

Alcoholics Anonymous District 14 Sarnia/Lambton

Volume 1, Issue 1

February-March 2010

The Update

From our DCM District 14

Greetings to all in District 14, I am Mary B, member of the Forest Lakeside Group and am serving as your District Committee Member (DCM).

I would like to share a little about my experience in service. For me if it was not for service I am not sure that I would have stayed sober. For the first year of my sobriety, in the back of my mind, I was not that bad, I did not drink enough, etc. but my home group asked me to represent them at the District meeting, the last Tuesday night of each month. I first thought how could I attend the District meeting on the same night as my home group, I was told not to miss my group - it was then explained to me that you are serving your group while attending this meeting so it was okay to miss my home group for this reason.

I did not think that I was good enough to do this, I did

not know what to expect. I did not know what to do when I got there. I went to the District meeting I still did not know what to do so I took lots of notes and asked questions of the people who were sitting next to me. I loved it. As the saying goes, the only stupid question is the one not asked. Attending that meeting and continuing to attend these meetings helped me learn what AA does from the business side of things. It was very important for me to stay involved so that I could stay committed to my recovery, my home group and my life.

Service work is not just attending the District meetings and being the Group Representative - setting up your home group, cleaning up your group, making coffee, being the literature person for your group- this makes sure the literature is there for the new person who comes to your home group,

being on the telephone answering list- this helps carry the message to the still suffering alcoholic who calls our local AA line for help. I did all of these things in my home group and still continue to do the little things at my home group.

Every little bit helps to make sure that AA in Sarnia-Lambton is there for the still suffering alcoholic, and the still suffering alcoholic is not always the new person coming in, it can be someone who has been around for a short time or a long time. If you have any questions about service work please feel free to contact me or your home group general service representative.

Our District is still looking for an Alternate District Committee Member, a secretary, Grapevine Representative and Treatment Representative if you know anyone who may be interested in any of these positions come out to the next District meeting- the last Tuesday of every month.

Love and Service Mary B.

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Step 1, Tradition 1, Concept 1 & Principle 1

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

Tradition 1: Our common welfare should come first; personal recovery depends upon A.A. unity.

Concept 1: Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.

Principle 1: Surrender - to give oneself up, as into the power of another; submit or yield.

New Committee For 2010-2012

Executive

- DCM: Mary B
- Alt DCM: Vacant
- Treasurer: Joe B
- Secretary: Vacant

Committees

- CPC: Ian S
- PI: Tim S
- Treatment: Vacant
- Grapevine: Vacant
- Archives: Val T

- Special Needs: Maryjo C
- Newsletter/website: Pam V
- Corrections: Tim B

Special points of interest:

- Members Milestone.
- See who is celebrating
- Jokes and Phrases
- Events in our District
- Letter From the Editor
- Local Stories

Treasurer

Hello friends..... I am an alcoholic. My name is Joe and I have the privilege of serving as the treasurer for District 14 for 2010 and 2011.

First let me say that someone who has already served as the treasurer would be far better able to pass on the particulars of what the treasurer job actually entails.

For me and what I know today, the treasurer job is pretty glamorous (my attempt at humour). I pick up the mail for District 14, take the group contributions to the bank, and make sure that our bills are paid on time. I do this under the guidance of your Group's GSRs

Anonymity

Traditionally, A.A. members have always taken care to preserve their anonymity at the "public" level: press, radio, television, and films.

In the early days of A.A., when more stigma was attached to the term "alcoholic" than is the case today, this reluctance to be identified - and publicized - was easy to understand.

As the Fellowship of A.A. grew, the positive values of anonymity soon became apparent.

First, we know from experience that many problem drinkers might hesitate to turn to A.A. for help if they thought their problem might be discussed publicly, even inadvertently, by others. Newcomers should be able to seek help with complete assurance that their identities will not be disclosed to anyone outside the Fellowship.

