

*“Obtaining and maintaining abstinence from inner circle compulsions is the **bedrock foundation** of all the personal growth which will surely follow.”*

- from SAA’s Three Circles pamphlet

In this issue:

Crossing the Bridge to Recovery

Last Call for the Indiana Retreat

Step Ten is a Shocker by Mark G.

Editor’s Corner – Losing a Brother

The OHWV Revised Meeting List

The “Mail-Snail” Asks...

**Crossing the Bridge to Recovery
The Upcoming NE Retreat**



The theme for third annual Northeast Region retreat is “Crossing the Bridge to Recovery” and will be located in the ‘big

apple.’ To be more specific, it will be in the Bronx at the **Passionist Spiritual Retreat Center** in Riverdale. This is a weekend retreat that starts on the evening of Friday November 19th and runs until Sunday afternoon November 21st.

As the retreat flyer from the CNY Intergroup states, the retreat workshops and meetings will be step based. It is said that the bridge to recovery is crossed one-step-at-a-time.

The **Passionist Spiritual Retreat Center** is located at 5801 Palisade Avenue Bronx, New York. Registration for the weekend retreat is \$240.00 which includes the entire retreat, a room to stay in and all retreat materials and meals. If you will be staying in NY outside of the retreat center, you can register for \$175.00. The funds and registration form are due by October 29th.

For more information, please contact John S. at:

johns315@twcny.rr.com
(315)-569-5546

Last Call for the Indiana Retreat

Time is running out to consider attending the annual Indiana Fall Retreat. This year's theme is *Giving Hope Getting Serenity* and is based on HOPE (Healthy Options Positively Exist) and SERVICE (Serenity Enters Recovery Via Individual Caring Experiences.)

The retreat starts Friday October 22nd at 5:00 PM and ends around Noon on Sunday October 24th. The cost for the entire weekend which includes a bed in a heated cabin and meals is \$80.00 at the door. This is a great deal for a weekend retreat!

The retreat is held at beautiful camp PYOCA near Brownstown Indiana. If coming from Central Ohio, take I-70 West to I-465 around Indianapolis. Then, take I-465 South to I-65. Take I-65 South to US-50 near Seymour, Indiana. Then take US-50 West through Seymour and into Brownstown. Once in Brownstown, turn left onto Route 250 and drive about ¾ mile. At this time you should see a small sign for camp PYOCA on the right side of the road. The entrance drive to PYOCA will be on the left side of the road, across from the sign. Turn onto that road and take it until it comes to an end. You will be in the main parking area near the main lodge.

Please note that if you arrive after dark, the PYOCA road sign may be difficult to see.

If coming from Cincinnati, take US-50 West toward Seymour, Indiana and the remaining directions from Seymour are identical as above. If coming from the Cleveland area, Take I-71 South to I-270 around Columbus. Then take I-270 West toward I-70. Take I-70 West to Indianapolis and from that point, the remaining directions are identical to the first ones given above.

Come if you are able. This is an excellent retreat with lots to offer!

Step Ten is a Shocker by Mark G.

I remember the first time that I read Step Ten from the sheet of steps called "How it Works." I remember thinking that this has to be easy. By the time I reach that step I should be close to being cured, right? After all, working steps one through nine would take a long time and a lot of hard work. By the time that point is reached, the remaining three steps should be a "breeze." Then again, maybe NOT!!

My first two years in recovery I did not have a sponsor. I had no guide, nobody to really help me move through the steps. I harbored a false impression that after making a few brief amends I would "graduate" up to the big leagues - steps ten, eleven and twelve. Step Ten was to be, in my mind, the bottle of Windex you spray on your thoughts, feelings and behaviors before wiping away the addictive "grime" with a soft cloth provided by the higher power. This was just a quick maintenance stroke, that's all. Let's go on to eleven and twelve and then say we're done. I thought I had it all figured out.

I simply didn't.

