Chris, Michelle, Janine and myself all attended Founder's Day once again this year. Also seen were Greg and Luann from our area. For all those who have attended this annual event you know what a spiritual experience it can be. For all those who think they may want to attend I urge you to do so. For me it brought the Big Book to life, especially visiting Dr. Bob's home, sitting at his kitchen table surrounded by my AA friends on this journey in recovery. Also, sitting in a university football stadium surrounded by 10,000 alcoholics doing a sobriety count down is pretty phenomenal too.

The theme this year was The Language of the Heart. Where only one alcoholic can truly reach another alcoholic. One alcoholic speaking to another alcoholic about his or her own experience, strength and hope is what truly passes on the message of recovery and hope. You can't learn this in a text book-this cannot be taught.

Also heard this weekend was "Sponsorship is not Ownership" —reverberating the theme of the weekend of when one shares his or her experience, strength and hope this leaves no room for interpretation about sponsorship.

For me this particular weekend was touching in away that I

never saw coming. This being my third time in Akron, I was accompanied by a woman who was my first sponsee. The

### Future Founders' Day Weekends

2014 - June 13, 14, 15

2015 - June 12, 13, 14

2016 - June 10, 11, 12

2017 - June 9, 10, 11

<https://foundersdayregistration.akronaa.org>

following is a shortened version of her story through my eyes written with her permission.

Eight years ago I had received an urgent call to help my sponsee who had at that time been sober a short while but was reported to be driving in her brother-in laws "borrowed" vehicle with a bottle of vodka. When I reached her she was safe on the bed in her room at her sisters house where she had been staying-thank God.

Sitting cross-legged on the bed barely able to hold her head up, she certainly couldn't focus as she gave that drunken one-eyed look at me that us alcoholics know so well and her speech was hardly audible and certainly not understandable.

What I said to her that day at

that moment was, "This is a program for people who want it. Call me if you want to get sober."

I felt devastated as I forced myself to turn and leave the room. Leaving her in her state of drunkenness on the bed behind me. There was nothing I could do for her. I could not save her and I knew without a doubt, if she continued drinking this woman would be dead in a short time. Even if she didn't know she was hopeless, I knew it and I was powerless over her disease. I left her sister with the advice to stop enabling her because she had once again broken the conditions her sister had put in place in order for her to come live there. She would have to find her own place to live.

I was sure my sponsee would not remember me visiting her at all. But she did. I was sure if she remembered my visit she would not be willing to call me after what I had told her sister. But she was willing and a few days later, I received a call from my sponsee asking me to continue sponsoring her and that she had an interview to live at the local YWCA. She took my suggestion and wanted to get sober.

Since that time, she remains sober and helps other women through her journey of recovery and now works at the Y instead of living there.

So on this Sunday, eight years later, when I saw her visit the gravesite of Dr. Bob and his wife and touch the tombstone of AA's cofounder with the reverence and respect of a woman who has been returned from the dead, I quickly became aware of the significance of such a seemingly simple act and praised God for this miracle of sobriety that I have been privileged to witness.

In Love and Service,  
Cindy B.



Photo taken by Janine B. on June 8, 2013, Mayflower Manor, Akron, OH.

This is the phone and church directory Bill W. used to find another alcoholic when he had the choice to go the bar in the hotel or find another drunk like himself to help.

Anniversaries can be emailed to [AADistrict48@gmail.com](mailto:AADistrict48@gmail.com) (This is working once again)

Ben C. 5/31/13 19 yrs; Claire 6/13/13 2 yrs; Brian P 6/17/13 2 yrs; Michelle M. 6/17/13 3 yrs; Gail R. 6/5/13 22 yrs; Larry A. 6/6/13 23 yrs; Darryl 6/6/13 23 yrs; Jimmy L. 5/24/2013 1 yr.; Chris M. 6/16/2013 19 yrs; Rhianna S. 5/26/13 10 yrs; Marilyn P. 30 Yrs. 5/29/13; Russ Mc 6/3/13 12 yrs; Wally 5/18/13 10 yrs; Sue M. 5/18/13 28 yrs

