



Akron Intergroup NEWS

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February 2026

SERVING HOLMES, MEDINA, PORTAGE, SUMMIT, WAYNE COUNTIES

VOLUME 71 ISSUE 4

Brutal Honesty

Written By: Moe A.

Just like anything else in life, too much of anything is not good. Brutal honesty has its good and bad sides. It took brutal honesty to jump-start me into this new way of life. It took tough love to motivate me to do something about getting free from alcoholism. It mainly took the one and only person who never gave up on me while I was stuck in addiction to come at me with some hard chunks of truth.

In the beginning, it was hurtful, but it was necessary. I tell people this program isn't meant for full-time softies. Pain can be a great motivator when used properly. But there are also times when being brutally honest isn't good. When it's used to bash someone or becomes verbal abuse, that's when it's not good—just as good deeds can be tainted when done with corrupt motives.

It's not always about what you do, but how and why you do it. There's a saying that "the truth shall set you free," but only when it's used the right way. Whether brutal or not, eventually someone will get hurt by the truth because they've lived in lies for so long. But nobody grows in comfort zones. There are things I've done in my past, even at times in my recovery, that I'm not proud of. That realization comes from looking at them honestly now, rather than justifying them.

Hopefully this will help someone, and thanks to those who take the time to read.

Step TWO

Came to believe that a Power greater than ourselves could restore us to sanity.

Tradition TWO

For our group purpose, there is but one ultimate authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

Concept TWO

The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole society in its world affairs.

HONESTY + PURITY + UNSELFISHNESS + LOVE



FROM THE

IG News Committee

Happy February, readers. As winter continues and Valentine's Day reminds us of connection and care, this is a perfect time to stay engaged and help keep our fellowship strong. Share the gift of experience, strength, and hope by submitting your recovery-inspired articles, and sign up for the IG Newsletter to receive locally written stories, updates, and reflections. Together, we help sustain the Intergroup Office and strengthen our AA community.

— *The IG News Team*



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Akron Intergroup News

2212 Romig Rd. Akron, OH 44320

Phone: (330) 253-8181

Website: www.akronaa.org 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*

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God Gives Us Sobriety and Victory

Written by: Jerome D



When we let go and let God help us with the terrible illness of alcoholism, He leads us onto a new to us path through Alcoholics Anonymous and the Twelve Steps Program. The AA program is about abandoning our will and our lives to God (Big Book, p. 164). When we surrender to God and make the spiritual covenant, “I am willing to go to any lengths for sobriety and getting well,” God prepares us and makes us ready to do so.

Through the Twelve Steps, God grants us sobriety and victory. By continuing to live the Steps and follow the spiritual suggestions found in AA literature, we are not led astray back into drinking and active alcoholism.

With sobriety, a spiritual awakening by God’s grace, and participation in the AA fellowship, we gain ongoing access to God’s consolation and guidance. We can relax and give up the struggle of life, knowing God is our everlasting source of sobriety and AA can be our safe refuge. All will be well if we follow the Big Book’s instructions, do the work of the Twelve Steps, and abide by the Twelve Traditions. Let us carry these spiritual principles into each new day and into all our affairs, trusting that God will help us handle all things well.

Sobriety is the ultimate expression of love, love for ourselves and love for those who love us.



sober

Sober Valentine’s Day Activities:

- Make handmade Valentine cards for friends or fellow AA members
- Paint or craft a heart-themed project
- Write love or gratitude letters to yourself or someone special
- Bake heart-shaped cookies or treats
- Create a scrapbook of sober milestones
- Meditate or practice yoga at home
- Listen to uplifting music or a favorite audiobook
- Treat yourself to a spa day at home

- Organize a sober Valentine’s potluck or coffee night
- Volunteer at a local charity or community center
- Plan a game night with friends
- Host a “galentine” or “palentine” celebration for friends in recovery
- Take a scenic walk or hike with someone you care about
- Go ice skating, roller skating, or another fun activity
- Explore a botanical garden or museum
- Watch a feel-good movie or romantic comedy
- Attend a local concert or theater performance (sober)
- Play Valentine-themed trivia or games

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.**

We want 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 to help cover the cost of the renovations at our new location

2212 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

A Poem for 2026

written by Zach

“Twas a day after New Year's
And all through the rooms,
We were holding cups, stirring—
The coffee was brewed.

There were sounds of laughter
And such joyful cheer,
For we had made it sober
Through the New Year.

The coffee was ready,
The cups and the straws.
Someone had brought donuts
To support the cause.

The tables were wiped down,
The chairs in a row.
A bell rang and began
The prayer we all know.