"Step Ten was to be, in my mind, the bottle of Windex you spray on your thoughts, feelings and behaviors before wiping away the addictive "grime"..."



My first "real" experience with Step Ten was a shocker! In my third year, I finally got

up the nerve to go out and get a sponsor. I told this new sponsor that I had already been through steps one through nine and that I was getting “stuck” on step ten. He smiled at me for a moment and then asked me “Are you sure that you are stuck on Step Ten? Let’s go back and talk about the earlier steps.”

I then spent well over a year finding that my earlier work was not quite up to par. I had missed working Step Two entirely and did not cover more than a fraction of my total inventory in Step Five.

Since following my sponsor’s lead, I have found that not only did the first nine steps require more work than I thought but that Step Ten itself looked entirely different now.

I began to go back to my Step Four inventory and look seriously at what was missing. I began to use what people in my group called “rigorous honesty” by allowing me to admit to the existence of vulnerability to continuing attacks by my addict. I would keep a journal and share it with my group such that “when I was wrong, I would promptly admit it.” This was hard.

I was not only admitting to any of my acting-out behaviors but also to my trigger feelings and slippery behaviors.

After a few years with my sponsor, I can now see another way that a “real” Step Ten has helped me. Not only is the continuing inventory and rigorous honesty necessary for sobriety to grow but there is more. I know that to continue to grow in relationships, self-acceptance and in life I will have to continue to “wipe my windows clean” as often as I can.

Thank you for reading this.

Mark

EDITOR’S CORNER

Losing a Brother

I really don’t know where to begin except to go back over nine years to the day that I first

met you. It may have been something of a fluke but I tend to think that it was a gift from my higher power. You see, my recovery at that time was from the school of “just getting by.” At that time I had no sponsor, no firm direction before me as my wobbly program inched into the future.

Then came the day that I will always remember: I had a wonderful opportunity to see a stack of scribbled, dog-eared papers bound into a three-ring notebook.

This stack of papers was the rough draft of what was to become the text for our fellowship. More importantly, when I first saw this stack of papers it was attached to you and two close friends in recovery.

As I shook hands with you and introduced myself I had no idea how important your influence would impact my recovery and the entire fellowship.

To be honest, I first saw you as having a rather large, gruff exterior but what I didn’t see right away was the huge heart buried underneath. This was a heart that beat so heavy and so true for service. You turned out to be more of a sheep in wolf’s clothing.

You had returned to my home group on a rainy Sunday night just weeks later. You had driven well over a hundred miles in a station wagon with the two others to give my group another opportunity to review and talk about our future book.

The exposure to the manuscript and the potential for recovery fellowship outside of my local groups was now something I just had to pursue.

I found myself attending a workshop in Indianapolis for the first time just a month or so later. When I did, I saw you there again.

You were running a recovery workshop. I can’t remember what that workshop was about but what I can remember is that your leadership as well as the leadership of those around you was silently, gently helping to turn my recovery around.

At this workshop, I found my sponsor by moving past the fear of asking. I also found joy in being part of a fellowship that extended beyond the doors of the few groups I attended in Ohio.

It was as if I had unearthed a goldmine of new friends to help move me further away from my addict.

Later that fall I attended my first retreat. I was re-introduced to the joy of fishing after many years and to the joy of attending a meeting with more than a dozen in attendance. I was also introduced to the joy of eating your lasagna, salad and breadsticks for the first time. Ah, it was nature's perfect meal. You ran a tight ship in the kitchen and I found myself wanting to help there as often as I could. Your leadership was something I needed to experience in this fellowship, something to absorb before I could ever attempt it myself.

The inspiration from you and your close friends led me to leave a comfort zone that had held me captive for quite a long time.

“Your leadership was something I needed to experience in this fellowship, something to absorb before I could ever attempt it myself.”

It seemed that there was so much more that my local groups could do. There was so much room to expand.

