



## The Mother of Alcoholics Anonymous

Written By: Mark D

Ann Smith was born in 1881. She was born to the Ripley family from Oak Park Illinois. Her father was big into railroads; in fact, he owned the Santa Fe Railroad Company. She was the oldest of four kids. She was the only girl, which probably helped hone her skills when working with all the men that came to 855 Ardmore in Akron, Ohio in the late 1930's. Let's face it being able to survive getting chased around the house by Edgar R. with a cleaver truly shows being able to handle situations which used to baffle us. She fled from him, ran upstairs and dropped to her knees saying the Lords Prayer. That gave Bill W. enough time to wrestle the cleaver out of Edgar's hand. Years later at Dr. Bob's funeral Edgar showed up. Bill was happy to see him sober and later said that not much had given him more satisfaction in AA. That's saying something if you ask me.

Ann was visiting a friend in 1898 in St. Johnsbury, Vermont, (yes, another connection to Vermont), when she met Bob at a dance at St. Johnsbury Academy. Ann must have been very patient as well as resilient with men because the "whirlwind" courtship between Ann and Bob lasted 17 years. She married Bob in 1915 and moved to Akron. At that time Bob was sober nearly a year. They married in Oak Hill at her mother's home. Ann either thought he was sober for good or she was just tired of waiting. Who knows. When Ann came to Akron, she got deeply involved in the early Oxford Group movement when it arrived in the early 1930's. By 1933 she was dragging her drunkard guilt-laden husband to the meetings as well. Ann was a woman of deep faith and read the Bible often. She was particularly fond of the book of James, the shortest book in the Bible. In case you aren't familiar, it's the book that the phrase "faith without works is dead" is taken from for the Alcoholics Anonymous text. When Bob was on his game, they would often read the Bible together. (Cont. pg. 3)

### Step ONE

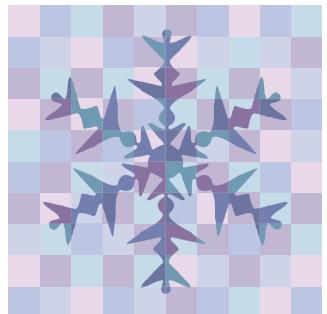
We admitted we were **powerless** over alcohol — that our lives had become **unmanageable**.

### Tradition ONE

Our common welfare should come first; personal recovery depends upon A.A. unity.

### Concept ONE

Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.





FROM THE

# IG News Committee

Happy New Year, readers. As the winter cold settles in, stay connected and help keep our fellowship strong. Submit your own recovery-inspired articles and sign up for the IG Newsletter to receive locally written stories, updates, and reflections from your sober support network. Together, we help sustain the Intergroup Office and strengthen our AA community.

— *The IG News Team*



## INSIDE THIS ISSUE

The Mother of AA	1
Editor Greetings/Intergroup	2
The Mother of AA, cont.	3
New Submissions/Donations for the Intergroup Renovations	4
My 12 Year Journey	5
Contributions/Pet Of The Month	6
A Basic Spiritual Plan to Live By	7
How to Create a Group Email	8
What can you do for AA?	9
Committee Meetings	10

## Akron Intergroup News

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**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.

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### 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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# The Mother of Alcoholics Anonymous

## Written by: Mark D

Despite many setbacks in life and the marriage, Ann pressed on even when Bob did not. Of course, that created challenges in marriage and in faith but she weathered the storm. At 56 on the verge of cracking up and dealing with the hurt of two children, she started smoking. To save money she often rolled her own cigarettes. The kids, already distraught about their father, didn't like mother smoking and they would often add pencil shavings to her tobacco. That would make an interesting burn for sure.

Ann did have her flaws. She had some preconceived notions about Bob's mother. Ann blamed her mother-in-law for her husband's drinking. Bob's mother was a church going lady and really occupied herself with the social and religious activities of St. Johnsbury's North Congregational Church. The kids didn't think very well of g\Grandma either. They thought she was an unfeeling woman. So Ann thought that as soon as Bob got free of his by-the-book upbringing, he was free to be himself. Her insecurity showed just like any other person who is desperate to help, control, justify, etc. Ann would frisk Bob when he came into the house. She would extract pledges from Bob that would barely last a day. Just like all alcoholics in the midst of their addiction, Bob was an expert at hiding and obtaining his supply.

Once Bob got sober for good in 1935, she saw the good in the giving of self and the sacrifice required to help those afflicted with alcohol. She was grateful to have a sober husband and to show that gratitude through action, she often opened her home at 855 Ardmore in Akron as a haven for Alcoholics and their families. She offered an endless supply of Eight O'Clock coffee. Another great thing she did was bring the Oxford Group teachings into her home. Ann was the one who lead "Quiet Time" sessions (Two Way Prayer), spiritual readings, and bible studies geared for the early AA members. Many people thought it was Bob doing all of that, but he had a practice to rebuild, maintain and help the new drunks he encountered at the hospital. AA's would come to the house to see Bob and when he wasn't there, they would ask Ann about what books to read. She would explain that it should be an inspiration granted by God, but if you needed something, she would write out a list. Stanley Jones was one author always on that list. He was a Methodist Missionary and theologian. He is known for his interreligious lectures in India. He spent most of his adult life there.

