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DR. Bob's Last Drink

Bill W. had met a kindred spirit in Dr. Bob. Both men were born in Vermont, both were intelligent, and both were alcoholics. They somehow knew that fateful evening in Henrietta Seiberling's Gatehouse home that both of them were going to be okay.

After a few weeks of working with each other and attempting to deliver the message of recovery to other alcoholics, Bill and Dr. Bob did not appear to be discouraged.

Despite their inability to bring another rummy into the fold—they were staying sober—quite a feat for Dr. Bob, who attended Oxford Group meetings even before getting together with Bill.

A Trip to Atlantic City

Bob was feeling so secure that he decided to attend a convention of the American Medical Association. He had not missed a Convention in 20 years and did not plan on missing this one. Bob's wife, Anne, was set against him attending the convention. She remembered previous ones where he had gotten drunk.

Bob assured her that he would not drink. He said that alcoholics, even those who had stopped drinking, would have to begin to learn how to live in the real world. She finally agreed, and off he went.

Drinking on the Train

Bob kept his promise to Anne. That is until he boarded the train to Atlantic City. Once on the train, Dr. Bob began to drink in earnest. He drank his way to Atlantic City, purchased more bottles before checking in to the hotel. That was on a Sunday evening.

Bob stayed sober on Monday until after dinner. He then

resumed his drinking. Upon awakening Tuesday morning, his drinking continued until noon. He then realized that he was about to disgrace himself by showing up at the convention drunk.

A 24-Hour Blackout

He decided to check out of the hotel and return home. He purchased more alcohol on the way to the train depot. He waited for the train for a long time and continued to drink. That was all he remembered until waking up in the home of his office nurse and her husband back in Ohio.

Bob's blackout lasted over 24 hours. There was a five-day period from when Dr. Bob left for the convention when the nurse called Anne and Bill. They took Dr. Bob home and put him to bed.

Three Days of Detox

The detoxification process began once again. That process usually lasted three days, according to Bill. They tapered Dr. Bob off of alcohol and fed him a diet of sauerkraut, tomato juice, and Karo Syrup.

Bill had remembered that in three days, Dr. Bob was scheduled to perform surgery. On the day of the surgery, Dr. Bob had recovered sufficiently to go to work.

To ensure the steadiness of Dr. Bob's hands during the operation, Bill gave him a beer. That was to be Dr. Bob's last drink and the "official" founding date of Alcoholics Anonymous.

Last Drink

The operation was a success, and Dr. Bob did not return home right after it. Both Bill and Anne were concerned.

They later found out, after Dr. Bob had returned, that he was out making amends. Not drunk as they may have surmised, but happy and sober. According to the AA Literature, that date was June 10th, 1935 . cnt p..2

p.2 (ct fr p1,)

Which is considered to be AA's Founding Date for many years. After all, it was the late Dr. Bob had his last drink - or was it? Recently discovered evidence appears to differ from the "official" literature.

The "Official" Date

The Archives of the American Medical Association reportedly show that their convention in Atlantic City in the year 1935 did not start until June 10th.

How could Dr. Bob have gone to the convention by train, check into a hotel, attend the convention on Monday, check out on Tuesday, be in a blackout for 24 hours, go through three-day detoxification, and perform surgery on the day of his last drink—June 10th, 1935?

Nine Days Later

Five days had passed since Dr. Bob left for the convention and returned to Akron. There was the three-day detoxification process, and then there was the day of the surgery. Approximately nine days had passed from when he left and the date of his last drink.

If the American Medical Association (AMA) records are in error as to the date of their convention, it is possible that June 10th, 1935, was the date of Dr. Bob's last drink. If the records are in error, the 1935 convention would have been the only one in the history of the AMA listed with the wrong date.

He Never Drank Again

It now appears that the date of Dr. Bob's last drink was probably on, or about, June 17th, 1935. Maybe AA should keep the June 10th date as a symbolic Founding Date rather than claim it as the actual one? Perhaps the date should be changed to reflect historical accuracy?

Either way, Dr. Bob never drank again until his death, November 16th, 1950. Dr. Bob sponsored more than 5,000 AA members and left the legacy of his life as an example. Dr. Bob told those he sponsored that there were three things one had to do to keep sober:

Trust God, Clean House, Help Others.