I had worked with local friends in recovery to start an intergroup in my area with your intergroup serving as a model.

Later, at the 2004 convention in Dallas, I volunteered for my first major service position when I joined the Literature Committee. I had no idea at that time just how much work was to be ahead but also I had no idea just how much it would give back to my recovery.

In 2005, our basic text was finally introduced. We called it our green book and I will never forget the night I was given my first copy in New Orleans. We seemed light years away from that gathering in Dayton

when you and two others brought the notebook filled with loose, dog-eared sheets of text for our review.

It is also hard to forget the day that you and your friends in recovery held up a huge banner that proclaimed there would be “Healing at the Crossroads” when the 2006 ISO convention was brought to Indianapolis. The time, energy and sweat that it must have taken to be able to stand and hold that banner must have been great. Even greater, was the fact that you volunteered for the position of Chair for the ISO Board of Trustees after serving as the representative for the Great Lakes region.

You had also served as a liaison to the Literature Committee and your voice is one that I recognized on many teleconference calls. I have sometimes wondered if there exists a position which you have not filled at some point in your recovery journey.



I now think about seeing you in the hospitality room at the Albuquerque Marriott this last spring. You were sitting next to a good friend in the fellowship, in fact one who was with you the day you first visited Dayton. In our presence that morning was also the third individual who visited that day. Of course we talked about the book and other aspects of our fellowship.

You had just taken yet another position in the fellowship. It was the Conference Charter Committee. Once again where there was a need, you jumped in to fill it.

We all parted ways and returned home. Weeks later, I received a phone call one morning and was told that the heart that had beaten so heavy and so true for service had stopped. Just like that you were gone.

It was as if I had lost a brother. In fact, I moved through what I would describe as the common stages of grief starting with shock and disbelief and ending with a reluctant acceptance.

And now I join the many across our fellowship who will bow their head and say: rest in peace Ken S. You will certainly be missed and you will certainly be remembered.

May you now truly be in warmth and presence of your higher power.

Chris J.

Revised Meeting List for OH-WV-KY

(Ohio)

Athens

Wednesday 7:30 P.M. Out of the Shadows

Type: Mixed/Open

Christ the King University Parish

75 Stewart St. (Stewart at Mill Streets)

(740)-541-4984

Chris E. eaton@ohio.edu

Contact: Mark R. mrrutter@isp.com

Bowling Green

Monday 6:00 PM – Courage & Serenity

Type: Mixed/Closed

St. John's Episcopal, 1505 E. Wooster St.

Contact: Tom B.. at 419-601-5004

Buckeyetom2007@gmail.com

Cleveland

Tuesday 7:30 PM- Hope & Recovery

Type: Mixed/Closed

Location: St. Malachi Center, 2459 Washington

Ave. In the Side Building, Second Floor

Contact: call Mike G. at 216-556-0854

Columbus

Tuesday 6:30 PM New Leaf Group

Type: Mixed/Closed

King Avenue United Methodist Church

299 King Ave At Neil (In Basement)

Tom P. (614)-214-0175 Email:

tom4recovery@gmail.com

Thursday 6:30 PM Archway to Freedom

Type: Men's/Closed

King Avenue United Methodist Church

299 King Ave At Neil (upstairs-3rd floor)

Martin M. (614)-288-7293

Thursday 6:30 P.M. Mindful Journeys

Type: Women's/Closed

King Avenue United Methodist Church

299 King Avenue @ Neil Columbus, OH

Sheila B. (614)-804-7997 saa4women@aol.com

TGIF Friday Morning Meeting 7:30 A.M.

Mixed/Closed

501 E. Broad St. At N.Washington Av.

Broad St. United Methodist Upper Floor

Tom P. (614)-214-0125

Rick S. (710)-645-3893

Bill K. (614)-364-2233

Saturday Morning Circles 10:00 AM

Type: Mixed/Closed

500 Thomas Lane At Olentangy River Rd.

Riverside Outpatient Annex bldg.

