



Akron Intergroup

PUBLISHING SINCE
NOVEMBER 1954

NEWS

September 2026

VOLUME 71 ISSUE 11

SERVING HOLMES, MEDINA, PORTAGE, SUMMIT, WAYNE COUNTIES

A Mother's Influence

Written By: Cassy G

I had a wonderful mother. She had a beautiful, loving, giving spirit, but she was not the perfect mother. We all make mistakes, lose our temper, get too busy, get caught up in life when times are stressful or money is tight. Today I understand that my mother was doing the best she could, considering what she knew and how she grew up.

She came from a broken home, like so many of us do. She was a product of divorce and alcoholism. Her father was an alcoholic. He could not hold a job or provide for his family. Her mother was forced to get a job in a paper mill to support the family and survive. At the age of six, my mother was standing on a stool cooking and caring for her younger siblings.

She once shared a memory with me. Her first grade class was going to the fairgrounds on a field trip. It happened to be one of the many times her father had been in jail on alcohol related charges, and he was working outside dressed in striped clothes. As the bus rolled through town, one of the other children recognized him and laughingly pointed him out to the other kids and teachers. My mother never forgot, nor did she recover from the pain and embarrassment of that moment.

Over the years to come, my mother would enable not only her father, but two husbands and two children who suffered from the same horrible disease. Alcoholism is a family disease and touches the lives of all who come in contact with the sufferer. I often say, "It doesn't run in my family, it gallops!" I have it on the maternal and paternal sides. My poor mother had no idea that she was a sufferer of alcoholism. She never knew about boundaries, tough love or self-care. Instead, she often invited and contributed to the pain and misery in her relationships. Sometimes she would flee, then repeatedly return for more abuse when the dust would settle. It was a vicious cycle through which she also dragged her young children. Building up hopes of better days of freedom then returning to the hell of fear and anticipation of the next round of explosion to come. It was not a happy fulfilling life, but the only "normal" she knew.

How judgmental and self-righteous I was! Talk about self-leveling of pride and ego. God sure hit that nail on the head! So, while I wish I had not caused so much pain, misery, and worry, I cannot undo those things of the past. I know every single event had to happen exactly as it did for me to be where I am and who I am today. So, I am grateful for mistakes, that we are not perfect. Our mistakes are opportunities to learn.

Step Nine

Made direct amends to such people wherever possible, except when to do so would injure them or others.

Tradition Nine

A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

Concept Nine

Good service leaders, together with sound and appropriate methods of choosing them, are at all levels indispensable for our future functioning and safety. The primary world service leadership once exercised by the founders of A.A. must necessarily be assumed by the Trustees of the General Service Board of Alcoholics Anonymous.

Continued on Page 3

HONESTY + PURITY + UNSELFISHNESS + LOVE



FROM THE

IG News Committee

Hello Readers,

Thank you for your continued support of our Intergroup and the recovery community. We hope you enjoy our September newsletter and encourage you to sign up for future editions, meeting updates, events, and service opportunities. Together, we continue to carry the message of hope and recovery.

– The IG News Team



INSIDE THIS ISSUE

A Mother's Influence	1
Editor Greetings/Intergroup	2
A Mother's Influence Cont.	3
New Submissions/Donations for the Intergroup Renovations	4
How I Embraced the Pink Cloud of Sobriety	5
Contributions/Pet Of The Month	6
How I Embraced the Pink Cloud of Sobriety Cont.	7
Committee Meetings	8

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

We grant any AA publication permission to reprint articles from the
Akron Intergroup News with the following attribution: © Akron Intergroup News.
© Akron Intergroup News; 2026

A Mother's Influence Cont.

Written by: Cassy G

(cont. from Page 1)

On the other hand, my mother taught me some of the most important lessons in life. She taught me right from wrong, and she taught me to do what's right even when I don't want to do it. She taught me to work hard, because anything worth doing is worth doing right. She taught me to be kind, respectful and considerate, to think before I speak, to do what I say I am going to do. She taught me to take care of what I have, even when I don't have much. She taught me to share and to give, because you can't out-give God! To this day, my experience has proven this to be true. The most important thing my mother ever taught me was to love God and love others, to put their needs ahead of my own. When I do this, God meets my needs every time!

Although I spent several years when drinking not practicing these things, I am so grateful for my mother and all she taught me. She went to be with God in 2015, but she is still with me in her *spirit* of *giving* and *loving*. I am thankful that she never stopped praying for me to find my way back to God. I whole-heartedly believe she prayed me into the rooms of AA. Alcohol brought me to my knees—where I found GOD patiently waiting where He had been all along. No, my mother wasn't perfect. No mother, no human, is. But, my mother's love was! Every day it lives on in me and is evident in the power of her influence in my life. Thank you, Momma.