We spoke forth our names
In humble admission.
We passed out the chips
For progress recognition.

We all felt that we were
A part of a whole,
A worldwide relief
Of a pain we all know.



“What can I do now to help?”
I asked in my heart,
For I think it's important
That we all do our part.

So many people
Working behind the scene
To help the next person
Who had drunk in their dreams.

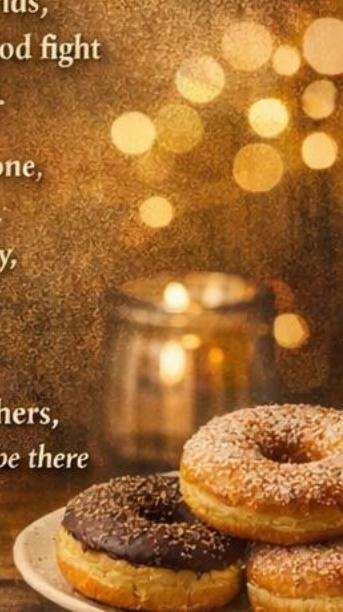
My New Year's prayer,
As I write this for you,
Is that you would do your part—
It's what you're here to do.

And when you've helped someone,
It's certain you'll see
That you have kept sober
And you have become free.

So wipe down some tables
And call on your friends,
And we'll fight the good fight
And the war will end.

Because you're not alone,
It's certain it's true—
We're all one big family,
Completed by you.

A room full of all
Your sisters and brothers,
Just glad that we could be there
For one another.



December 2025 CONTRIBUTIONS

Individual: \$3453.18

Group: \$2678.00

Moving Fund: \$506.00

Your contributions keep the Intergroup Office running.

I Pet of the Month

Mary

Checking out the new
IG Office.

Dave E.



Time: Friend or Foe?

Written by: Jack M. (North Hill Men's Discussion)

Many of us alcoholics wasted a good deal of time drinking and dealing with its aftereffects. It often led to what felt like a partially wasted life. Time became our foe. We no longer felt useful and were filled with remorse and regret as the years slipped away.

The average American lifespan is around 75 years. Of that time, we spend roughly 20–25 years sleeping and another 20–30 years working. That leaves only about 20–25 years for everything else—everyday chores, grocery shopping, mowing the lawn, visiting the doctor or dentist, vacations, romance, and even figuring out our taxes. As an alcoholic, I wasted years in a drunken stupor. Much of that time was spent dealing with hangovers and the consequences of my drinking. Time after time, I swore I would never do it again, only to break that promise over and over.

Time passes very quickly, and we can't buy more of it. It is precious, though we often learn that lesson later in life. I regret wasting years of my life. I know we are told not to regret the past, but I sometimes wish I could relive those years—yet I cannot. For a long time, wasted time was my enemy.

Only after finally surrendering at age 47 did I begin to make time my friend. I learned that I could enjoy a full life without alcohol, and I discovered how important service to others is. I no longer want to live a wasted life. The tragedy of a wasted life is that it can be over before we realize it. God did not create us to waste our lives; He gave us talents and abilities to use.

While I did waste many years to alcoholism, the redeeming fact is that we can always begin again. I have tried to make the past 30-plus years meaningful rather than wasteful. I have tried to give back what was so freely given to me and to be of service to anyone, anywhere. As Bill W. once said, "Whenever anyone, anywhere reaches out for help, I want the hand of AA to be there." That means we can—and should—help others, alcoholic or not.

I believe God has given each of us a mission in life. Think about the gifts you have been given and the talents and abilities that can benefit others. Pray for the wisdom to understand your mission, and remember it is never too late to make time your friend instead of your foe.