Making Amends



There's a reason Bill and Bob set up the Twelve Steps in the order they did, which addresses the second part of the question - what time is the right time? When a recovering alcoholic works Steps 1 through 7 with their

sponsor and completes them to the best of their ability, they are ready to work Step 8: "Made a list of all persons we had harmed, and became willing to make amends to them all (Reprinted from the 12&12, page 77, with permis-

sion of A.A. World Services, Inc.) and 9: "Made direct amends to such people wherever possible, except when to do so would injure them or others. (Reprinted from the 12&12, page 83, with permission of A.A. World Services, Inc.)

When I was early in my sobriety and had yet to work the steps as shown, I felt a strong need to make amends to my twenty-two-year-old son, who had lived inside the home of this alcoholic. I had to apologize for all that happened. Still, alongside the apology, I also had to point out that he never went without food and a home as a single mother. When I finished with my apology, I felt good and expected him to feel the same. Not so. He didn't accept my amends, didn't care that I was in Alcoholics Anonymous, and walked out of my life for the next three years. That was devastating.

What does it mean to make amends? Learning the hard way, it's much more than an apology, which is nothing more than a Band-Aid on the wound of the victim and a good feeling for the alcoholic. Amends has to happen when the alcoholic realizes how their untreated alcoholism caused others pain and hurt. Then and only then does the recovering alcoholic understand the depths of destruction they have brought onto others. It doesn't matter that I kept a roof over my son's head and food on the table; I hurt him in ways that left him broken. He needed to see me living the amends before letting me into his life and the life of my grandsons.

An alcoholic can promise to change, but that's very much like the many promises they make to themselves to stop drinking. It took me two years of daily pledges to stop drinking and start my journey in Alcoholics Anonymous. It took me another three years before my son accepted my amends. I not only recognized my wrongdoings, but I also showed a changed behavior. He saw that change. After completing Steps 1 through 7 to the best of my ability, I prepared myself through good judgment to face personal relationships that were affected by my alcoholic behavior. There has been nothing better than knowing that my family trusts me to be with my grandsons. The last sentence in Step 8: says it perfectly:

"It is the beginning of the end of isolation from our fellows and from God." (Reprinted from the 12&12, page 82, with permission of A.A. World Services Inc.)

Shirley S

As we go through the day, we pause when someone pisses us off and hold in our real feelings. Pray for them and avoid them as much as humanly possible. If circumstances warrant, complain about them to others. When you have it off your chest, say "Love and Tolerance" out loud. Then sweep your anger under the rug and move on.

TRUE SPIRIT



I first came into the Rooms in a small town in TN. Count me among those who felt like I'd hit a prayer or revival gathering. All that 'God' talk almost drove me out of the room - yet as the Big Book says, "if the 'God talk' drives you out, alcohol will drive you back in"!!

My first lesson in that 'Power Greater Than Me" came when a young man blurted out, "I don't want any piece of your god" (followed by expletives). To which a senior AA member said - "Don't need to. Just figure out who/what you can believe in - how about the people right here in the room for now. We have found sobriety that works." "Find my own definition of that "Power Greater Than Me?" Wow. None of the churches I'd been in ever suggested that! Don't get me wrong. I'd always believed in some kind of 'Power.' Just not that old man sitting on a cloud - but a Presence that was beyond a name.

Reading the chapter, We Agnostics, I welcomed the idea that: "As soon as we admitted the possible existence of a Creative Intelligence, a Spirit of the Universe underlying the totality of things, we began to be possessed of a new sense of power and direction, provided we took other simple steps." (Reprinted from The Big Book, pg 46 with permission of A.A. World Services, Inc.). I found it accurate; I no longer had to direct the world or the people in it.

Since that time, I've been able to see the truth of those words in the Big Book "To us, the Realm of Spirit is broad, roomy, all inclusive; never exclusive or forbidding to those who earnestly seek. It is open, we believe, to all men." (Reprinted from The Big Book, pg 46 with permission of A.A. World Services, Inc.) I've heard people from all faiths, creeds and non-faiths attest to 'The Source of Their Strength.'" And the outspoken 'Bible Thumper' is very rare in the rooms I've come to know.

Today I know that it is not essential Who or What you believe in. The important thing is that you Do Believe in - and can turn to - a Power or Source of Strength that is greater, wiser, and more powerful than yourself. The simplicity of belief is that - to rigorously pursue the 12 Steps of Alcoholics Anonymous - I do need to Believe - even if I can't describe the Being, I found that belief in. I just need to know it isn't me!!

