



Akron Intergroup

NEWS

PUBLISHING SINCE
NOVEMBER 1954

VOLUME 71 ISSUE 1
November 2025

SERVING HOLMES, MEDINA, PORTAGE, SUMMIT, WAYNE COUNTIES

Like the Layers of an Onion

Written By: Rich

The only requirement for AA membership is a desire to stop drinking (BB 60-63). After many years of sobriety and practicing the AA principles to the best of my ability, I am amazed at what I see in the meetings that I attend. It was one of the most important developments in my later years of sobriety—removing my judgmentalism of other people in AA that have a desire to stop drinking. I have come to understand that tradition but it did not happen immediately. I was overwhelmed with personal problems that eventually culminated my surrender and came to AA searching for answers. I am so grateful that they did not turn me away because I had problems.

The AA Program is so much deeper than I ever could have imagined when I first entered it. Over time, I recognize the depth of each issue that we face when we come clean with ourselves and with the world around us. It is sometimes likened to the layers of an onion. The surface skin begins to fall away quickly as we address the drinking part of our disease. Each layer is preparatory to the next. As we recognize and begin to discard the negative side of our thoughts and behaviors, we begin to understand that our thinking is where the problems lie. Our behaviors are the symptoms of that faulty thinking when our natural instincts far exceed their intended purpose.

In my early days of sobriety my mentors suggested that if I plan to attend a certain number of meetings per week, one of them should be a step study meeting and I have followed that suggestion ever since. One of the benefits of that decision is that we study each step four times a year and each time I repeat a previous step, I notice an improvement in my understanding of that step. In the presence of that group, I may hear 20 to 30 different perspectives on how to address my... (cont. pg. 3)

Step Eleven

Sough through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

Tradition Eleven

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.

Concept Eleven

The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern.

HONESTY + PURITY + UNSELFISHNESS + LOVE



FROM THE

IG News Committee

Greetings from IG News,

Stay connected and support our fellowship by signing up for the IG Newsletter.

Read locally written articles from your own sober support network. All while helping sustain the Intergroup Office.



-IG News Team

INSIDE THIS ISSUE

Like the Layers of an Onion	1
Editor Greetings/Intergroup	2
Like the Layers of an Onion cont.	3
New Submissions/Donations for the Intergroup Renovations	4
The Man In the Mirror Is Me	5
Contributions/Pet Of The Month	6
A Framework for Recovery.	7
God Determines the Results	8
Thoughts to Consider	9
Committee Meetings	10

AKRON INTERGROUP NEWS

775 N. Main St., Akron, OH 44310

Phone: 330-253-8181

Website: www.akronaa.org v Email: ignews@akronaa.org

Akron IGNews is a monthly newsletter of the Akron Area Intergroup Council of Alcoholics Anonymous.

First publication was November, 1954. It is about, by and for the members of the Fellowship of AA.

Opinions expressed herein are NOT to be attributed to AA as a whole, nor does publication of information imply any endorsement by either AA or the Akron Intergroup Council. Quotations and artwork from AA literature are reprinted with permission from AA World Service, Inc. and/or The AA Grapevine, Inc.

Contributions from our readers are encouraged!

Submissions are edited for space and clarity ONLY. Contact information is required and anonymity is respected. In keeping with our goal of being self-supporting, your subscription is appreciated.

AKRON INTERGROUP NEWS STATEMENT OF PURPOSE

The **Akron Intergroup News**, as a standing committee of the Akron Intergroup Council of Alcoholics Anonymous, is bound by the Twelve Traditions and the Twelve Concepts. Our primary purpose is the same as any AA group: to carry the AA message to the still suffering alcoholic. Our secondary purpose is to keep the Akron Intergroup area of Holmes, Medina, Portage, Summit & Wayne counties informed as to events, meeting changes, Council decisions, and other news of interest to AAs in the Akron area.

As a newsletter and voice of and for the AA community, we have an additional purpose. We provide a forum for the broad spectrum of views held by our members. A controversial subject, as long as it does not concern an out-side issue and involves principles and not personalities, will be considered for publication. At times, the committee must walk a tightrope in making decisions on what is printed and what is not.

As a general guideline, any letter or article that is of interest to members of AA that advocates ignoring or violating the Traditions, Concepts or General Service Conference actions will not be considered for publication. Our Higher Power guides us through our Group conscience. Therefore, Akron Intergroup News Committee reserves the right to publish/not publish any article upon submission without question or explanation, based on the decision of a group conscience majority vote.