Room G Lower Level

George M. (614)-447-9185

Jeremy W. (614)-421-1229

Mark H. (614)-949-6500

Tom P. (614)-214-0175

Monday Morning Step Study 7:30 A.M.

Travonna Coffee House – Meeting Room

1195 N. High St. At 5th Ave. 43201

Bill K. (614)-364-2233

Billk.inrecovery@yahoo.com

Monday Meditations 12:00 P.M.

Mixed/Closed

Trinity Episcopal Church, Schneider Room

123 E. Broad St. @ S. 3rd St.

Bill K. (614)-364-2233

billk.inrecovery@yahoo.com

Whit J. (972)-961-1761

whitinohio@gmail.com

Scott H. (614)-266-8245

Tuesday Morning Book Study

Travonna Coffee House – Meeting Room

1195 N. High St. At 5th Ave. 43201

Bill K. (614)-364-2233

Wednesday 12:00 P.M. Winners Wednesday

Trinity Episcopal Church, Schneider Room

123 E. Broad St. At S. 3rd St.

Bill K. (614)-364-2233

billk.inrecovery@yahoo.com

Whit J. (972)-961-1761
whitinohio@gmail.com

Dayton/Centerville/Kettering

Tuesday 7:30 PM - South Dayton Serenity
Type: Mixed/Open (rotating format)
Normandy Methodist Ch., Room 1 (Ship Room)
450 W. Alexandersville - Bellbrook Rd.
Brian F. (937)-286-8629, Bill G. at (937)-371-2400

Wednesday 9:00 AM - Steps to Recovery
Type: Mixed/Closed
Location: Christ Episcopal Church
20 W. First St. Parlor, First Floor
Warren C. at 937-299-5689
Ed W. (937)-335-3096

Thursday 7:30 PM - Journey Into the Light
Type: Mixed/Close
Location: Christ United Methodist Church
3440 Shroyer Rd., Kettering, Room 201
Contact: Gary C. at 937-252-1220

Saturday 11:00 AM - Centerville Serenity
Type: Mixed/Open (disc. - chairman choice)
Epiphany Lutheran Church, 6430 Far Hills (Rt. 48) Room 121
Contact: Brian F. at (937)-286-8629
Bill G. at 937-371-2400

Elyria

A New Way of Living
Type: Mixed/Closed
Sunday 7:00 P.M.
Emmanuel Lutheran Church-Parking Lot
Entrance
360 Princeton Av. @ Garford
Hank R. (440)-212-1387

Fairlawn (near Akron)

Thursday 7:00 PM – Hope and Recovery II
Location: Unitarian Universalist Church,
3300 Morewood Rd Fairlawn (44333)
Joe O. (330)-608-0046
Hope.recovery@msn.com

Elida (Lima)

New Beginnings
Type: Mixed/Closed
7:30 P.M. Monday
Pike Mennonite Church
3995 McBride Rd.
Craig H. (419)-236-3387
Zach M. (419)-303-6833

Marietta

Marietta, OH "Gentle Path"
Type: Mixed/Closed
7:00 p.m. Thursday evenings
431 3rd St.
Contact: Mark R. at 740-706-1254
Saa_seoh@yahoo.com

Miamisburg (South of Dayton)

Sunday 6:00 PM – New Light in Miamisburg
Type: Mixed/Closed
St. John's Evangelical Lutheran Church
470 S. Gebhart Church Rd. Miamisburg
Mike (937)-974-5868
Contact: mwootan@woh.rr.com OR
Kevin (937)-470-2413
kdmckeedo@yahoo.com

Toledo

Monday 7:00 AM – S.A.A. Chapter III
Type: Mixed/Open
Uncle John's Pancake House – Dining Hall
Location: 3131 Secor Rd.
Contact: Bill J. 419-474-9960
bjonescrazycelt@yahoo.com