Today I know that it is not essential Who or What you believe. The important thing is that you Do Believe in - and can turn to - a Power or Source of Strength that is greater, wiser, and more powerful than yourself. The simplicity of belief is that, to pursue the 12 Steps of Alcoholics Anonymous rigorously, I do need to Believe, even if I can't de-

scribe the Being, I found that belief. I need to know it isn't me!! I've heard people from all faiths, creeds, and non-faiths attest to 'The Source of Their Strength.'" And the outspoken 'Bible Thumper' is very rare in the rooms I've come to know. Today I know that it is not essential Who or What you believe. The important thing is that you Do Believe in - and can turn to - a Power or Source of Strength that is greater, wiser, and more powerful than yourself. The simplicity of belief is that, to pursue the 12 Steps of Alcoholics Anonymous rigorously, I do need to Believe, even if I can't describe the Being, I found that belief. I need to know it isn't me!!

Carol G



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Whatever course you choose, the guiding principle is this: We have been promised tons of tomorrows in this life, so move like molasses. Besides, if you are anything like us, you have basically treated everyone wonderful for years, anyway. So do not be hasty about putting your feet on any new soil.

But, if you happen to be a reader who actually wants to complete the fourth step in a timely manner, we suggest a work-sheet of some kind, something you can easily download from the internet. \*\*\*\*\*  
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**AREA 28 LOVE AND SERVICE
VIRTUAL WORKSHOP:
Homegroup Membership and
Participation in 2021**



Saturday July 24th 2021 9-11am

Meeting ID: 859 9091 9419

Password: 687074

Dial by phone number: 1 646-558-8656

**For more information contact Drew S at
dsullivan1967@roadrunner.com**

Tradition 7 Short Form

“Every A.A. group ought to be fully self-supporting, declining outside contributions.”

Long Form:

“The A.A. groups themselves ought to be fully supported by the voluntary contributions of their own members. We think that each group should soon achieve this ideal; that any public solicitation of funds using the name of Alcoholics Anonymous is highly dangerous, whether by groups, clubs, hospitals, or other outside agencies; that acceptance of large gifts from any source, or of contributions carrying any obligation whatever, is unwise. Then, too, we view with much concern those A.A. treasuries which continue, beyond prudent reserves, to accumulate funds for no stated A.A. purpose. Experience has often warned us that nothing can so surely destroy our spiritual heritage as futile disputes over property, money, and authority. (Reprinted from The Twelve Traditions the Short Form 15 and The Twelve Traditions the Long Form 129 with permission of A.A. World Services, Inc)

From the Foreword of the 12 & 12: “A.A.’s Twelve Traditions apply to the life of the Fellowship itself. They outline the means by which A.A. maintains its unity and relates itself to the world about it, the way it lives and grows.”

TRADITION SUMMARY

Spirituality and Money DO Mix!

Twelfth Step work is the lifeblood of Alcoholics Anonymous — carrying the message to the next suffering alcoholic. Without it, the Fellowship would wither and die. Yet, even at its simplest level this vital contact between one alcoholic and another involves an investment of time and money.

The paradox of A.A. is that financial independence and the support of our Fellowship by alcoholics and alcoholics alone not only enhances A.A.’s importance to each of us, but stimulates our engagement in our own recovery.

While the Fellowship has always faced problems of money, property, and prestige in one form or another, through the wisdom of the Seventh Tradition we have never been diverted from our primary purpose of carrying the message to the alcoholic who still suffers. This is our fundamental work, and to ensure that the hand of A.A. will always remain outstretched, money and spirituality must continue to mix. And for that, we are all responsible.

Where Money & Spirituality Mix”

Step-Tradition Parallel

The seventh tradition is linked to the sixth tradition just as the seventh step is the natural outcome of working the sixth step. What do we do when we become entirely ready to give up our defects of character? We humbly ask God to remove our shortcomings. What do we do when we become entirely ready to give up pursuing outside contributions to our spirituality by not lending our name to related

approaches or outside relationships? We avoid the problems of money, property, and prestige – carrying a message that will be believed because it is carried with a spirit of poverty and not greed.

We seek to be financially self—supporting, not wealthy. The seventh tradition, completed the seventh step this way: Father I humbly ask you to remove our major shortcoming, not placing you first life but placing false Gods first, including money. Please teach me to be self-supporting in our relationship with you! “Fear” automatically results when we think we should handle any situation in life by ourselves. As soon as we place God first in our thinking and try to hear his voice through prayer and meditation, “fear” is removed.

**The Emmitt Fox Corner
with Michael J**



We are often advised to let go and let God. The Big Book explains we can learn to let go of our old ideas, emotions, and attitudes that were the guiding forces of our lives; We can free ourselves from the compulsion to drink. Our desire for freedom from pain, fear, anger can only come through the discipline of thoughts and emotions.

