



Akron Intergroup

NEWS

PUBLISHING SINCE
NOVEMBER 1954

April 2026

SERVING HOLMES, MEDINA, PORTAGE, SUMMIT, WAYNE COUNTIES

Dr. Bob: The Mystic Part II

Written By: Mark D.

Dr. Bob didn't originally set out to start a movement to help drunks in Akron. He came to pursue his medical career—and because, frankly, it was a good opportunity. After medical school in 1910, Dr. Bob sought a stable place to practice. Akron, a booming rubber town, offered economic potential and a growing population in need of doctors.

In addition to that, Dr. Bob likely felt a connection to his roots in St. Johnsbury, Vermont. He saw a chance to make money and have a stable life. A chance.

St. Johnsbury was steeped in Congregationalist and Methodist traditions, emphasizing morality, temperance, and community. The temperance movement aligned with Dr. Bob's conservative upbringing, even though he was clearly living against it. Akron, particularly through groups like the Oxford Group that was thriving around that time, also had a strong Christian evangelical presence, focusing on personal transformation and moral reformation. Both towns promoted moral reform, personal responsibility, and religious life, which were central values in early AA and in Dr. Bob.

St. Johnsbury at that time was also a boom town with a thriving economy. It had the Fairbanks Scales Company, and Akron had the rubber companies. Most, if not all, worked for each company in some capacity within their respective communities.

Both towns featured close-knit social structures where family reputation, church attendance, and moral behavior mattered deeply.

Dr. Bob, raised in such a community, would have found Akron's family- and faith-oriented culture familiar and grounding. Despite Akron's larger size, both communities held conservative views on drinking, behavior, and religion. (Cont. on page 3)

Step **FOUR**

Made a searching and fearless moral inventory of ourselves.

Tradition **FOUR**

Each group should be autonomous except in matters affecting other groups or AA as a whole.

Concept **FOUR**

At all responsible levels, we ought to maintain a traditional 'Right of Participation,' allowing a voting representation in reasonable proportion to the responsibility that each must discharge.

HONESTY + PURITY + UNSELFISHNESS + LOVE



FROM THE

IG News Committee

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Happy April, readers!

As we welcome spring and celebrate Easter, it's a wonderful time to reflect, connect, and support our fellowship. 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 nurture our AA community and sustain the Intergroup Office.



— The IG News Team

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 II Cont.

Written by: Mark D.

(Cont. from page 1) Respect for authority, distrust of big city vice, and a focus on redemption were dominant in both areas. It's amazing that no matter how close to home we want to be, when we start drinking recklessly, we ignore all that we know. We go against our own morals and values to drink with impunity and never look back.

Though different in size, St. Johnsbury and Akron shared a moral and cultural DNA rooted in Protestant ethics, industrial labor, and community life. These shared traits made Akron a spiritually and socially comfortable setting for Dr. Bob. Akron wasn't just a career move—it was a place where he made the worst of it in drink, and the best of it when he crossed paths with Bill Wilson in 1935, and Alcoholics Anonymous was born.

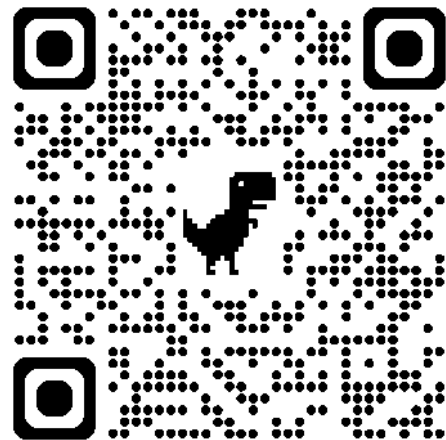
(Stay tuned for part 3 in the next edition)



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

Registration open!

**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

We Pursued Drinking—Now We Pursue God

Written by: Jerome D.

Commit your will and life to God by making use of the AA Program, and God will set you on a safe, sober, spiritual path. There are many people, places, and things that could keep us drinking in a state of misery and despair. We cannot fix ourselves by human aid alone need deliverance from alcoholism and all its related problems through our Higher Power's divine plan. God has provided us with a path back to Him through Alcoholics Anonymous. Alcohol and poor choices lead us away from God. We used to pursue drinking because we thought it was the answer, but now we stay sober no matter what and pursue God by practicing the spiritual truths in the Big Book.

