



# Akron Intergroup

## NEWS

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SERVING HOLMES, MEDINA, PORTAGE, SUMMIT, WAYNE COUNTIES

## Repetition Strengthens and Confirms Habits

Written By: Stuart R.

How do we develop habits? Habits are formed through repeated and persistent actions. I developed many habits growing up, most of them bad.

I started smoking weed at 11 and got high every chance I could. I started drinking at 14, loved it, and did the same. By the time I was 18, I was a daily drinker and even a morning drinker. Drinking became a bad habit that was deeply entrenched in my daily life.

I lied all the time, even at a young age. If I told a lie and you believed it, that became my truth. Another bad habit.

I stole things regularly. Some thefts were petty; others led to serious problems. This started when I was very young.

So basically, I was a liar, thief, and cheat. These bad habits were ingrained in me and ruled my life. Add being powerless over alcohol and drugs, and I was on quite a winning streak.

What was the solution?

First, I had to take an honest look at myself through introspection, examining the things that drove me—my defects, if you will. Next, I asked God to help me with them. Third, I worked to right the wrongs I had done to the best of my ability.

Simple, but not easy. It required the destruction of the self-centeredness that had dominated my life.

The biggest principle I needed was willingness—willingness to uncover, discover, and discard these traits. (Cont. pg. 3)

## Step SEVEN

Humbly asked Him to remove our shortcomings.

## Tradition SEVEN

Every AA group ought to be fully self-supporting, declining outside contributions.

## Concept SEVEN

The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies instead upon tradition and the AA purse for final effectiveness.

HONESTY + PURITY + UNSELFISHNESS + LOVE



FROM THE

# IG News Committee

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Hello Readers,  
 Thank you for your continued support of our Intergroup and the recovery community. We hope you enjoy this newsletter and encourage you to consider signing up to receive future editions, along with updates on meetings, events, and service opportunities.  
 Together, we continue to carry the message of recovery.



– 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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# Repetition Strengthens and Confirms Habits Cont.

Written by: Stuart R.

I also needed to develop positive habits. We all have them, and some we do not even think about because they are automatic. For example, most of us sleep with a pillow and rest comfortably, but take the pillow away and we may toss and turn all night.

Today, my most powerful habit is daily contact with my Higher Power. I ask Him for guidance in all my affairs, and that good habit has been strengthened through repetition.

Thinking of others is another positive habit I practice. My experience today is that it is impossible for me to think about myself while I am genuinely thinking about you.

I spend a great deal of time in that realm—the realm of helping others. And almost magically, when I do, my needs seem to be met. As a result, I live a happy and joyous life, one day at a time.



## 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



A banner featuring a photograph of the Akron Area Intergroup building at the top. Below the photo is a blue background with white and yellow text. The text reads: "Support the Akron Intergroup Office!" in a mix of script and bold sans-serif fonts, followed by "Help Sustain Our New Facility & Replenish the Reserve" in a smaller yellow font. At the bottom right, the website "akronaa.org/donation" is listed in white.



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)

# Make the 12 Steps Your Living Experience

Written by: Jerome D

To surrender to God is to live without being consumed by current events or disturbed by people, places, and things. It means not allowing life's circumstances to rob us of our peace of mind. Surrendering to God means replacing worry with faith and trusting that things will work out according to His will.

Surrender also means doing our part by actively working the recovery program and applying the Twelve Steps. We acknowledge that God does for us what we cannot do for ourselves. As we surrender and continually return to God, we experience His saving power, a power that brings victory over alcoholism and freedom from the troubles that once controlled our lives.

Anyone who has had the obsession to drink removed should be among the most joyful and grateful people in the world. Alcoholics Anonymous reminds us that we are not a glum lot. If newcomers see no joy among those who have recovered, they will find little reason to pursue what we have found.

As we follow the Steps and the spiritual guidance found throughout AA literature, we are offered genuine spiritual experiences and often witness remarkable changes in our lives. We are encouraged to let go and let God and "easy does it". Rather than struggling through life on our own, we learn to trust God and rely on His care for all that concerns us.

As our faith grows, we learn to release fear and worry, trusting that God has good plans for us and a future filled with hope. Recovery allows us to move beyond the harm caused by alcohol and toward a life of purpose and spiritual growth.

The thoughts we repeat to ourselves each day have great power. Negative thinking can keep us connected to the darkness of despair. Positive faith-filled thoughts can strengthen our spiritual awakening and deepen our relationship with God. We become more proficient at whatever we practice consistently.

Many members of AA write down meaningful passages from the Big Book, the Bible, and messages heard in meetings. They carry these reminders with them and reflect on them throughout the day. A willingness to learn, grow, and seek God's guidance can transform the course of our lives as we strive to bring ourselves into greater conformity with His will.