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



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

How I Embraced the Pink Cloud of Sobriety

Written by: Anonymous

The first nine months of sobriety blow by in a rose-colored haze of “aha” moments and monumental growth. If it weren’t for the same face staring back at me in the mirror every day, I’d swear I’d grown wings or maybe scales; maybe I’d think a whole hive of honeybees suddenly buzzed to life inside my bloodstream.

Suddenly, I’m free of a propensity to tell a little white lie or to say yes to anything I don’t actually want to do. For the first time in my life, boundaries are sprouting up, easy and strong. I don’t miss it. I don’t crave it for a second.

I get a sobriety tracker on my phone. I watch the days, weeks, months, even hours tick by. It is so deliciously easy. I’m surprised at an unfamiliar, yet a long-chased sense of liberation that sprouts up where booze once was. I’d wanted to quit for years. I’d known for as long as I’d been drinking that alcohol didn’t do me any favors. But I was scared. Afraid I would miss it. That people would find me boring and I wouldn’t be any fun. So I’m surprised when sobriety becomes synonymous with liberation and, though I dream of drinking all the time, I’m never tempted to return.

Blinders I didn’t know existed get ripped off. I see with clear eyes all of the things I used booze to numb myself from, all the ways I used booze to avoid adulthood, to encourage magical thinking.

My boyfriend of eight years and I get into therapy to blast us out of a rut. We try to rekindle the relationship that’s decent enough on the surface but also full of issues that I was always numb enough to not take seriously. It doesn’t work.

I read book after book about mindset, spiritual approaches to sobriety, and connecting to my shadow side. I try everything possible to change my attitude and restore my self-esteem.

Getting my life together has never felt more urgent.

I’m nine months booze-free when the sober train comes to a screeching halt. Up to this point I’ve felt more capable of handling my issues than ever before. Now, as I’m called to go deeper, life starts to feel like a struggle again. I’m confronted with the fact that I still have to deal with all the crap that kept me drinking.

I’ve heard in AA about the “pink cloud,” a phenomenon particular to early sobriety marked by euphoria and elation at being free of booze. One night in my writing group, I write about the pink cloud and my recent fall from it. After I read it aloud, one of the women says perhaps the cloud was protecting me until I was ready to do the work.

Continued on Page 7

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.**

August 2026 CONTRIBUTIONS

Individual: \$422.88

Group: \$7315.72

Your contributions keep the Intergroup Office running.

PET OF THE MONTH

Daisy

Erin loves
her recovery
pup.



Embracing the Pink Cloud of Sobriety

Written by: Anonymous

(cont. from Page 5)

Getting sober is the closest I've ever come to feeling like maybe God exists. So my excitement leaks out in surprising ways: posts on Instagram where I shyly adopt the hashtag #SOBER; in my daily journal where I fill pages with awe and wonder and dot-connecting to try to understand how this is working.

At first I have a hard time declaring it's for real, telling people when they ask that it's "for now", even though I know it's forever. What I really want to say is I quit drinking because it made me hate myself. Because for a brain like mine, even a couple drinks is enough to send me into a next-day depression. Because I no longer want to avoid the truth of my life. Because I never want another damned hangover. Because I never want to wake up with regret about how I've behaved or words that I can't take back. Because I believe the day is coming with the pendulum that swings from extreme to extreme inside me will finally come to rest in the middle.

Outwardly, things haven't changed much. Inside, however, I am alive. I don't cling to peaks or fear falling into valleys – these arcs are simply signals that I'm a little out of balance; calls to tend to myself and not to flee. I can hear these calls now that I'm no longer numb. Sometimes the pendulum swings me back to the soft fluff of my pink cloud. Sometimes it knocks me over. But both are okay. Up on the cloud, or down in the dirt, I am home.

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** October 4: 12pm
- **Council Meeting** November 1: 12pm
- **Executive Board Meeting** October 1: 7pm
- **Executive Board Meeting** November 5: 7pm

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

Intergroup News Committee

Third Wednesday — 1:00 PM

Literature Committee

First Saturday — 9:00 AM

Treatment Committee

Tuesday before Ex. Bd. Mtg.— 6:00 PM

CHECK WEBSITE AKRONAA.ORG

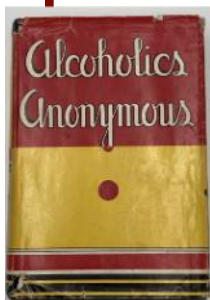
FOR MEETINGS NOT LISTED HERE AS MORE
ARE ALWAYS BEING SCHEDULED. SCHEDULE
MAY CHANGE WITH NEW EXEC BOARD
MEMBERS

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 \$ _____

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

Make all checks payable to:

Akron Intergroup

2212 Romig Rd

Akron, OH 44320

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