We alcoholics who want to be set free must become disciplined in working, practicing, and living the 12 Steps so we can heal and grow spiritually. We were pulled out of the pit of misery and despair by the hand and grace of God and Alcoholics Anonymous. Now, we are to be a hand of God, sharing the AA message, (There is a Solution, Big Book, p. 25) with those who are suffering from alcoholism or other troubles and who may be ready to make use of what is offered.

It is up to each of us in the AA Program, with the help of divine aid, to make the Twelve Steps and other spiritual suggestions in the Big Book a living reality. It is wisdom and intelligence under God's grace that tells us to let go and let God's will be done in and through us. God wants our participation as well as our surrender. One suggestion is to approach God in prayer: "God, I don't know what to do, but thy will be done," then ask for inspiration and discernment to make good decisions. We can then proceed in the best, orderly direction we see, sense, or perceive we ought to take.

Thought to Consider:

There's something within you that knows what to do. There's a power greater than you that knows how to take care of you. All you have to do is surrender to it. Surrender your thoughts, your mind, and your ego to the Power that knows the way. It will take care of you. It will take better care of you than you ever imagined.

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.**

February 2026 CONTRIBUTIONS

Individual: \$4663.26
Group: \$1378.66

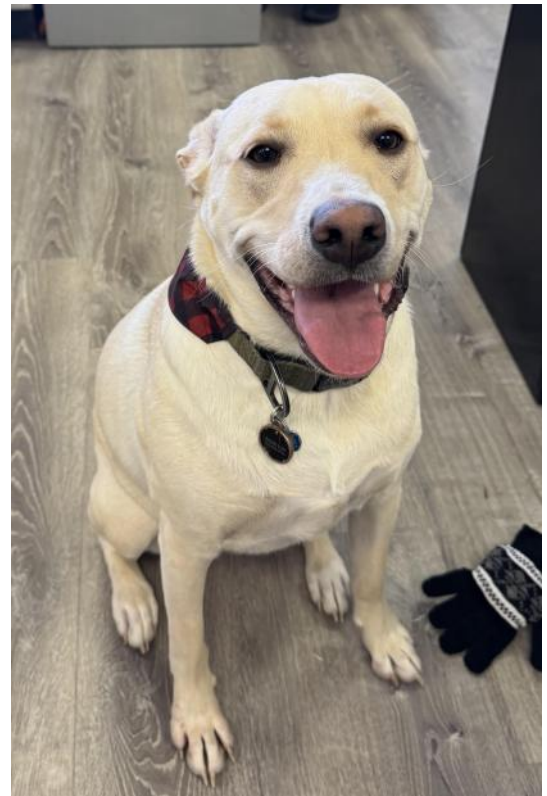
Your contributions keep the Intergroup Office running.

Pet of the Month

Sadie

My dog joined AA—
now he only fetches
support, not drinks.

Scott K.



Finding the Freedom to Choose

Written by: Zach

There's this feeling I get every St. Patrick's Day. It's one of gratitude for this program and for this new life.

I used to think I didn't have a choice that alcohol would always be on the shelf in the store. Therefore, it was inevitable that I would reach for that top shelf and throw myself into the downward-spiraling staircase again and again. However, I was surprised by a simple truth: I don't have to drink. It seems too simple to be true. It may even sound obvious, but for me, the moment I realized I never had to take another drink was like I had found my pot of gold at the end of the rainbow. It wasn't a restriction—it was freedom.

We all have a choice, and we often don't feel like we do. But there is always power in the rooms of AA from the hearts of the people inside. This is a love that understands our wounds and helps us solve our common problem. We all have a different story. We come from different walks of life, and our life experiences vary. The common denominator is that we can all find the solution to our problem with alcohol.

We can make a choice and change the direction and the course our life has been taking. If we just shift our thinking, step by step, we can find peace. That is what I pray you find this spring. May the seeds planted for you in the rooms bloom into huge blossoms of freedom.

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** April 12: 12pm
- **Council Meeting** May 3: 12pm
- **Executive Board Meeting** April 9: 7pm
- **Executive Board Meeting** April 30: 7pm

Hoppy Easter

Written by: Anonymous

I wake to the sun, clear-headed and bright,
No foggy regrets to shadow my sight.
Coffee in hand, I now face the day,
Grateful for my life in a brand new way.

