



Akron Intergroup

PUBLISHING SINCE
NOVEMBER 1954

NEWS

VOLUME 71 ISSUE 5
March 2026

SERVING HOLMES, MEDINA, PORTAGE, SUMMIT, WAYNE COUNTIES

Dr. Bob: The Mystic Part I

Written By: Mark D.

Dr. Bob was born in 1879. He was from St. Johnsbury Vermont. He was known for his practical, spiritual approach to sobriety and for personally working with over 5000 alcoholics before his death in 1950. But a lot went on before those 5000+ rummies touched Dr. Bob's hand. In his youth he was an active member of the Christian Endeavor which is a Christian youth ministry. In that ministry he was required to read the Bible and know the Bible to the point that he could teach it and help others. This is the foundation stone of the AA Love and Service Call to Action.

Dr. Bob had a hard go of it in St. Johnsbury. He likely had a lot to live up to. His father was he was a judge, state's attorney and was also a member of the state's legislature.

Bob started drinking in 1888 at the age of 9, so it's likely he drank with guilt, realizing he was going against what he knew. (Can anyone relate here?) Dr. Bob started drinking heavily around 1902 at Dartmouth College. He was ahead of the alcoholic game already, resigned that he was an alkie from the beginning because he seemed to recover from the debauches much faster and easier than his classmates.

In 1905, Dr. Bob went to the University of Michigan for medical school but his drinking caught up to him. In 1907, (cont. pg 3)

Step **THREE**

Made a decision to turn our will and our lives over to the care of God as we understood Him .

Tradition **THREE**

The only requirement for membership is a desire to stop drinking.

Concept **THREE**

To insure effective leadership, we should endow each element of A.A.—the Conference, the General Service Board and its service corporations, staffs, committees, and executives—with a traditional “Right of Decision.”

HONESTY + PURITY + UNSELFISHNESS + LOVE



FROM THE

IG News Committee

INSIDE THIS ISSUE

Happy March, readers. As we move toward spring, it's a great time to stay connected and support our fellowship. Please share your experience, strength, and hope by submitting recovery-inspired articles, and sign up for the IG Newsletter for locally written stories and updates. Together, we strengthen our AA community and sustain the Intergroup Office.



— The IG News Team

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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.

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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Dr. Bob: The Mystic Part I Cont. Written by: Mark D.

he took some time off and dropped out of school. He returned and passed his exams for that year. But was strongly recommended to transfer. (It would have been interesting to hear the strongly worded conversation with the dean.)

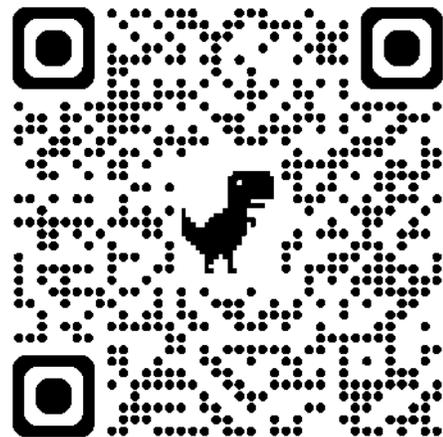
Dr. Bob headed to Rush University in Chicago. It was closer to Anne anyway. His progression with alcoholism was careening out of control by then and as a result conditions were placed on his ability to graduate. He had to complete two additional quarters of school and during those two quarters he was required to stay sober. (How they checked on that isn't clear). He must have pulled it off because he graduated in 1910. Dr. Bob struggled getting and staying sober before 1935 when his "I'll give him fifteen minutes" became five and a half hours with Bill W. He came to Akron in 1912 already very much a bad drunk. (Stay tuned for part 2 in the next edition)



91st ANNUAL FOUNDERS' DAY June 12, 13 & 14, 2026

**Registration opens
March 1, 2026!**

**Register with the QR
code or at:
<https://foundersday.org/>**



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



Support the **Akron Intergroup Office!**
Help Sustain Our New Facility & Replenish the Reserve

