



Akron Intergroup

NEWS

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SERVING HOLMES, MEDINA, PORTAGE, SUMMIT, WAYNE COUNTIES

If We Get Knocked Down, We Get Up Again

Written By: Jerome D

You're not done yet!

We are not to rest on our laurels. If we want to save our sobriety we must keep cooperating with God by following the AA program and the spiritual lessons of the Big Book.

When we place our trust in God, we open ourselves to God's inspiration in order to make good decisions. Between God, the AA program and the Big Book, we have the way to lead an extraordinary life filled with amazing experiences. For an alcoholic, having the obsession to drink removed, and a profound personality change take its place, is a real life miracle.

We will be well on our way in the AA program if we have surrendered to God and have full faith in His purpose for our being clean and sober. That purpose is to grow spiritually and help others stay sober.

As we stay sober and grow in spirituality, we will gain more inner strength and courage to face every day's spiritual journey. We will have some successes in life that are fulfilling in ways we never thought possible. We will not let mistakes nor the pursuit of perfection keep us from the joy of this new life.

Alcoholism caused us to go around full of shame, guilt, and remorse from drinking ourselves into oblivion and all the trouble and problems that it caused. While in our active drinking days, we knew the meaning of pitiful and incomprehensible demoralization. We thank God daily for the love and grace that helped us get back up when we were knocked down by the obsession to drink. We thank God for the creation of Alcoholics Anonymous and for our getting sober. We keep getting back up by calling on God's divine grace and aid. He is our hope and second chance.

(Continued on page 3)

Step **TEN**

Continued to take personal inventory and when we were wrong promptly admitted it.

Tradition **TEN**

Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.

Concept **TEN**

Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined.

HONESTY + PURITY + UNSELFISHNESS + LOVE



FROM THE

IG News Committee

INSIDE THIS ISSUE

Hello Readers,

Thank you for your continued support of our Intergroup and the recovery community. We hope you enjoy our October 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



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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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If We Get Knocked Down... Cont.

Written by: Jerome D

(cont. from pg. 1)

God's loving power in our lives can turn liabilities into assets, problems into solutions, and surrender into victory. Surrender to God and commitment to the AA program produces the inner joy and well-being we desire. Through it, we can resolve and survive the most difficult situations life throws our way.

Being happy, joyous and free are the natural conditions of living a sober and spiritual life. A life filled with faith, hope and trust is by far an easier way to live.

"...the main problem of the alcoholic centers in his mind..." (Big Book page 23)

AA Grapevine Quotes:

"I remember asking my sponsor, 'When do I start the Steps?' He replied, 'When do you want to get well?'" (September 9, 2026)

"Few victims of this illness can expect sobriety without a major change in most aspects of living." (September 10, 2026)

"When the shadows of my past were placed in the light, I was thankful for the 'design for living' that the Twelve Steps provide. It helps me to handle the shock of who I was, who I am today, and who I want to be." (September 13, 2026)

Thought for the Day:

Prophets of doom see our times as worse than any other, but they're not. We're simply experiencing one more difficult bump on the long road of history. Everything will straighten itself out, as it has in the past.

Being positive and optimistic about oneself and life can have a great impact. It requires training the mind to focus on what is right and good in the present moment. As a result, better outcomes for us and our lives are more likely to happen. It's up to each of us to train our mind to be positive. Don't get pulled into negativity—never harbor negative thoughts. Stay true to the lessons in spirituality that we've learned on our path to, and through, sobriety.

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

Return to Sender

Written by: Joseph S

With a little help from his sponsor, the Big Book and the U.S. mail, he finally took the action to heal the past with his dad.

After I'd been in the program for about three months, I started getting into the Steps, slowly. I kept hearing that the Fourth Step was really scary. But when I got to that Step, I thought all the people who said it was scary were nuts.

Writing about all the people that I was upset with, man, that was easy. However, looking at my part in these conflicts was not as easy. But I kept at it. I did the Fourth Step in the way my sponsor "suggested" and soon had a four-column inventory, just like the Big Book talked about. Being a rebel, I didn't write it down by hand. I typed it out. Then I hit print and had it in black and white in front of me.

The biggest resentment I had was toward my father, who had certainly done more harm to me than I had to him. Even after I did my Fifth Step, I still had a major resentment toward my father. I could be sitting in a meeting and someone would be talking about his or her dad and I would get mad. They didn't even have to be talking about problems with fathers, it could be about the good times they were having with them now in sobriety and I'd be mad as a wet hen.