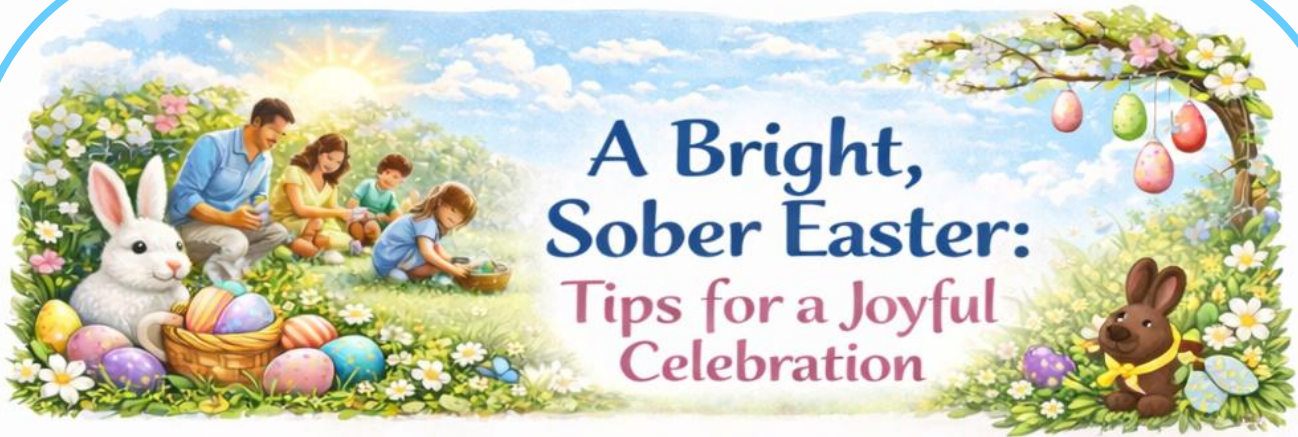
Eggs tucked in the grass or hiding on the ground,
I hear every giggle, every joyful sound.
No hangovers lurking, no shame in my cheer,
Sober brings freedom, I have nothing to fear.

I see friends and family, the warmth of the room,
Every small moment now fully in bloom.
I laugh, I play, I cherish the light,
Sober this holiday, my heart finally feels right.

I wake to the sun, clear-headed and bright,
No foggy regrets to shadow my sight.
Coffee in hand, I now face the day,
Grateful for my life in a brand-new way.

Cartoons taken from: Take Me To Your Sponsor. Best Jokes & Cartoons from AA Grapevine





A Bright, Sober Easter: Tips for a Joyful Celebration

Easter can be a joyful time full of family, friends, and springtime celebrations – but for someone in recovery, it can also bring triggers, old habits, and anxiety around alcohol. The good news is that a sober Easter can be not only manageable, but truly enjoyable. Here are some tips to make the holiday bright, safe, and fun.

1 Plan Ahead.

If you know you'll be attending gatherings where alcohol might be present, plan your approach. Bring your own non-alcoholic drinks, have a support person on call, or practice polite ways to decline offers. Planning



2 Focus on the Fun, Not the Drink

Easter offers plenty of activities – egg hunts, games, decorating, and laughter. Immerse yourself in the joy around you. You'll find that your presence, energy, and humor are appreciated far more than a drink ever could be.



3 Reflect on Your Progress

Holidays are a natural time for reflection. Take a moment to appreciate your journey in sobriety and how far you've come. Gratitude for your health, clarity, and relationships can make this holiday especially meaningful.



4 Create New Traditions

Consider starting a sober-friendly tradition, such as a morning walk, a festive brunch, or a creative Easter craft. New traditions give you joy.



5 Use Your Support System

Reach out to friends, sponsors, or meetings if you need encouragement. Sharing experiences and strength with others who understand can make the holiday easier and more rewarding.



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

2212 Romig Rd., Akron, OH 44320
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

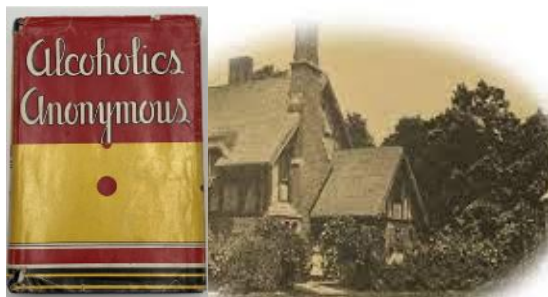
Treatment Committee

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