akronaa.org/donation



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

You're Not a Friend, You're A Guide

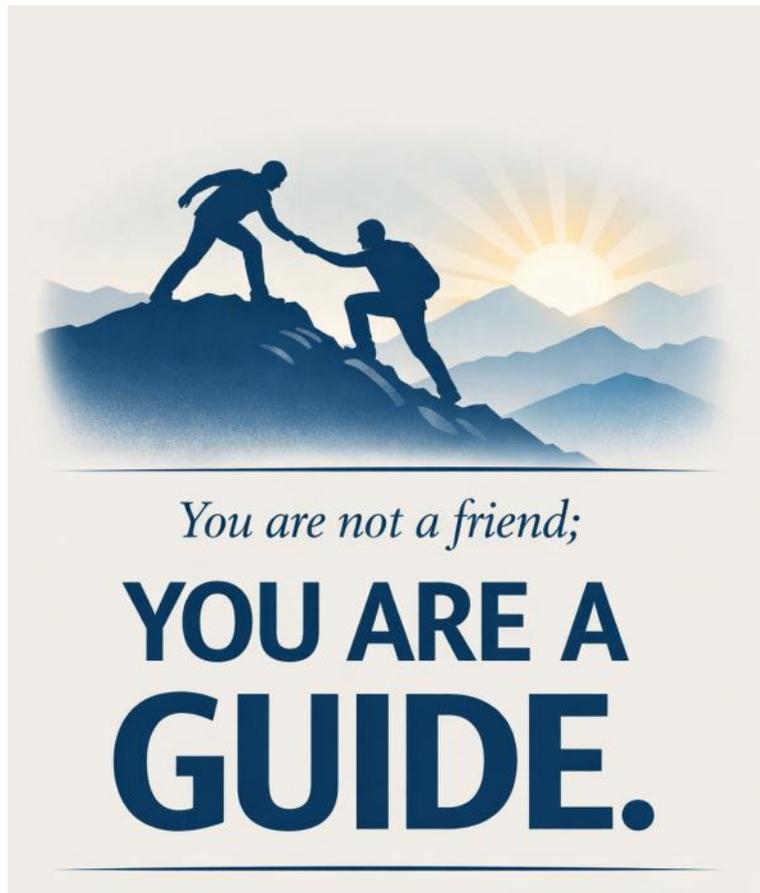
Written by: Anonymous

Sponsorship is one of the most rewarding ways to give back in Alcoholics Anonymous. As a sponsor, you share your experience, strength, and hope to guide someone through the 12 Steps and the challenges of early sobriety.

Being a good sponsor doesn't mean having all the answers—it means listening, being available, and leading by example. Remember: you are not a friend; you are a guide. You help your sponsee stay accountable, navigate meetings, and work the Steps at their own pace, while maintaining boundaries and protecting your own sobriety.

To become a sponsor, it helps to maintain consistent sobriety, typically at least a year, and to have worked through the 12 Steps yourself. Talk with your own sponsor about your readiness and seek guidance on supporting someone else. Be available and responsible—attend meetings together, offer encouragement, and help your sponsee progress without overstepping boundaries.

Think back to the sponsor who made you feel welcomed or inspired you to stay—now imagine being that person for someone else. Sponsorship strengthens your own recovery while helping another find theirs.



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.**

January 2026 CONTRIBUTIONS

Individual: \$6927.60
Group: \$1462.31

Your contributions keep the Intergroup Office running.

Pet of the Month

Chief

The alcoholic
recovered—and
somehow the dog
did too.

Ken H.



● YOU'RE INVITED TO THE AKRON INTERGROUP

●
OPEN

●
SAVE THE DATE!
MARCH 28: 9AM-5PM

MORE DETAILS WILL BE ON OUR
WEBSITE SOON: AKRONAA.ORG

●
WHERE?
INTERGROUP
OFFICE
2208 ROMIG RD
AKRON

HOUSE!

JOIN US IN CELEBRATING OUR
NEW LOCATION

●
RAFFLES, FOOD, AND ARCHIVE
MUSEUM TOURS!

GENERAL SERVICES AREA 54

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

INTERGROUP COUNCIL MEETINGS

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** March 1: 12pm
- **Council Meeting** April 12: 12pm
- **Executive Board Meeting** April 9: 7pm
- **Executive Board Meeting** April 30: 7pm

Changes in the Intergroup

Written by: John D.

Come visit us! Now we are at 2212 Romig Rd. A larger, nicely appointed space with plenty of parking. You will see it is a big improvement from the old office, where we lived for some 30 years until the aging building finally forced us to move. It did not come cheap. It cost more than we had hoped, but you will see it was money well spent, and possibly it will be our home for another 30 years. And now we have hot water.

This move cost about \$100,000, and challenges our financial operations. Thankfully our members stepped up, raising over \$35,000 to help offset the cost of construction, etc. We are grateful that Cleveland and Youngstown intergroup offices chipped in another \$10,000. Everyone helped us get to the goal. But we also had to cut deeply into the Prudent Reserve to complete the job; therefore we are asking for your continuing help.

Office expenses are being reduced when feasible. We have gotten out of the publishing business. Lead notices and this Intergroup News are coming to you digitally.

Traditionally, our operating revenue has come one-third from donations, one-third from literature sales and one-third from Founder's Day. Now, unfortunately, donations cover only about 25% of the total. To pick up some of the slack, literature prices were raised to bring them more in line with what other intergroups charge.

Founder's Day, one of the true bargains, is raising its rates a little, but it is heavily dependent on nice weather.