At one point I was told to try the "Page 552 trick," which refers to the story "Freedom From Bondage" in the Fourth Edition of the Big Book, which mentions praying for the person that you have the resentment against. You pray that they have all the good things you want in life. Do this for two weeks and by the time you're finished you will find you mean it.

Well, I did this for a full month every morning, and at the end I still sat in meetings getting angry when someone would talk about his or her father.

(Continued on page 8)

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

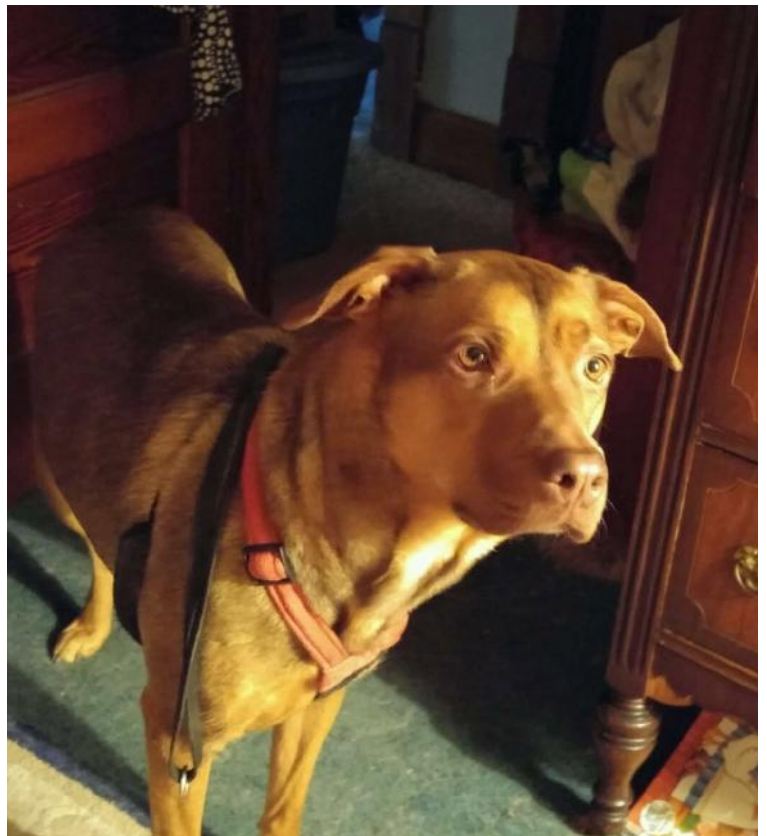
Group: \$7,315.72

Your contributions keep the Intergroup Office running.

Pet of the Month

Coco

- Ed F's curious Coco.
- Whatcha doin' there Ed? Isn't it time for my walk?



Community Center AA Group History

Written by: Darnella C

Written in recognition of the Community Center AA Group's 79th Anniversary.

The history of the Community Center AA Group dates back to 1947 according to an Akron AA Directory. The group was initially known as the Bartges Street Negro Group and met at the St. Peter DeClaver Church on West Bartges Street on Wednesdays at 8:30 p.m. Bill T. was noted as the group's secretary.

At the time the group was formed, racism and segregation were often present in many AA meetings across our nation. Sadly, during that time some members and groups did not want African Americans attending their meetings. In 1945, (as reported in the AA book *Pass It On*) an African American man walked into a clubhouse in New York needing the help of AA. He was not only African American, he was also a convict and had all of his belongings on his back. His hair was bleached blond, and he was wearing makeup. He told them that he was a dope fiend and asked for the help of AA. After heated discussion among the white members, he was reluctantly invited to attend the meeting. This African American man set the precedent for what would later become known as AA's 3rd tradition – the only requirement for membership is a desire to stop drinking.

So the Community Center Group was formed in order to give African American people the same access to Alcoholics Anonymous as other people. While the group was identified by local white AA members as a "Black" or "Colored" meeting, the group itself was always integrated and always welcomed any alcoholic that wanted to get sober in Alcoholics Anonymous – regardless of race, gender, religious affiliations, or economic status.

At some point in the early 1950's, the group moved from St. Peter DeClaver Church to the Akron Community Center on East Market Street which was an organization that supported minorities and poor people with various resources. The group changed its name, as was customary for groups to do based upon the name of the place where the meetings were held, to the Community Center Group.