Emmet Fox taught that most of what we experience as the world is made up of our thoughts and emotions. There may be annoying people and upsetting conditions "out there" globally. Still, there is no valid reason for us to be disturbed or upset by them. It really doesn't make good sense ever to let things or people decide how you should act. Most of us simply react to things and persons. No one is unhappier than the perpetual reactor – a person whose emotional center is rooted in outside people and stimuli. Once you develop your center from within, you are no longer at the mercy of the elements.

The first step in breaking the habit of reacting is to recognize as soon as possible whatever specific feeling is being created in response to an outside event. We often react without ever becoming aware that we feel angry, fearful, disgusted, or any other emotions that precede reaction. Next, we have to be careful to avoid making any attempt at suppression or avoidance. Let the feeling come up, stay with it, and let it run its course without wanting to make it different or do anything about it. body, mind, or emotions; the truth is that you HAVE a sense, a body, and emotions. You must come to know your authentic, eternal self. It was never born and will never die. It is never sad, never grows old, never worries or sins or knows fear. us that we cannot be happy unless we accept life completely on life's terms. Acceptance comes from the concentration of what needs to be changed. Roughing our emotions and attitudes rather than what needs to be changed in the world.

DISTRICT AT A GLANCE



District 6 met virtually on May 21 at 6:00 pm. There were 14 people in attendance, two of those were non-voting, and four were GSR's. The meeting opened with passed motions to accept the previous meetings' minutes before moving into GSR reports and committee reports. Corrections and Bridging the Gap chair reported no significant changes. AA meetings continue within the jail and the local treatment centers. The PI/CPI chair encouraged folks to talk to their medical professionals to offer helpful information about AA. The Website Chair reported the rate of page views has remained steady and continued efforts to maintain the meeting lists with any updates. The Newsletter Editor said production of the newsletter and posed a question about term limits to ensure continuity of service and be addressed at the next business meeting.

OLD BUSINESS

The old business consisted of a review of the 71st General Service Conference, the results of which can be provided by the District upon request. We also reviewed the results of the spring assembly for area 28. None of the proposed motions of this assembly passed. New business included discussing whether or not to hold meetings for the District in June and July; a motion was entertained and passed to skip them. The District will reconvene its meetings in August. If one needed to reach out to District six, they could always use the emails listed on our website. There are concerns about updates to the website and meeting lists, but these can occur without a District Business Meeting.

HELP WANTED

The following positions are open in the District.:

ARCHIVES:

The right person for this position would be willing and able to maintain files and documents historic for the District and the District's meetings and attend the monthly business meetings for District six and the area. There is a recommended guideline of 2 or more years of sobriety and proficiency with computers. Information is on the District six website or the monthly business meeting.

FUNCTIONS CHAIR:

Looking for a self-motivated person, willing and able to serve a 2-year term running a committee responsible for planning and throwing events for AA's in district 6. The role includes: Managing seed money. Proposing events to the district committee. Working with a team to throw each event. Attending the monthly District Meeting. Information is on the District website or the at the monthly business meeting.

GRAPEVINE CHAIR:

Anyone willing and able to serve as Grapevine Chair is prepared to attend monthly business meetings. Bring subscription cards with them to any meetings attended as well as making the grapevine and subscriptions to it available to AA's and Meetings in the area by encouraging people to read, contribute to and subscribe to our "meeting in print." The suggestion to have six months of sobriety before standing for this position.

HOTLINE :

The hotline coordinator is responsible for attending monthly business meetings, maintaining and updating the phone list, and connecting with CSO to share information. Including reaching out to local meetings and AA's in our District to get the contact information to continue to be actively involved in supporting those AA's in need who turn to the hotline for support. More information available on the District website and at the business meeting.

MEETING LIST:

This position is a two-year commitment to maintain a list of all meetings, times, and locations in the District and share the said list with the district secretary and webmaster to be printed and distributed in the District. This position also updates this information with CSO. Information at the business meeting and on the District 6 Website.

COMMITTEE MEMBERS:

Many of these positions work with a larger committee. Current chairs seeking committee members include The Website, The Grapevine, and The Newsletter. If interested in pursuing more work in service at the District level, this might be an excellent way to dive in without the commitment of a chair position. Please seek more information at the District Business Meeting .