Then, too, we believe that the concept of per-

sonal anonymity has a spiritual significance for us

and answer directly to them. AA continues to offer me opportunities to grow and new experiences to experience ---- if and only when I accept the opportunity to be of service. Through saying "yes" ---- sometimes it is as simple as "not saying no" --- there seems to be a continuous stream of new learning presented for me. It has always been my choice what I decided to do with each of these gifts to grow.

I encourage everyone to take the leap and do what you can when asked. Groups can always use more "active members", committees always welcome more help, nobody is ever turned away if they want

to help setup a meeting they are early for.

I learn more by doing than I ever learned by watching others do. This has become even more clear to me since becoming an active part of AA.

Thank you everyone for my sobriety,

Yours in service,

Joe B.

Essex St Group

An A.A. member may, for various reasons, "break anonymity" deliberately at the public level.

sonal anonymity has a spiritual significance for us - that it discourages the drives for personal recognition, power, prestige, or profit that have caused difficulties in some societies. Much of our relative effectiveness in working with alcoholics might be impaired if we sought or accepted public recognition.

While each member of A.A. is free to make his or her own interpretations of A.A. tradition, no individual is ever recognized as a spokesperson for the Fellowship locally, nationally, or internationally. Each member speaks only for himself or herself.

A.A. is indebted to all media for their assistance

in strengthening the Tradition of anonymity over the years. From time to time, the General Service Office contacts all major media in the United States and Canada, describing the Tradition and asking for cooperation in its observance.

An A.A. member may, for various reasons, "break anonymity" deliberately at the public level. Since this is a matter of individual choice and conscience, the Fellowship as a whole obviously has no control over such deviations from tradition. It is clear, however, that such individuals do not have the approval of the overwhelming majority of members.

This is A.A. General Service Conference-approved literature

Prepared by General Service Office of Alcoholics Anonymous Last updated on 09 January 2008

NEWS: World wide and Local

A.A. To Celebrate 75 Years

Every five years since 1950, A.A. has celebrated its founding with an International Convention. The next celebration, honoring 75 years of Alcoholics Anonymous, will take place in San Antonio, Texas, July 1-4, 2010. The theme of the 2010 International Convention will be "A Vision for You." For information, visit www.aa.org or contact the General Service Office, Box 459, Grand Central Station, New

York, NY 10163. (212) 870-3400.

LOCAL

- Thursday Night North End Meeting that normally meets at 8:30pm at St Giles Church will be closed until April.
- All the Committees are looking for help.

- District 14 has some Committee positions still available, if your interested in service please come to the GSR meeting on the last Tuesday of the month at 8:00pm.
- The Area Assembly is coming up in March
- District 14 will be hosting the Area meeting this Spring. If you would like to be "part of" let your GSR