"No AA 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

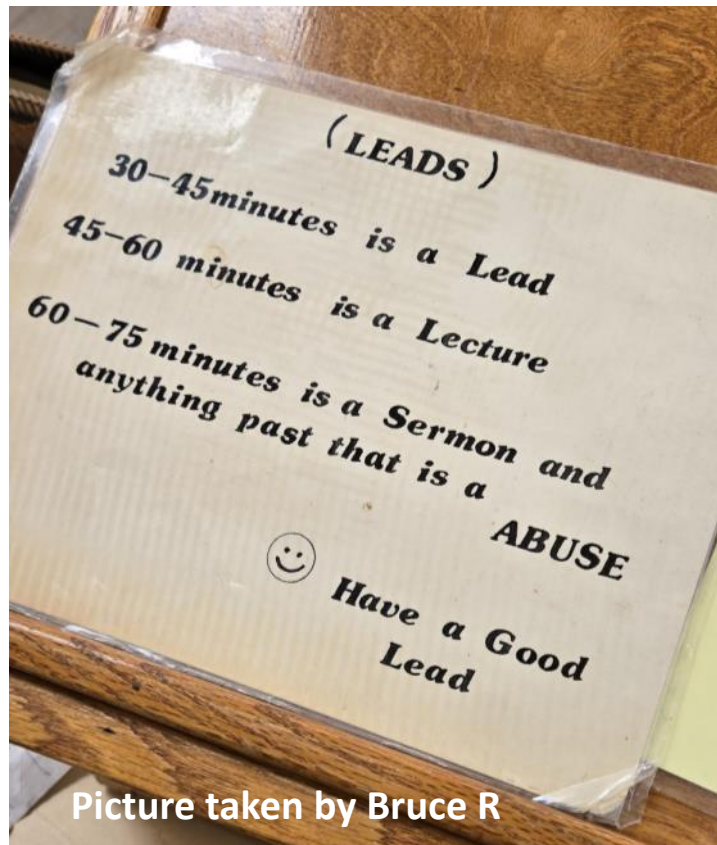
We grant any AA publication permission to reprint articles from the *Akron Intergroup News* with the following attribution: © Akron Intergroup News.
© Akron Intergroup News; 2025

Like the Layers of an Onion (cont)

Written by: Rick R

faulty thinking and all those viewpoints are stored in my mind as I peel away one more layer of the onion. I learned the value of living by unselfish principles and that simple understanding takes most of the decision-making out of my hands. Principles are not flexible, and I do not create my own principles. I do, however, have the ability to follow well-established ethics. Even then, sometimes things may go wrong but my motives are of an unselfish nature so I do my best. I learn to be prudent when it comes to my decisions. I learn to decide if it was my ego or my conscience making that choice and today my conscience renders my ego irrelevant for the most part. I have always known right from wrong but with my fears and insecurities I usually made the wrong, selfish decision and my conscience suffered. If I already know when I am doing the wrong thing, why am I praying to God when I already know the answer and still make the wrong choice? It is true the only requirement for membership is a desire to stop drinking but in AA, I found so much more.

Within the safety of my AA group, I get to test these qualities out and establish a new perspective, unselfish in nature, as I peel away layer after layer and my load gets lighter and lighter. I no longer look at this process to be ponderous. I now see it as exciting and I want to continue to look deeper into my spiritual condition. Living by the dictates of my conscience, I hope this process never ends as I trudge that road of happy destiny.



Picture taken by Bruce R

Sign up for IG News to be delivered to your inbox.

Scan this QR code to print
the newsletter or sign up for
an electronic copy sent
directly to your email:



We Need YOUR Submissions

We are looking for new submissions every month to publish in our monthly newsletter. Please send us an email to share your experiences in AA, your personal journey or new things you have learned while sober. If you prefer to remain anonymous, just let us know! Scan this code to email us or send it to:

IGNews@AkronAA.org



INTERGROUP RENOVATIONS



The Intergroup Office is accepting donations for the renovations for our new location at
2208-2012 Romig Rd, Akron, OH.

Please consider making a donation towards this new space with great potential to help serve more alcoholics.



The Akron Area Intergroup Office and our committees will always give you a way to be of service.

Do you have a certain area of interest?
Would you like to get involved? To request information send an email to info@akronaa.org

The Man in the Mirror is Me

Poem submitted by: Anonymous

The man in the mirror is me.
I used to always buy this person a drink.
Until I became broken down on the inside and
out.
Hitting rock bottom no further could I sink.

There was this moment I did despair.
I was reaching out blind everywhere.
I thought this is it, I now need to quit.
But no power to do so was there.

Upwards to the heavens I looked.
And said God, this is it, I am cooked.
If you'd have mercy on me,
Because I've tried everything
Now all I have are ashes and soot.