One of the big things Ann did was keep a journal of spiritual guidance and encouragement for newcomers. For all these reasons, she was affectionately given the title, "The Mother of AA".

# 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](mailto: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](mailto:info@akronaa.org)

# Humility & Ego Deflation

## Written by: Jack M, North Hill Men's Discussion

Every now and then, the topic of humility and ego deflation will come up at a discussion meeting. We alcoholics seem to have a problem practicing humility, in part because we have big or inflated egos. It's hard not to be the one in charge. It's hard not to give an opinion. And, it's especially hard to just listen and be quiet.

On page 58 of the *Twelve and Twelve*, there is a good definition of humility. It states: "It amounts to a clear recognition of what and who we really are, followed by a sincere attempt to become what we could be."

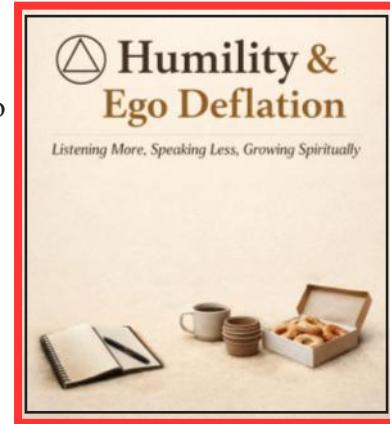
So how does one recognize what and who we really are? The answer for an alcoholic is to practice the Twelve Steps of Alcoholics Anonymous. Only by doing so can we ever hope to know ourselves, both the good and the bad. We need a power greater than ourselves to change our bad behavior and habits. That power is God. Through regular prayer and meditation, we can gain deeper insight into the person God intends us to be. When we make sincere amends, we are not only attempting to repair the damage our behavior caused, but we are also deflating our ego.

We are never going to eliminate all our character defects. This is a lifelong process. That is one reason we need to practice the Steps, especially Steps 10, 11, and 12. Some call these Steps the Maintenance Steps. I would call them the Continuous Improvement Steps.

Anger and resentment will continually challenge us. We alcoholics are advised that we must be free of anger, or it can kill us. At the same time, resentments will constantly challenge us. I've learned that in order to deal with anger and resentments, I must do an inventory. What makes me angry? What causes me to be resentful? By putting things on paper, I can better understand what makes me behave or react the way I do. It's part of the process of continuous improvement.

We all want people to think well of us. We also like to be acknowledged for our wisdom and understanding. We will be tempted to be the focus of attention. We might feel we need to comment at every meeting because of our vast knowledge. At those times, we might consider just remaining silent. We can practice listening to others. This is practicing humility. We don't always have to seek recognition.

I would conclude by suggesting that we try to be of help or service without anyone knowing. Help set up a meeting or clean up after. Maybe you can bring donuts to a meeting or make the coffee if you are the first one to arrive. Just doing little things without expecting anyone to notice is practicing humility.



### 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.**

# November 2025 CONTRIBUTIONS

Individual: \$3440.21

Group: \$10,451.75

Moving Fund: \$2901.00

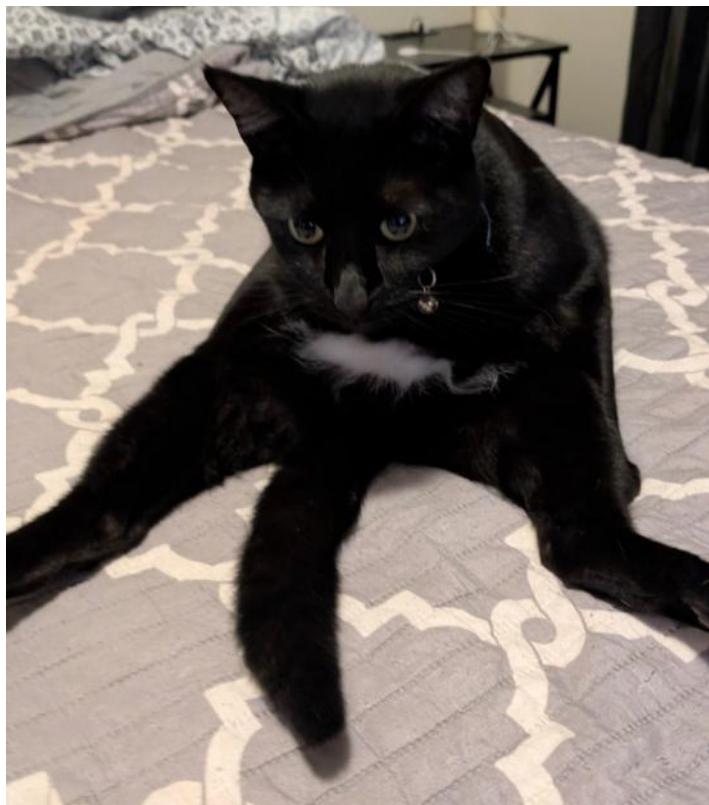
Your contributions keep the Intergroup Office running.