Members Aniversaries

Name	Date	Years	Name	Date	Years
<u>Sunday Morning Group</u>	<u>Dec 12 1971</u>	<u>39</u>	<u>Big Book Action group</u>	<u>Jan 19 1978</u>	<u>32</u>
<u>The Hub Group</u>	<u>April 8 2007</u>	<u>2</u>	Mike A.	Mar 31 2002	8
Bob C.	Feb 25 2004	6	<u>Thedford Workshop Group</u>	<u>Oct 7 1981</u>	<u>29</u>
<u>Centennial Group</u>	<u>Nov 8 1967</u>	<u>43</u>	Alex N.	Feb 10 2007	3
Mac F.	Feb 8 1992	18	<u>High Noon Group</u>	<u>Feb 29 1984</u>	<u>26</u>
Lance R.	Feb 26 2005	5	<u>Wednesday Night Hospital Group</u>	<u>Jan 11 1973</u>	<u>37</u>
<u>Sunshine Group</u>	<u>May 12 1988</u>	<u>12</u>	<u>St. Peters Group</u>	<u>July 18 1956</u>	<u>64</u>
<u>Monday Morning</u>			Tim Blythe	Feb 10 1988	22
Gord G.	Feb 3 1977	33	<u>New Beginnings Group</u>	<u>May 13 1990</u>	<u>20</u>
Rod F.	Mar 31 1967	43	Dave T.	Mar 15 1995	15
<u>St. Georges Group</u>	<u>Mar 25 1945</u>	<u>65</u>	<u>Serenity Group</u>	<u>Mar 27 1975</u>	<u>35</u>
Bill M.	Feb 9 1997	13	<u>Murphy Rd Group</u>	<u>Jan 11 1980</u>	<u>30</u>
Jennifer M.	Mar 13 2009	1	Mike D.	Feb 22 1968	42
Patricia C.	Mar 14 2009	1	Dorothy R,	Feb 24 1986	24
<u>Down River Group</u>	<u>Feb 7 1974</u>	<u>36</u>	Coco L.	Mar 23 1973	37
Bob N	Feb 18 2008	2	Doug M.	Mar 27 1985	25
<u>Essex St Group</u>	<u>Mar 8 1980</u>	<u>30</u>	<u>Lambton Central Group</u>	<u>Mar 20 1957</u>	<u>53</u>
Leo N.	Feb 6 1983	27	Bart S.	Feb 15 1984	26
Chad O.	Mar 13 2007	3	Ron C.	Mar 22 1989	21
Anita	Mar 19 1997	13	Rob H.	Mar 17 2004	6
Mike S.	Mar 20 2001	9	<u>Thursday Night Men's Group</u>		
<u>Forest Lakeside Group</u>	<u>Sept 6 1967</u>	<u>43</u>	<u>North End Group</u>	<u>April 1 1963</u>	<u>47</u>
Jan L.	Feb 5 1991	19	Rob C.	Feb 16 1991	19
Chipper R.	Mar 3 1994	16	<u>Happy Friday Group</u>	<u>June 18 1989</u>	<u>21</u>
Tom J.	Mar 12 1988	22	Mark C.	Feb 26 2006	4
Greg G.	Mar 26 2004	6	<u>Watford Group</u>	<u>Jan 19 1976</u>	<u>34</u>
<u>Shift Workers Group</u>	<u>Mar 13 1967</u>	<u>43</u>	<u>Hill St Blues Group</u>	<u>Oct 31 1984</u>	<u>26</u>
Jerry H.	Feb 25 2008	2	Carol C.	Feb 5 2000	10
<u>Beginners Reflections Group</u>	<u>Sept 6 1961</u>	<u>49</u>	<u>Bridgeview Group</u>	<u>Aug 11 1964</u>	<u>46</u>
Ed B.	Feb 25 2007	3	Don B.	Mar 3 1993	17
Leo T.	Mar 3 2008	2	<u>Eastland Group</u>	<u>Dec 2 1970</u>	<u>40</u>
Mike W.	Mar 14 1997	13	Rick R.	Mar 21 2008	2
Trina C.	Mar 24 2008	2			
<u>Lake Huron Group</u>	<u>April 27 1974</u>	<u>36</u>			
Bill P	Feb 28 1986	24			

My serenity is inversely proportional to my expectations.



Groups are responsible for sending information to the Newsletter Chair. If your name has not been published please let your GSR know to send the list. If your name has been published in error please ask your GSR to remove your name from the list. If there has been a typo in spelling or your date please make me aware of that.

What is the difference between a Drunk and a bucket of shit? The bucket.

Dan W. Beginners/Reflections
Tuesday Night



Step 2, Tradition 2, Concept 2 & Principle 2

Step 2: Came to believe that a Power greater than ourselves could restore us to sanity.

Tradition 2: For our group purpose there is but one ultimate authority - loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

Concept 2: The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole society in its world affairs.

Principle 2: Hope - the feeling that what is wanted can be had or that events will turn out for the best.