And just when enough was enough.
And the going got way more than tough.
I cried out for help,
Leaned forward and felt,
There was a way out of the mess from this
stuff.

I found smiles and coffee inside.
A laughter so sweet, I nearly cried.
And what you all showed me,
There was a way to be free,
Before I thought the only way was to die.

Now I have taken a couple of steps.
And my nettles with mettle were met.
And my spirit grew.
So much larger than I knew.
A safe place I could never forget.

So now I'm gaining ground in the fight.
Because courage and faith meets my strife.
I no longer fear, for people are here.
A room full of whom saved my life.

I'm so grateful they opened the doors.
I'm healing now right at the core.
The coffee tastes great, I'm never too late.
And blessed they found room for one more.

So if you see that person in the mirror is thee,
And you've found yourself where I had been.
Know there is a way out,
Some to show you about.
A room now of all my friends.



Disclaimer by the IGNews Committee

The articles published through this forum may have opinions expressed by the authors of those submissions. They in no way are the opinions of this publication, IGNews Committee, or AA. We, like AA, have no opinion on any outside issues, politics, religion, organization, sect or alcohol reform. **Those included in articles are of the writers alone.**

September CONTRIBUTIONS

Individual: \$7,336.28

Group: \$580.47

Moving Fund: \$8,634.88

Your contributions keep the Intergroup Office running.

Pet of the Month

Daisy

Keri C.'s companion at our
Intergroup Picnic.



A Framework for Recovery

Submitted by: Anonymous

The 12 Steps of Alcoholics Anonymous provide more than a method for achieving sobriety—they offer a spiritual and practical path toward deep personal transformation. While each individual's journey is unique, the process of growth, humility, and healing follows a recognizable pattern.

It begins with the crucial acknowledgment of powerlessness over alcohol and the recognition that life has become unmanageable. From this point, individuals develop hope—the belief that a power greater than themselves can restore sanity and purpose.

The next phase involves a conscious decision to turn one's will and life over to the care of that Higher Power. What follows is a fearless self-examination where individuals identify personal shortcomings—not to induce shame, but to foster clarity and responsibility.

Sharing these findings with another person and with having a Higher Power often becomes a pivotal moment, bringing relief and acceptance despite flaws.

As the process continues, individuals become willing to release character defects and humbly ask for transformation. They make amends where possible, leading to deep healing for both themselves and others.

The 12 Steps emphasize ongoing personal inventory and prompt admission of mistakes—supporting long-term recovery. Maintaining conscious contact with a Higher Power through prayer and meditation provides continual strength.

Ultimately, those who work through the Steps often experience a spiritual awakening, leading them to carry the message to others and apply these principles in all areas of life. This journey is marked by honesty and growth, fostering a fuller, more meaningful life.

GENERAL SERVICES AREA 54 INTERGROUP COUNCIL MEETINGS

Third Sunday 2-5pm
Area Assembly
12 Step Recovery Club
1480 Pearl Road, Brunswick, OH

AKRON MULTI-DISTRICT
Meets Third Saturday of Every Month 1pm
Pilgrim UCC, 130 Broad Blvd.,
Cuyahoga Falls, OH 44221

DISTRICT 5A & 5B
Meets third Thursday of Every Month
@ 6:30 pm Christ Episcopal,
118 S Mantua St, Kent, 44240

Are typically held the **FIRST**
Sunday of the month at
12:00 pm at **The Paradise Club**
1710 Front St.
Cuyahoga Falls, OH.

All Intergroup Representatives are encouraged to
attend every meeting.

- **Council Meeting** November 2: 12pm
- **Council Meeting** December 7: 12pm
- **Executive Board Meeting** December 4: 7pm
- **Executive Board Meeting** January TBD: 7pm

God Determines the Results

Written by Jerome D.

The AA Program gives us an action plan we can follow that brings our life together. It removes the desire to drink so we can flourish and thrive spiritually and live successfully. The AA program and our full participation in its suggestions gives us the training we need in many ways that are not only useful for AA and our home group, but are also applicable in every area of living life.

Our health, healing and happiness is dependent upon our connection to God. We can get better and improve our conscious contact with God and seek a greater knowledge of His will for us. What we repeat creates the needed energy to carry that out - repetition or practice makes for mastery - consistency in what we practice gets us where we would like to be.

Each of us can determine the level of action we are going to take but God determines the results. There are no good excuses to not take action and participate with God in life as He would have us learn and live.