(Continued on page 9)

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.

- **Executive Board Meeting** October 1: 7pm
- **Council Meeting** October 4: 12pm
- **Executive Board Meeting** October 29: 7pm
- **Council Meeting** November 1: 12pm

Return to Sender Cont.

Written by: Joseph S

(cont. from pg. 5)

By three years in the program, I was on my third sponsor. The first two had both gone back out. "Isn't it time you did something about the resentment and the amends for your father?" my new sponsor said. I reluctantly agreed to write to my father. So I typed up the letter and emailed it to my sponsor, asking for his opinion on what I had written. He responded by removing this and adding that. After sending the email back and forth a number of times, we came to an agreement. We hit a meeting after that and went to a local burger shop to talk it over. I read the letter again and we agreed it was ready to be sent.

Now, the Big Book talks about being willing, and I was still not really willing to send that letter. So when my sponsor said, "Send it," I handed him the letter, an envelope and a \$1 bill to buy a stamp. "I'm not going to send it," I said. He chuckled as he took the letter from me and said, "Good enough." That meeting with my sponsor was on a Saturday. When I returned home from work the following Thursday, I checked the mailbox and the letter was in it. On it was written: "Return to sender."

I looked at the envelope in shock. I pulled out my cell phone and called my sponsor. I asked him to guess what was in the mail. He guessed it was a letter from my dad. Nope. I told him it was the very same letter we had sent. It was back. We talked about what that meant.

Since the day I got home and found the letter in my mailbox, my resentment is gone. I did my part. It's not up to me how my dad accepts or rejects my attempt to make things right. It's up to me to make the effort. That isn't to say that he and I are on speaking terms today, but I can share this story or hear others talk about their fathers without getting upset now.

About two years after all this happened, my sister contacted me saying that if I wanted to talk to our dad I had better hurry because his health was failing. "The last time I sent him a letter it came back unopened," I told her, and she thought that over. "Don't try to contact him," she said. "He has not changed."

I spoke with my sponsor at the time and he asked how long had it been since I had thought about my dad. It was hard to answer that question, as the resentment was gone.

Reprinted with permission AA Grapevine July 2023

Community Center AA Group History Cont.

Written by: Darnella C

(cont. from pg. 7)

One of the things the group did for many years was provide hotdogs, donuts, and coffee to AA members and became fondly known as the “hotdog meeting”. The group met at the Community Center for many years until the facility closed its doors in 2007. Members were very dedicated to the group and did everything possible to keep the meeting going. Some of the early group members included: Bill Toliver, Rozell Andrews, Walter Crooks, Richard Murphy, Marie Price, Jay Jay Jones, Jeanette Sowell.

The group moved to the Akron Urban League on Vernon Odom Blvd in 2007. Due to administrative concerns, the group was forced to relocate to the Visitation of Mary Church on Broad Street in 2010 where it met until 2018. At that time, the group membership had declined to a few members, and group consensus was taken to close the doors of the group in early 2018. However, some felt the group was too important to the Akron AA community to fold. After much prayer and help from Walter C, Darnella C met with the pastor at Firestone Park Christian Church on East Wilbeth where the group remained until 2023 when the church was sold.

At that time, Timmy J met with IBH to arrange for the Community Center’s meetings to be held at the outreach building on South Main and Firestone Boulevard. The group has been meeting there since.

While the meeting was originally formed as a response to racism, it continues to uphold AA’s 3rd Tradition, “the only requirement for membership is a desire to stop drinking”. Meeting participation is more reflective of today’s diverse AA membership and welcomes alcoholics regardless of race, cultural background, sexual orientation, and religious affiliations.

79th Group Anniversary

09/30/2026

IBH Building on South Main Street

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 Wednesday — 1:00 PM

Literature Committee

First Saturday — 9:00 AM

Treatment Committee

Tuesday before Exec Bd Mtg — 6:00 PM

CHECK WEBSITE AKRONAA.ORG

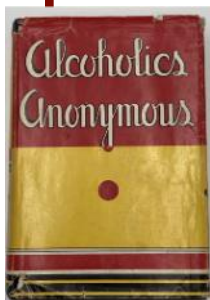
FOR MEETINGS NOT LISTED HERE AS MORE ARE ALWAYS BEING SCHEDULED. SCHEDULE MAY CHANGE WITH NEW EXEC BOARD MEMBERS

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 44320-3852

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