FINANCIALS:

Beginning Balance:
\$1,507.41

Deposits:
Sunrise Serenity: \$164.93
Sunrise Serenity: \$148.50
Individual: \$30.00
Total: \$343.43

Expenses:
Total: \$0.00

Ending Balance: \$1,850.84
Prudent Reserve, operating expenses: \$350.00
Functions seed money: \$750.00
Surplus: \$750.84



District Six Cancelled Business Meeting's for June and July and will meet again in August, 2021

Anne Smith



Hundreds of wives of men with drinking problems from all over the nation came to call her Anne S. or Annie. These women came to love Anne because of her enormous warm heart and the hope she gave to each of them personally. Each received the same warm welcome when she arrived at her home with her husband to find help for his drinking problem. "Welcome home, come on in."

March 3 is Anne Smith's birthday. May the 70th anniversary of Al-Anon Family Groups, an organization she helped start, though she died before it was formally organized. Every year on June 10, thousands of recovering alcoholics, many with their spouses or partners, travel to Akron for a weekend celebration of the founding of Alcoholics Anonymous through the collaboration of Anne's husband Dr. Bob with Lois's husband Bill Wilson.

As important as the founding of A.A. and this celebration is, it would not be possible without Anne Smith, Lois Wilson and the hundreds of wives who made it possible for their husbands to get help from other recovering alcoholics and a newfound Higher Power.

Anne Smith remains a largely unrecognized leader of freedom for women. Better known are her husband and the men who started Alcoholics Anonymous.

Yet, Anne Smith made three major contributions to addiction recovery that are at least equal to the contribution of her husband. First, Anne and others came to realize they were not responsible for their husbands' drinking or recovery. By adapting the Twelve Steps of A.A. for families, Anne made clear to all that alcoholism and all addictions are community problems as well as individual ones.

No longer were spouses of people with drinking problems condemned to a life of despair, self-pity and community ridicule. Had all the wives of the early members of A.A. stayed angry and resentful of their husbands or divorced them, there would be no A.A. Most of the men would have continued to drink and gone crazy or died.

Anne knew firsthand about how families suffer when someone in the family is unable to control his or her drinking or another addiction. She watched as her life-style changed from the middle-class stability of a doctor's family to not having enough money to pay the mortgage or buy food. Having both peanut butter and jelly or macaroni and cheese together was a big deal in the Smith household. Often it was peanut butter or macaroni.

Anne also knew first-hand the impact that untreated alcoholism has on other members of her family. She watched her son struggle with his drinking and marry a woman with a drinking problem. Tragically, she watched her adopted

daughter Sue, who came from a family torn apart by addiction, marry an abusive, alcoholic husband. Besides the personal torment her daughter Sue experienced in the marriage, Sue's own daughter suffered from mental illness and killed herself and her infant daughter.

Given these life experiences, it is not a surprise the Anne often retreated to a favorite chair in their Ardmore Avenue home in Akron to smoke, worry and pray for change. Anne's faith allowed her to never give up on Bob or anyone who needed help. She joined her friend Henrietta Seiberling in becoming part of the Oxford Group, a 20th Century movement to follow the lifestyle of the early Christians. Anne got Bob to go to the Oxford Group even though the prayers by themselves were not enough to get her husband sober at first.

Anne's second major contribution was in sharing her religious faith with her husband and the Wilsons. Bill Wilson spent three months living with Anne and Bob Smith in the summer of 1935 when Dr. Bob was first getting sober. Lois Wilson visited her husband Bill and joined him and the Smiths in their daily morning quiet time and spiritual reading. This experience moved Bill Wilson, a skeptic to organized religion, to enlarge his own appreciation of the practices that advance spiritual growth.

Anne's third major contribution was the one that seemed to come naturally to her. She opened her home to families who had the same problems her family had experienced. Her home became the first meeting place for A.A. in Akron. When there were too many people, they moved to King's Church. Anne welcomed every spouse, mostly the wives in the early days. She introduced them to a spiritual way of life.

Anne Smith welcomed women from all over the Midwest. She passed on hope and the Twelve Steps to wives and families. Among her early friends was Dorothy Snyder, wife of Clarence Snyder who brought A.A. from Akron to Cleveland. Dorothy passed on what she learned from Anne. Anne Smith died June 1, 1949, two years before the formal founding of Al-Anon. By 1951, there were over 80 organized meetings of wives and spouses of people with drinking problems around the country. Anne Smith sowed the early seeds and provided the quiet leadership that made the growth of Al-Anon and the Twelve Step movement possible

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An ode to Jesse

Lack of power, that was our dilemma. We had to find a power. We had to find a power by which we could live, that power is called a sponsor. Completely relying on another person can be kind of embarrassing, so we will want to at least pretend we are trying to do more. And that means we are going to talk to you about God.

AMEN