As a Member Shares

I can remember being quite young and starting to seek for salvation in every house on the block, like, the bar, the drug house or the party down the street and yet, never capturing the contentment I yearned for. During my travels down the long city blocks, I had managed to strip away all the essentials that make a human being a person. I had stripped away the ability to love, to function, to live and had replaced those human qualities with such a dark force of guilt, shame and, remorse only an alcoholic soul can understand. I travelled with those feelings until I reached the last house on the block. That house was Alcoholics Anonymous. The people that belonged to that house belonged to a fellowship and they opened their doors to me. I fell to my knees and they gave me a helping hand up. I was sick and they nourished me back to

health. I was then told of step one, "We admitted we were powerless over alcohol - that our lives had become unmanageable. I admitted, I accepted and I understood that I am powerless of alcohol. I believed for the first time that I was in the right place at the right time and, I belonged. Step one is only putting the plug in the jug, but I needed more, I needed sobriety. Sobriety to me is changing my attitude, my feelings, my reactions and my behaviors'. Sobriety teaches me to accept the things I cannot change which brings serenity into my life, it gives me the courage to change the things about myself in order to be a better person and the wisdom to know the only thing I can change is me. Sobriety gives me the opportunity to obtain a life I never thought I deserved, today; sobriety gives me the tools to maintain a life full of peace, serenity, fellowship and an abundance of love that I know I deserve. Today I am a free woman, today I am a woman

Service

For A.A. members who want to make a difference in the quality of their sobriety, the sobriety of others, and to help ensure that A.A. will be here for future generations, we highly recommend you try a service position.

As we grow in our sobriety, we gain much by giving a part of ourselves -- as was done for us during our early recovery.

Anyone interested in Service Positions at District 14 please feel free to talk to any of the committee members via email or in person. If you just want to check it out first join a committee. Each of the committee's would love to have help. The District 14 GSR meeting is held the last Tuesday of every month at 1081 Brenchley St . Please come out and see what it is all about.

Give Back What has Been Freely Given!!!!

Sobriety to me is changing my attitude, my feelings, my reactions and my behaviors'

with purpose, today I am a woman who knows where she belongs and I owe it all to the 12 steps of Alcoholic Anonymous, I owe it to the people in the fellowship, I owe it to God and I owe it to myself for being willing to do the work. I was told that this program isn't for people who need it and it's not for people who want it but for people who do it.

Thank you. Harlee.M.

A.A. Thought for the Day :When we came into Alcoholics Anonymous, were we desperate? Were we so sick of ourselves and our way of living that we couldn't stand looking at ourselves in a mirror? Were we ready to try anything that would help us to get sober and to get over our soul-sickness? Should I ever forget the condition I was in? Meditation for the Day In the new year, I will live one day at a time. I will make each day one of preparation for better things ahead. I will not dwell on the past or the future, only on the present. I will bury every fear of the future.

Prayer for the Day: I pray that God will guide me one day at a time in the new year. I pray that for each day, God will supply the wisdom and the strength that I need.

Jennifer M. St Georges Monday Night

Note From the Editor

I am Pam, and I am an Alcoholic. I am proudly serving as District 14 Newsletter/website Chair 2010/2011. I would like to take this time to welcome all comments, and any input that anyone has for your Newsletter. You can reach me at **newsletter@asarnialambton.com** . I am very interested in stories from fellow members, jokes, phrases and any other interesting information one might have to publish in the newsletter.

I would also like to congratulate all the new committee members as well as the ones returning from last year. Service has been a great part of my sobriety and I wish all of you success in the upcoming 2 years. I am grateful to have a position and I am looking forward to working with all of the members of the fellowship. Please keep me posted on group activities as I don't want to miss an event.

Yours In Love and Service

Pam V

Live and let Live

Big Book Quote



"We were having trouble with personal relationships, we couldn't control our emotional natures, we were a prey to misery and depression, we couldn't make a living, we had a feeling of uselessness, we were full of fear, we were unhappy, we couldn't seem to be of real help to other people.... When we saw others solve their problems by

a simple reliance upon the Spirit of the Universe, we had to stop doubting the power of God. Our ideas did not work. But the God idea did."

© 2001, *Alcoholics Anonymous*, page 52

Prayers:

Release from Anger Prayer
Big Book, page 67

When a person offended we said to ourselves, "This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done."

Third Step Prayer

God, I offer myself to Thee - To build with me and 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!

February 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24 ^{GSR} Meeting	25	26	27
28						

March 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20 ^{Area} Assembly
21 ^{Area} Assembly	22	23	24	25	26	27
28	29	30	31 ^{GSR} Meeting			