For those who accept the path of Alcoholics Anonymous, victory over drinking comes through admitting complete defeat. Those who make the Twelve Steps their living reality will soon find themselves living in conformity with God's will for them, discovering a new freedom and joy, having fun and being fun to be with.

### 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.**

# May 2026 CONTRIBUTIONS

Individual: \$793.50  
Group: \$3566.64

Your contributions keep the Intergroup Office running.

## Pet of the Month

### **Biscuit**

Founders Day  
visitor at the IG  
office with his best  
friend, David.



# Recovery and the Real You

Written by: Anonymous

One of the greatest gifts of sobriety is the opportunity to discover who we truly are. For many of us, alcohol became a way to escape fear, pain, insecurity, or disappointment. Over time, drinking can blur our identity until we lose sight of our values, goals, and authentic selves. Sobriety removes that barrier and allows us to see ourselves more clearly.

As we stay sober, we begin to uncover strengths, talents, and qualities that may have been hidden for years. We learn what genuinely brings us joy, what matters most to us, and what kind of person we want to become. Recovery gives us the chance to grow emotionally, spiritually, and mentally rather than remaining stuck in the patterns that once held us back.

Finding our true self is not a single moment but an ongoing journey. Through honest self reflection, fellowship, and spiritual growth, we gain a deeper understanding of who we are and who we were created to be. We become more comfortable in our own skin and less dependent on outside influences for happiness or acceptance.

Sobriety is about far more than putting down a drink. It is about reclaiming our lives and becoming the person we were always meant to be. When we remain sober, we gain the freedom to live authentically, pursue our purpose, and experience the peace that comes from being true to ourselves.

## 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 pARIDise Club**  
1710 Front St.  
Cuyahoga Falls, OH.

All Intergroup Representatives are encouraged to attend every meeting.

- **Council Meeting** August 2: 12pm
- **Council Meeting** August 30: 12pm
- **Executive Board Meeting** July 30: 7pm
- **Executive Board Meeting** August 27: 7pm

# Where Does My Dollar Go?

Written by: John D

- It carries the message of Alcoholics Anonymous to all who need to hear it—both the sober and the suffering.
- It helps fund the Akron Intergroup Office, AA General Service, the Akron Archives, and the answering service.
- It supports meetings, provides literature, and helps sustain our many volunteers.
- It brings meetings to correctional facilities, treatment centers, and nursing homes.
- It supports outreach to families, employers, counselors, clergy, doctors, veterans' groups, the elderly, and others.
- It helps support Founders' Day, regional conferences, visiting speakers, workshops, and other gatherings.

All of this, to carry the message and provide a beacon of hope to those in need.

That's where my dollar goes.

But a dollar goes only so far. While the cost of providing these services has multiplied over the years, the typical donation has not. AAs were putting a dollar in the basket 50 years ago. Today, that dollar has the purchasing power of about 19 cents. When the basket comes around, I need to consider what I'm asking my dollar to do.

It's not just coffee and donuts.



## Staying Sober for the Fourth

As the Fourth of July approaches, remember that your sobriety comes first. Give yourself permission to leave any situation that threatens your peace, your recovery, or your well-being. The fireworks will fade, the holiday will pass, but you will never regret waking up sober, clear-headed, and grateful on July 5th. This Independence Day, celebrate the freedom that comes from choosing yourself and your sobriety. Just for today.

**THIS 4<sup>TH</sup> OF JULY,  
STAY SOBER.**

Freedom is waking up  
with no regrets.

**PARK IN  
A SAFE SPACE.**

If any situation  
feels risky,  
you have the  
power to leave.  
Protect your peace.  
Protect your sobriety.

UNITY  
AA  
RECOVERY SERVICE

My Sobriety  
Comes First

You always have a choice.  
**CHOOSE SOBRIETY. CHOOSE FREEDOM.**

# 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 Tuesday — 6:00 PM

### Literature Committee

First Saturday —9:00 AM

### Treatment Committee

Tuesday before Ex. Bd. Mtg.— 6:00 PM

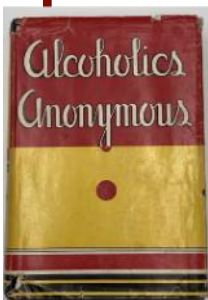
CHECK WEBSITE [AKRONAA.ORG](http://AKRONAA.ORG)  
FOR MEETINGS NOT LISTED HERE AS MORE  
ARE ALWAYS BEING SCHEDULED. SCHEDULE  
MAY CHANGE WITH NEW EXEC BOARD  
MEMBERS

More announcements and details of these announcements can be found at the Intergroup

Get to know your history!

**AKRON**

Where it All Began in 1935!!!



Go to: [Akronaa.org](http://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](http://akronaa.org)

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

Name \_\_\_\_\_

Address \_\_\_\_\_

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

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

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

FEDERAL INCOME DEDUCTION AUTHORIZED