Tuesday 7:30 PM – S.A.A. Chapter II
Type: Men/Closed
Location: St. Mark's Episcopal (1st flr dining room)
2272 Collingwood Blvd.
Bill J. (419)-474-9960
bjonescrazycelt@yahoo.com

Thursday 7:00 PM – S.A.A. Chapter 1
Type: Mixed/Closed
Location: 2272 Collingwood Blvd, St. Mark's Episcopal, Schilling Rm. 108
Bill J. (419)-474-9960
bjonescrazycelt@yahoo.com

Yellow Springs (East of Dayton)

Sunday 7:30 PM – Get Real
Type – Mixed/Closed
Location: Yellow Springs United Methodist Church, basement
202 Winter St. Yellow Springs, OH
Contact: Gary C. (937) 252-1220
Chris J. (937)-725-7281
Crispyj4@aol.com

(West Virginia)

Charleston South

Monday 7 PM – Kanawah Valley S.A.A.

Type: Mixed/Closed

Location: Blessed Sacrament Catholic Church

305 E Street, S. Charleston, WV

2nd floor, Educ. Bldg. Library

Enter off parking lot

Jack L. (304)-344-0469

(jacklovegood@verizon.net)

Marsha (304)-744-1503 (Female callers only, please)

(Marshac1975@yahoo.com)

Huntington/Barboursville

Friday 7:00 P.M. Barboursville

E. Huntington Chapter

Type: Mixed/Closed

Oasis Health Services

689 Central Ave. across from Post Office

Upstairs, rear right

Richard (304)-544-9045

Steve S. (304)-751-6848 (concepts@usa.net)

Huntington/Ceredo

Huntington WV Women's Group (closed)

Sunday at 5:00 PM

Type: Women's Closed

First Congregational Church

600 C St. at US Rt. 60

Contact: Steve S. at (304)-751-6848

Email: concepts@usa.net

Huntington/Ceredo

West Huntington Chapter

Tuesday 7:00 PM

Type: Mixed/Closed

First Congregational Church,

600 C St. at US Rt. 60, Ceredo

www.hwvsaa.com

Contact: Steve S. (304)-751-6848

Doug (304)-436-6633

Richard (304)-544-9045

Morgantown

Morgantown Group

Friday 6:15 PM

Type: Mixed/closed

930 Chestnut Ridge Rd. (Board Room)

Tom C. – thankfultom@yahoo.com

Parkersburg

Saturday 8:30 AM – Shame to Grace

Type: Mixed/closed

Good Shepherd Episcopal Church,

corner of 8th and Charles Streets

Contact: Mark R. at 740-706-1254

saa_seoh@yahoo.com

Wheeling

Tuesday 7:00 PM

Type: Mixed/Closed

St. Matthew's Episcopal Church

1410 Chapline St. At 14th St. side door,

downstairs, room on right

Info Line: (304)-243-6751

Local Email: saawhg@yahoo.com

(Kentucky)

Ashland

Thursday 7:00 PM

Type: Mixed/Closed

Our Lady of Bellefonte Hospital

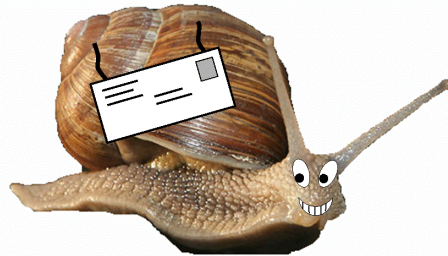
(Behavioral Health Center)

In Bldg. 'B' off of St. Christopher Dr.

In Ashland KY 41101

Contact: Phillip (606)-547-6611

The Mail-Snail Asks:



Know someone who needs a copy of *Bedrock Foundation* but doesn't have E-mail and they are not close to a meeting?

Have them call (937)-725-7281 to request a hard copy. They must provide their mailing address.