## **P**et of the Month

### **Onyx**

He's really  
not bedroom  
security.

**Charity B.**



# A Basic Spiritual Plan to Live By (If You Choose)

Written by: Jerome D

When we let go and let God help us with the terrible illness of alcoholism, God will lead us onto the new-to-us path of Alcoholics Anonymous and the Twelve Steps Program. The AA program is about surrendering our will and our lives to God. When we surrender to God and make the spiritual covenant of, "I am willing to go to any lengths for sobriety and getting well," God will prepare us and make us ready to do so. God could and would if He were sought.

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

With sobriety and spiritual awakening (by placing ourselves in God's care and joining the AA fellowship) we have ongoing access to God's consolation and guidance. We can relax and give up struggling through life; God is our everlasting source of sobriety, and AA can be our safe refuge. All will be well if we follow the Big Book instructions, do the work, practice the Twelve Steps, and abide by the Twelve Traditions. Let us remember to carry all of these spiritual suggestions into each new day and into all of our affairs. God will help us handle all things well.

## GENERAL SERVICES AREA 54 INTERGROUP COUNCIL MEETINGS

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

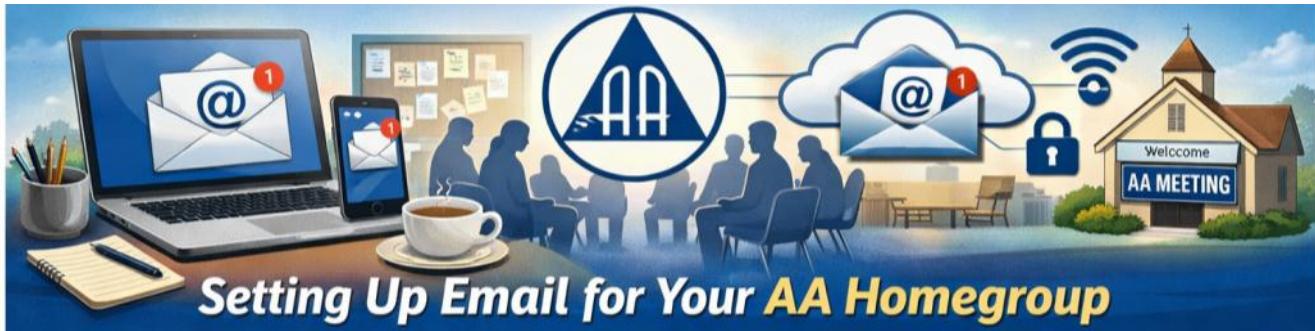
Are typically held the **FIRST**  
Sunday of the month at  
12:00 pm at **The Paradise Club**  
1710 Front St.  
Cuyahoga Falls, OH.

**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** January 4: 12pm
- **Council Meeting** February 4: 12pm
- **Executive Board Meeting** January 2: 7pm
- **Executive Board Meeting** February 2: 7pm



## 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](https://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

# What Can You Do For AA?

## Submitted Anonymously

Alcoholics Anonymous (AA) has always seen service as fundamental to recovery, clearly expressed in the 12th Step: to “carry this message to other alcoholics.” From sponsorship and answering phones to making coffee and setting up chairs, the idea is simple: one alcoholic helping another. These acts don’t just help the newcomer—they deepen our own sobriety, strengthen our commitment to the program, and create a meaningful cycle of giving and receiving. Service brings purpose, connection, and balance to our recovery. Yet many groups today quietly ask the same question: Where have all the volunteers gone?

Think back to the volunteer who made you feel welcome, the one whose kindness or example inspired you to come back to AA. That simple act of service may have been the difference between returning to the program or walking away. Each of us has the chance to be that person for someone else.

Meetings still happen, coffee still gets made, and doors still open—but often by the same faithful few. Burnout can creep in, and opportunities for others to grow are missed. This isn’t about blame or guilt. Life is busy. Many of us are tired. Some are unsure if they are “ready” or qualified to help.

But AA has always been a fellowship of imperfect people doing simple things together. Service doesn’t require long sobriety, special skills, or a perfect understanding of the Steps. It requires willingness. Small commitments—greeting newcomers, taking a meeting role, writing for the Intergroup newsletter, volunteering at the Intergroup office, or offering a hand—can make a real difference.

AA was built by volunteers. It continues because of them. Maybe it’s time—gently, willingly, and together—to start helping again.



**“Volunteers are not paid - not because they are worthless, but because they are priceless.”**

# 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](http://akronaa.org)

## Get to know your history!

### AKRON

Where it All Began in 1935!!!



Go to: [Akronaa.org->Archives->History](http://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](http://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](http://akronaa.org)

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

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Signed \_\_\_\_\_ Phone \_\_\_\_\_

Donation received by \_\_\_\_\_

FEDERAL INCOME DEDUCTION AUTHORIZED