In AA, we don't have to wait around to get into the process for the successful consummation of the 12th Steps. The sooner we walk in the Steps and start service, the sooner we will be free from the drink desire and other problems. Get into the basics by reading the Bill W. story in the Big Book (pg 8-16) and see how he worked through the Steps and kept it very simple (BB pg. 263). This is all about attracting amazing, remarkable, miraculous things and events to us and others. Sobriety is the beginning. To stay recovered, we alcoholics require sustained, spiritual efforts. We need to allow God to give us a limitless expansion (BB pg 275). God is training us - our focus is to be present with Him. Start your day with the recovery prayers from the Big Book (pg. 63 & 76), Twelve Steps and Twelve Traditions Book (pg. 99). As well as prayers brought to your attention through scriptures and daily devotional recovery books.

(Cont. on page 9)



God Determines the Results Cont.

Written by Jerome D.

The idea is simple - you have limitless potential when you are aligned with God and dwelling in His Presence. You are to choose the people, places and things that are in sync with this and will be beneficial to you. Give life and peace to receive life and peace.

Choose what prayers to do with God - there is no place where God is not. Bring all you are into the Alcoholics Anonymous Program. Give the AA spiritual solution your full effort. Half measured approaches will not suffice. There is no middle of the road solution.

AA Co-Founder Bill W. Quote:

“With each passing year we increasingly realize the immense importance of adequately presenting the program to every new prospect who is in the least inclined to listen. Many of us feel this to be our greatest obligation to him and our failure to do so our greatest dereliction. The difference between a good approach and a bad one can mean life or death to those who seek our help.” May 1947

Thoughts to Consider

Written by Jerome D.

Takeaways from a leading expert in Ancient Roman literature:

- Lead by example. People — especially kids — follow what you do, not what you say.
- Watching others who work tirelessly on numerous projects shows us the meaning of dedication and can inspire us to work hard too.
- Focus on the positive. Learn to control emotions to be a positive force for your family, colleagues and society.
- Teach yourself to frame thoughts in ways that bring the most good, even in hard times.
- Prioritize conscience (intuition/discernment).
- Studying great thinkers, saints, and wise people reveals that morals outlast talent. Having a great moral compass and a holy spiritual way of life along with wisdom and truth, is the ultimate human qualities that will not lose value.

WHERE TO SEND CONTRIBUTIONS

The following is a suggested guideline of how to divide your group's contributions and where to send them:

50% Akron Intergroup Office

775 N. Main St., Akron, OH 44310

Checks payable to Akron Intergroup Office

25% The General Service Office

PO Box 2407; James A. Farley Station
New York, NY 10116-2407

Checks payable to General Service Board

15% NE Ohio General Service, Area 54

PO Box 91384

Cleveland, OH 44101-3384

Checks payable to NE Ohio General Service

10% TO YOUR LOCAL DISTRICT:

Akron Area Multi District

Paul, Treasurer

PO Box 67163

Cuyahoga Falls, OH 44222

Checks payable to Akron Multi District

District 5A & 5B (Portage County)

Dustin S.

2203 Ranfield Rd.,

Mogadore, OH 44260

Checks payable to District 5

More announcements and details of these announcements can be found at the Intergroup Office or at akronaa.org

Get to know your history!

AKRON

Where it All Began in 1935!!!



Go to: Akronaa.org->Archives->History

COMMITTEE MEETINGS AT INTERGROUP OFFICE

Archives Committee

Wednesday— 10 AM-4 PM Drop In

Corrections Committee

Third Saturday — 10:00 AM

Founders' Day Committee

First Monday — 7:00 PM

Group Services

Third Monday— 6:00 PM

Information Technology

Second Tuesday — 6:00 PM

Intergroup News Committee

Third Saturday — 9:00 AM

Literature Committee

First Saturday — 8:30 AM

Public Information-CPC

Third Saturday — 12:00 PM

Treatment Committee

Tuesday before Ex. Bd. Mtg.— 6:00 PM

Twelve Step Fund Committee

Third Saturday — 9:00 AM

CHECK WEBSITE AKRONAA.ORG

FOR MEETINGS NOT LISTED HERE AS MORE ARE ALWAYS BEING SCHEDULED. SCHEDULE

MAY CHANGE WITH NEW EXEC BOARD MEMBERS

Individual Donation Form

Akron Intergroup

Annual Donation \$ _____

☐ Cash

Amount Paid \$ _____

☐ Check

Balance Due \$ _____

Reminders will be sent. If you do not wish to receive reminders, please check this box. ☐

Make all checks payable to:

Akron Intergroup

775 N. Main St.

Akron, OH 44310-3044

Phone: 330-253-8181

Donate online at akronaa.org

<https://akronaa.org/shop/donations/donation/> Date _____

Name _____

Address _____

City, State, Zip _____

Signed _____ Phone _____

Donation received by _____

FEDERAL INCOME DEDUCTION AUTHORIZED