

January

~ SOBER HORIZONS ~

2019

One Day at a Time



3416 Columbus Ave. Sandusky, Oh. 44870

Phone 419-625-5995

Email: ncoaai@bex.net

Website: www.NCOAAI.com



area54.org

area55aa.org

Step 1 – We admitted we were powerless over alcohol – that our lives had become unmanageable.

We believe, and so suggested a few years ago, that the action of alcohol on these chronic alcoholics is a manifestation of an allergy; that the phenomenon of craving is limited to this class and never occurs in the average temperate drinker. These allergic types can never safely use alcohol in any form at all; and once having formed the habit and found they cannot break it, once having lost their self-confidence, their reliance upon things human, their problems pile up on them and become astonishingly difficult to solve.

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Men and women drink essentially because they like the effect produced by alcohol. The sensation is so elusive that, while they admit it is injurious, they cannot after a time differentiate the true from the false. To them, their alcoholic life seems the only normal one. They are restless, irritable and discontented, unless they can again experience the sense of ease and comfort which comes at once by taking a few drinks-drinks which they see others taking with impunity. After they have succumbed to the desire again, as so many do, and the phenomenon of craving develops, they pass through the well-known stages of a spree, emerging remorseful, with a firm resolution not to drink again. This is repeated over and over, and unless this person can experience an entire psychic change there is very little hope of his recovery.

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All these, and many others, have one symptom in common: they cannot start drinking without developing the phenomenon of craving. This phenomenon, as we have suggested, may be the manifestation of an allergy which differentiates these people, and sets them apart as a distinct entity. It has never been, by any treatment with which we are familiar, permanently eradicated. The only relief we have to suggest is entire abstinence.

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What is the solution? Perhaps I can best answer this by relating one of my experiences.

About one year prior to this experience a man was brought in to be treated for chronic alcoholism. He had but partially recovered from a gastric hemorrhage and seemed to a case of pathological mental deterioration. He has lost everything worthwhile in life and was only living, one might say, to drink. He frankly admitted and believed that for him there was no hope. Following the elimination of alcohol, there was found to be no permanent brain injury. He accepted the plan outlined in this book. One year later he called to see me, and I experienced a very strange sensation. I knew the man by name, and partly recognized his features, but there all resemblance ended. From a trembling, despairing, nervous wreck, had emerged a man brimming over with self-reliance and contentment. I talked with him for some time, but was not able to bring myself to feel that I had known him before. To me he was a stranger, and so he left me. A long time has passed with no return to alcohol.

Big Book pages xxvi - xxix

January 2019

Carry the Message

Need groups to Volunteer to take meetings into the Oriana House in Sandusky. Call Ron Gray to sign up. 419-366-4898

Intergroup Officers

Chairman = Chrissy Porter

Vice Chairman = Andrew Alexander

Treasurer = Dave Deer

Secretary = Bill Fisk

Member at Large = Open

Member at Large = Carol Reiman

Member at Large = Bill Ryf

Member at Large = Libby Burroughs

Member at Large = Tom Fannin

Literature Room Hours

Monday - - - Closed

Tuesday 11:00 – 2:00, 3:00 – 5:00

Wednesday 11:00 – 2:00, 3:00 – 5:00

Thursday 11:00–12:30, 2:30 – 5:00

Friday 11:00 – 2:00, 3:00 – 5:00

Saturday 11:00 – 2:00, 3:00 – 5:00

Sunday - - - Closed

Closed on New Year's Day, Memorial Day, 4th of July, Labor Day, Thanksgiving Day, and Christmas.

Winter Weather Advisory – If roads are bad, please call before coming out – 419-625-5995.

Step 1: We admitted we were powerless over alcohol – that our lives had become unmanageable.

Promise 1: We are going to know a new freedom and a new happiness.

Tradition 1: Our common welfare should come first, personal recovery depends upon AA unity.

Group Donations (as suggested by World Service Pamphlet “Self-Support – Where Money and Spirituality Mix”)

**NCOAA Intergroup
PO Box 338
Sandusky, OH 44870
(50% of total)**

**(for groups in Erie and Huron Counties)
NE Ohio General Service Office
PO Box 91384
Cleveland, OH 44101-3384
(25% of total)**

OR

**General Service Office
PO Box 459
Central Station New York, NY 10163-0459
(25% of total)**

**(for groups in Sandusky, Seneca and Ottawa Counties)
Area 55
PO Box 401
Toledo, OH 43697
(25% of total)**

Attention ALL Groups: Please help us to help you!! If you have changed GSR'S (General Service Representative) in your group, have changed your Primary Mail Contact and have not attended the Monthly Intergroup Meeting to file a Group Change Form. Please do of the following:

- 1) Attend 1st Saturday of the Month @ 11:00AM**
- 2) Call the Inter-Group Office with your new information. 419-625-5995**

There is always a place in the Sober Horizons for your Group Anniversaries, Leads, Dances, Weekends, Dinners, Activities, etc. Please Contact:
Bob T. (440-666-3310)
Candy C. (419-266-4094)
Office (419-625-5995)
Email: soberhorizon@gmail.com
Please get them in by the 23rd

January 2019

We have received some notices about our members passing since our last Memorial Day. Please contact the Intergroup Office at 419-625-5995 with others for remembrance in May 2019.