## A Letter From Your Alcoholism

Dear Friend,

I've come once again to visit you. I love to see you suffer...mentally, physically, spiritually, socially. I want to have you restless so you can never relax. I want you jumpy, nervous and anxious. I want to make you agitated and irritable so everything and everybody makes you uncomfortable. I want you depressed and confused so that you can't think clearly or positively. I want to make you hate everything and everybody—especially yourself. I want you to feel guilty and remorseful for the things you have done in the past that you'll never be able to let go. I want to make you angry and hateful toward the world for the way it is and the way you are. I want you to feel sorry for yourself and blame everything but your alcoholism for the way things are. I want you to be deceitful and untrustworthy. To manipulate and con as many people as possible. I want to make you fearful

and paranoid for no reason at all and I want you to wake up during all hours of the night screaming for me. You know you can't sleep without me. I am even in your dreams.

I want to be the first thing you wake up to every morning and the last thing you touch before you black out. I would rather kill you, but I'll be happy enough if I can put you back in the hospital, another institution or jail. But you know that I'll still be waiting for you when you come out. I love to watch you slowly going insane. I love to see all the physical damage I am causing you. When you shiver and shake, I sneer and chuckle. When you freeze and sweat at the same time, when you wake up with your bed soaking wet.

It's amazing how much destruction I can do to your internal organs while at the same time I work on your brain, destroying it bit by bit. I deeply appreciate how much you

sacrifice for me. Including the countless jobs you have sacrificed and the money spent on me. All the fines and cars crashed. All the lives lost. All the friends you deeply cared for that you gave up for me. Your loved ones, the most important people in the world to you—you threw them away for me. You sacrificed all these for me. But do not despair, friend, for on me you can always depend. For after all you have lost, you can still depend on me to take even more. You can depend on me to keep you in a living hell. I'll take and keep your mind, body and soul and I won't stop until you are dead.

Sincerely,

Your Alcoholism

Article submitted by Lindsey E.

### Contact AA Online:

[www.aa.org](http://www.aa.org)  
[www.area59aa.org](http://www.area59aa.org)  
[www.aagrapevine.org](http://www.aagrapevine.org)

### By Phone:

Local: 570-327-2860

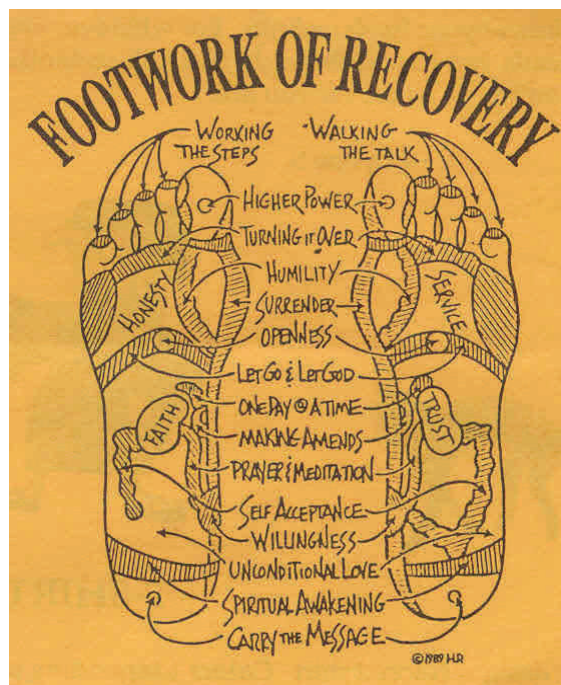
### By Mail:

G.S.O.  
 PO Box 459  
 Grand Central Station  
 New York, NY 10163

For strength and hope for friends  
 and families of problem drinkers:

### Al-Anon Online:

[www.al-anon.alateen.org](http://www.al-anon.alateen.org)



No A.A. group or member should ever, in such a way as to implicate AA, express any opinion on outside controversial issues particularly those of politics, alcohol reform or sectarian religion. The alcoholics Anonymous groups oppose no one. Concerning such matters they can express no views whatsoever.

Tradition Ten, Long Form