So it comes down to donations from the fellowship, the 12 Step Fund Drive and the 7th Tradition.

- The 12 Step Fund Drive is formal. We seek your help throughout the year, with a public drive for a month in the fall, where donation slips are provided to the groups. Contributions may even be made online at <https://akronaa.org/product/donation/>. All donations are tax deductible and go to the Akron Intergroup Office for one purpose: to carry the message of Alcoholics Anonymous to the alcoholic who still suffers. More on this later.

The 7th Tradition says we are fully self supporting through our own contributions.

- The quarter that Bill and Bob put in the basket in 1936 would be equivalent to \$6 today!
- The \$1 which the old timer has been putting in the basket every week (out of habit) since 1977 is worth only 19 cents today!

So, only if you are able, consider bumping your basket contribution to \$2, \$3, \$5, whatever you can handle. And many groups, if there is a surplus at the end of the year, are choosing to self-fund their anniversary parties, sending any basket excess to Alcoholics Anonymous as a group donation.

Taking these simple steps will ensure that our Alcoholics Anonymous Intergroup is on sound financial footing, able to continue carrying the message and bringing badly needed services to the recovering alcoholic.

I Am a Part Of Written by: Chris W. (Falls Discussion)

Before I came to AA, I wasn't sure if I was an alcoholic—or if I was just plain nuts. I began my AA journey in 1990. As I attended meetings, I often thought I wasn't as bad as some of the people there.

I wanted to know if I was truly an alcoholic, so I began investigating the AA program. In the *Big Book of Alcoholics Anonymous*, it speaks of “contempt prior to investigation” (page 568, *Spiritual Experience*).

By February 1999, I was making my fourth attempt at recovery. I had come to realize I was dealing with a disease that was killing me—and that if I didn't get help, I was going to die.

Page 23 of the Big Book states that the main problem of the alcoholic centers in the mind rather than the body. It also explains that it's the first drink that gets me drunk.

Still, I didn't think I belonged. Along with alcoholism, I was also dealing with mental health issues. But as I listened to others who shared similar struggles, I discovered a real solution.

Today, because of AA and the Twelve Steps, I have the tools to help others who are struggling to find a better way to live.

If you're not sure whether you belong, I encourage you to stick around. With an open mind, you may hear something that gets your attention. Give AA a chance—it's worked for me. And if I can stay clean and sober in spite of myself, then you can too.

Live In Conformity to God's Will Today Written by: Jerome D.

Things will get better. The sick alcoholic can get well. God will accomplish miracles; the curing of disease and terrible illnesses is taking place. Signs, wonders, and amazing events will surely come to pass as we surrender our will and our lives to God. Arrange ourselves according to the practice of the Twelve Steps as a way of life. Comply and completely conform to God's will by turning your heart and thoughts toward Him. Keep the spiritual covenant of sobriety and maintain your spiritual condition, and all will go very well for you.

The longer we are sober, the more we ought to humble ourselves and be grateful and thankful for our release from the mental obsession and physical compulsion to drink. The root of our troubles is selfishness and self-centeredness; therein lies the main problem. Once we become God-centered and God-focused, and are on the solid foundation of the Alcoholics Anonymous program, the end of alcoholism will come upon us—or be very near.

God, who made the earth and the infinite heavens, is there for us as we call upon Him and sincerely want a sober, spiritual life more than the drinking life. As long as we stay in consciousness of God, we will stay sober, and our spiritual life will have limitless potential. God's plan will unfold for us as we remain humble and let Him have total control of our lives. As we let go and trust in God's plan, and keep applying the AA code of conduct of being loving, patient, tolerant, and understanding—we will be living a spiritual way of life.

We no longer need to have a bad day ever again. We can have our dignity, integrity, and respect returned; all guilt, shame, and remorse will be resolved.

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

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

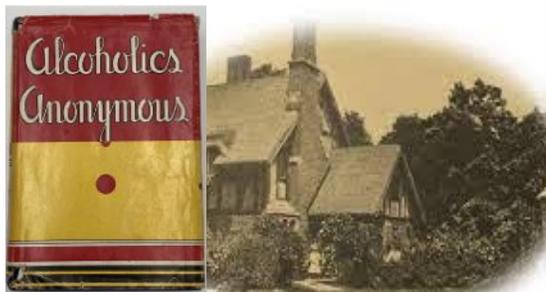
Treatment Committee

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

Get to know your history!
AKRON
Where it All Began in 1935!!!



Go to:

Akronaa.org->Archives->History

Individual Donation Form

Akron Intergroup

Annual Donation \$ _____ Cash
Amount Paid \$ _____ Check
Balance Due \$ _____

Make all checks payable to:
Akron Intergroup
775 N. Main St.
Akron, OH 44310-3044
Phone: 330-253-8181

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

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