28th Annual 12 Steps to Recovery Weekend January 25th-27th, 2019

South Beach Resorts Hotel
8620 E. Bayshore Road
Lakeside-Marblehead, OH 43440
Phone: 419-798-4900

Double Occupancy Room: \$150.00 per person
Single Occupancy Room: \$250.00 per person
(limited availability)

Registration Deadline: January 4, 2019 or max capacity, whichever comes first.

Registration includes room and all meals. Check in at the hotel is from 3-8 p.m. Friday. Your weekend of fun and recovery begins at 6 p.m. with dinner and refreshments.

For more information: Stewart P. (908) 698-7811; Bob O. (419) 656-3747; Renee U. (419) 921-5448 OR email:

12stepweekend.marblehead@gmail.com

ROOMMATES PLEASE REGISTER TOGETHER

**Please mail Name, Address, Phone, Email and Roommate's Name with a check or money order payable to:
Twelve Step Weekend, PO Box 280, Huron OH 44839**

Bellevue "A Chance To Live" Discussion

**1/5 Michael D. (Fremont Saturday Big Book)
Lead at 8, food to follow**

1/12 Step 1 Discussion

1/19 Step 1 Discussion

1/26 Tradition 1 Discussion

Euchre Tournament Last Saturday of the Month October 2018 thru April 2019

**St. Paul Episcopal Church
206 N. Park Avenue
Fremont, OH**

**Doors Open 5:00
Dinner at 5:30
Euchre at 6:30**

Please bring a dish to share for potluck.

Cost is \$2.00 per person. Euchre players \$3.00 additional. Dominoes and games for those that don't.

The Birmingham Youth Center will be closed in January and February. The four groups that meet there will do the following:

Sunday Night Birmingham "Twilight" Group is looking for a temporary home. As of this writing, they have not found one. When they do we will spread the word.

Sunday Morning Harbourtown Breakfast will meet in the Welcome Center of the Harbourtown Mobile Home Park 6320 Poorman Rd. Vermilion at 10 AM – No breakfast, but will have a lead. This is where the meeting originated.

Clarksfield Monday Morning Discussion will be at the Congregational Church in South Amherst at 114 W. Main St. at 10 AM.

The Birmingham Spaghetti Dinner Group will not be meeting in January and February.

All groups expect to be back in Birmingham after March 1.

FINANCIAL REPORT – Nov. 2018	
<u>Literature Room:</u>	
Sales	\$ 706.23
Book Purchases	454.76
GAIN for the Month	\$ 251.47
<u>Operating Account:</u>	
Group Donations	\$1350.22
Total Income:	\$1350.22
<u>Bank Fees</u>	
Bank Fees	\$ 11.93
Payroll	496.12
Telephone/Telecomm.	158.87
AA Function	430.00
Accounting Fees	103.58
Printing/Copying	29.00
Supplies	43.47
Postage/Mailing	338.00
OVH Donation	150.00
Total Expenses:	\$1760.97
LOSS for the Month	\$ 410.75

<u>November 2018 Phone Report</u>	
Total Calls	51
12 Step Calls	1
Rides	0
Meeting	37
Office Info	13
Volunteer Hours	109

<u>November 2018 Group Donations</u>	
\$ 500.00	As Bill Sees It
300.00	Friday Road To Recovery
311.22	Milan New Hope
50.00	Friday Night Venice
59.00	Intergroup
50.00	Freedom Road
20.00	Coe W.
35.00	Fremont Tuesday As Bill Sees It
20.00	Norwalk How It Works
5.00	Tiffin Monday Night Women
\$1350.22	
<u>Thank You All</u>	

<u>AA Birthdays</u>	
1/2 Stephen R.	1/23 John P.
1/15 Will C.	

<u>AA Anniversaries</u>		
1/1	Krista A.	27 yrs.
1/2	Nicole W.	3 yrs.
1/11	Roger H.	39 yrs.
1/15	Chris B.	27 yrs.
1/18	Lizzie A.	41 yrs.
1/25	Ron C.	19 yrs.
1/25	Michael C.	4 yrs.
1/30	Will C.	3 yrs.

<u>Saturday Night 'Vacationland'</u>	
1/5	Jeff R. (Road to Recovery)
1/12	Teri M. (Road to Recovery)
1/19	Jim B. (Vacationland 44th Anniversary)
1/26	Greg M. (Road to Recovery)

<u>Friday Bellevue 'Lighthouse'</u>	
1/4	Ron G. (Sandusky)
1/11	Renee U. (Fitchville)
1/18	Bob Treece (Galion)
1/25	Denny C. (Clyde)

<u>Port Clinton Thursday Night</u>	
1/3	Chrissy P. (Port Clinton)
1/10	Bob T. (Amherst)
1/17	Doug S. (Westlake)
1/24	Joe M. (Maumee)
1/31	Michael C. (Port Clinton)