GENERAL SERVICES AREA 54 INTERGROUP COUNCIL MEETINGS

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

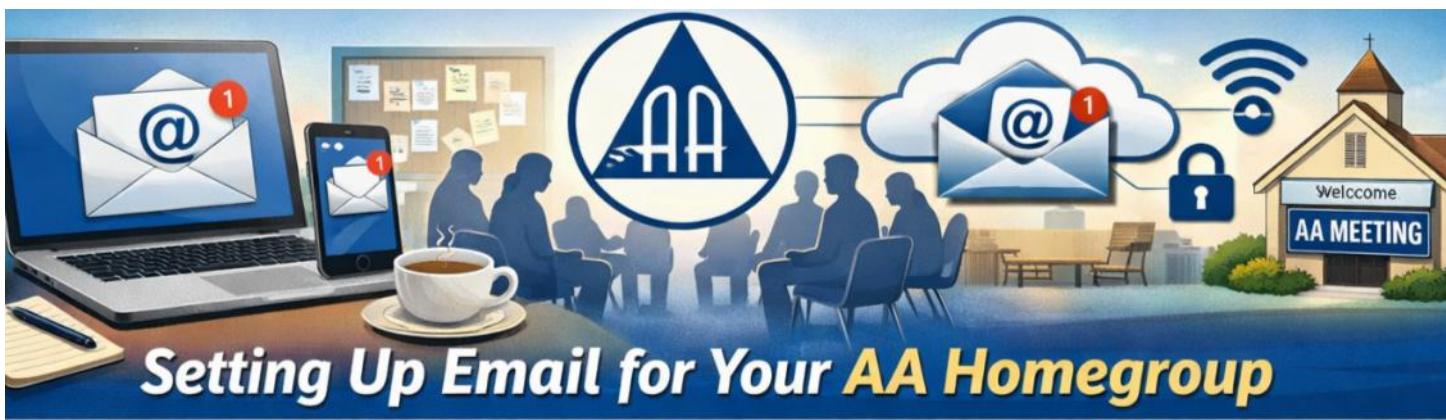
Are typically held the **FIRST**
Sunday of the month at
12:00 pm at **The Paradise Club**
1710 Front St.
Cuyahoga Falls, OH.

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

All Intergroup Representatives are encouraged to attend every meeting.

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

- **Council Meeting** February 1: 12pm
- **Council Meeting** March 1: 12pm
- **Executive Board Meeting** February 26: 7pm
- **Executive Board Meeting** April 9: 7pm



Setting Up Email for Your AA Homegroup

Setting up a Meeting Group Email

Way to set up your groups email (Group email so multiple people have access)

We spoke about setting up a group email for meetings to keep personal emails from having to be used. This of course is optional but here is a step by step process to set up a group email.

1 Go to Google Groups at groups.google.com and sign in. Your personal Gmail account and password will work.

2 Click the Create group button at the top.

3 Enter group information: Give your group a name, set the desired group email address ("your group name here" @gmail.com) and add a description. Click **Next**.

4 Set access and permissions: Choose who can view conversations, post messages, and join the group. For a team inbox, you might want to limit viewing conversations to members only. Click **Next**.

5 Add members: Enter the email addresses of the people who will be part of this group and assign them roles (Member, Manager, Owner). You can choose to add them directly or send an invitation. Click **Add members** or **Send invites**.

6 (Optional) Enable Collaborative Inbox features: (likely not doing this. You won't be collaborating)

- Once the group is created, in the left menu, click **Group settings**, then **General**.
- Under "Enable additional Google Groups features," select **Collaborative Inbox**. This allows members to assign topics (emails) to themselves or others, mark them as complete, etc..
- Click **Save changes**.

Members will receive emails sent to the group address according to their notification settings, and can view and manage emails within the Google Groups interface.

This way you can add and subtract members as they change rolls in your group.

Hope this helps

Thanks
Group Services committee

Why You Matter

written by Anonymous

In Alcoholics Anonymous, a powerful realization often comes with time: **your life has value and purpose.** Your presence, your story, and your willingness to show up sober all have meaning—far beyond what you may realize. AA is not just a place to stop drinking; it is a place where lives are rebuilt, one person at a time.

