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Akron Intergroup NEWS

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SERVING HOLMES, MEDINA, PORTAGE, SUMMIT, WAYNE COUNTIES

Turning Over Our Will & Life

Written By: Moe A

Most question what it means to turn over our will and life. It really means turning over thoughts and actions by allowing our Higher Power to direct us. Simply not drinking is amazing in itself, but you'll come to learn that a truly prosperous life requires us to do much more. I remind those I work with (again and again) that a life can be ruined even without alcohol and drugs. Our actual problem wasn't the booze; it was our mind.

When it comes to prayer, it's not just about memorizing and saying them – we need to live the prayers. It's very easy to say the 3rd and 7th Step prayers, then go on living in a completely opposite manner. For so long, we took control of our lives and ran them into total muck. We didn't come strolling into the rooms on the wings of victory.

The 3rd Step prayer asks God to guide us to do his will. The 7th Step prayer asks Him to remove our shortcomings. But saying the prayers isn't enough. We still have a responsibility to do the work to incorporate the spirit of the prayers into our life.

Most are well aware of the difference between right and wrong. We can't act all spiritual and holier-than-thou in meetings, then do the opposite in daily life. This program was meant to be a lifestyle. It's not about being perfect; it's about actually working on our imperfections rather than justifying why we have them.

I've seen those who go around causing problems, then criticize others for not working a good program. I've seen those who lie, spread rumors, gossip, and purposely push buttons. To them I say, when you don't know what God's will is, pay attention to what God's will is not.

Step ELEVEN

Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of his will for us and the power to carry that out.

Tradition ELEVEN

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.

Concept ELEVEN

While the Trustees hold final responsibility for A.A.'s world service administration, they should always rely on the best possible standing committees, corporate executives, and staff personnel.

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 November 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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An Agnostic Finds the Higher Power
Written by: Mary A

Like so many before me, I came into the rooms in complete despair and desperately terrified I would return to drinking the minute my life met its first post-detox snag. I had tried AA a few years earlier, but I wasn't desperate or open enough to try to embrace the idea that the Higher Power was "of my understanding". As an agnostic, I bristled at how "God" permeated nearly every topic. How prayer was promoted as the only way to work through periods of struggle. I didn't then, and don't now, believe in a Higher Power that has a plan for my life.

But I *was* desperate this time, I *was* terrified this time. Enough so that I latched onto Honesty, Willingness, and Open-Mindedness as my mantra. They were my higher power. They were where I found the strength to face the demons that always led me to booze...and then more booze.

Honesty came first. It was a relief to be able to stop lying about everything. I lied even when I didn't have to because it had become so ingrained in me. What was harder was staying honest with myself. I wasn't experiencing a spiritual conversion and I refused to pretend I was. But I listened to everyone who talked about their higher power, knowing there certainly must be another person out there in AA who felt the way I did.

That's when Willingness kicked it. I realized that the program not only gave me the latitude to come to my own understanding of a higher power, it encouraged me to work at finding a concept that felt right. So I listened to everyone who talked about the higher power...with an open mind. Whether I agreed with anything that was being said, I listened and didn't argue inside my head.

And then it happened...the woman giving the lead described exactly how I envisioned my higher power. No plan, no exertion of will, just a source of divine love and faith. Not religious faith, but the faith that is the absolute certainty that this world will go on as it always has, I will accept all that it has to offer good and bad, and my role...my responsibility...is to be a source of that love and joy in the world. The higher power was within and all around me.

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

Want to become an Akron IGNews Subscriber?

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Or order on the website at akronaa.org

Or send a check or money order ***and your email address*** to:
Akron InterGroup News
2212 Romig Road
Akron OH 44320

Or call the IG Office at (330) 253-8181 and use your credit or debit card.

Step 3 Prayer:
Some Thoughts to Consider
Written by: Jerome D

God, I offer myself to Thee — to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of Life. May I do Thy will always! (Big Book page 63)

Placing God and sobriety first is considered a core spiritual principle in addiction recovery, specifically rooted in Step 3 of the AA 12 Steps. This Step involves the decision to turn one's will and life over to the care of God as one understands Him, which anchors the recovery process in surrender and faith.

There are three key points to the Step 3 Prayer:
- **Surrender Control:** Give up self-will and allow your Higher Power to direct your life.
- **Bondage of Self:** Ask to be freed from self-centeredness, fear, and ego.
- **Purpose in Hardship:** Learn through personal struggles so you can help other people in recovery.

The decision to prioritize God in recovery is supported by several key spiritual principles that guide long-term sobriety:
- **Faith and Trust**: Having faith that a Higher Power can restore sanity and trust that a life of sobriety is better than addiction.
- **Surrender**: Letting go of self-will and allowing a Higher Power to guide decisions and actions.
- **Willingness**: Being open to change and ready to have character defects removed by a Higher Power.
- **Service**: Practicing these principles and helping others reinforces personal commitment.

(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.**

September 2026 CONTRIBUTIONS

Individual: $1919.56
Group: $6410.50

Your contributions keep the Intergroup Office running.

Pet of the Month

Roza

- Amy's support after losing her father recently.
- Our best to you, Amy.



Step 3 Prayer:
Some Thoughts to Consider Cont.
Written by: Jerome D

Continued from Page 5

While Step 3 explicitly mentions God, spiritual principles in recovery are not limited to religious belief. Research indicates that spirituality in sobriety often involves connecting with something greater than oneself, which can include Alcoholics Anonymous, the AA Group, nature, community, or personal values. However, for those who identify with faith, biblical principles such as grace over shame, self-control as a fruit of the Spirit, and viewing the body as a temple of the Holy Spirit are used to support abstinence and spiritual growth. Studies show that alcoholics with strong spiritual principles are less likely to relapse, as these frameworks provide purpose, accountability, and a sense of belonging.

"The phrase 'God as we understand him' is perhaps the most important expression to be found in our whole AA vocabulary. Within the compass of these five significant words there can be included every kind and degree of faith, together with the positive assurance that each of us may choose his own." (Bill W., April 1961)

Thoughts for the Day
Develop interest in life as you see it; in people, things, literature, music — the world is so rich, simply throbbing with rich treasures, beautiful souls and interesting people. Forget yourself.

You read and study the Big Book but you will only actually learn the Twelve Steps by putting them into practice.

Your mind will follow whatever you feed it. Want better thoughts? Consume better things.

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** November 1: 12pm
- **Executive Board Meeting** December 3: 7pm
- **Council Meeting** December 6: 12pm

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:
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2212 Romig Rd.
Akron, OH 44320-3852
Phone: 330-253-8181

Donate online at akronaa.org

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