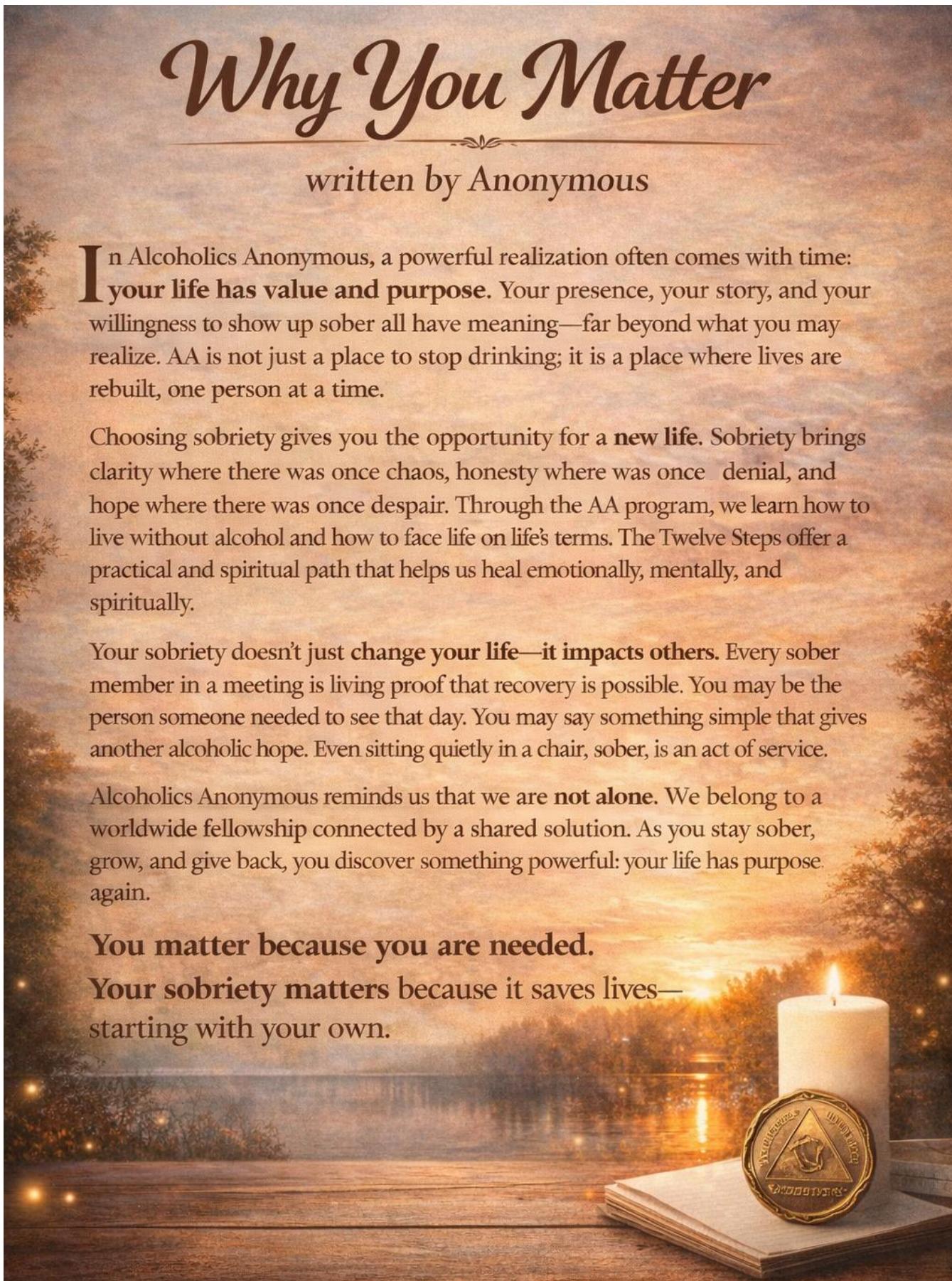
Choosing sobriety gives you the opportunity for a **new life.** Sobriety brings clarity where there was once chaos, honesty where was once denial, and hope where there was once despair. Through the AA program, we learn how to live without alcohol and how to face life on life's terms. The Twelve Steps offer a practical and spiritual path that helps us heal emotionally, mentally, and spiritually.

Your sobriety doesn't just change **your life—it impacts others.** Every sober member in a meeting is living proof that recovery is possible. You may be the person someone needed to see that day. You may say something simple that gives another alcoholic hope. Even sitting quietly in a chair, sober, is an act of service.

Alcoholics Anonymous reminds us that we are **not alone.** We belong to a worldwide fellowship connected by a shared solution. As you stay sober, grow, and give back, you discover something powerful: your life has purpose again.

You matter because you are needed.

Your sobriety matters because it saves lives—
starting with your own.



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

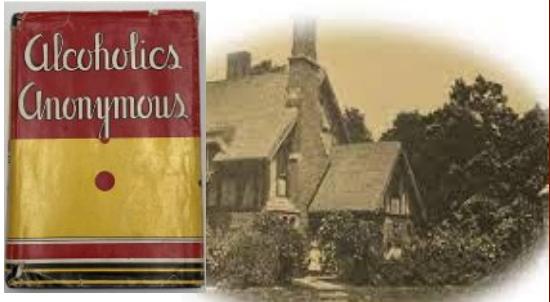
25% The General Service Office
PO Box 2407; James A. Farley Station
New York, NY 10116-2407
Checks payable to General Service Board

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

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

Information Technology

Second Wednesday — 6:00 PM

Intergroup News Committee

Third Saturday — 9:00 AM

Literature Committee

Second Saturday — 9:00 AM

Treatment Committee

Tuesday before Ex. Bd. Mtg.— 6:00 PM

CHECK WEBSITE AKRONAA.ORG

FOR MEETINGS NOT LISTED HERE AS MORE ARE ALWAYS BEING SCHEDULED. SCHEDULE MAY CHANGE WITH NEW EXEC BOARD MEMBERS

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

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