

The Update

*This is a member to member publication.
The viewpoints expressed here do not represent AA as a whole.*

D I S T R I C T 1 4

**A d m i t t e d t o G o d , t o o u r s e l v e s , a n d t o
a n o t h e r h u m a n b e i n g t h e e x a c t n a t u r e o f
o u r w r o n g s .**

**SPECIAL
POINTS OF
INTEREST:**

- Step 5
- Tradition 5
- Birthdays

Returning home we find a place where we can be quiet for an hour, carefully reviewing what we have done. We thank God from the bottom of our heart that we know Him better. Taking this book down from our shelf we turn to the page which contains the twelve steps. Carefully reading the first five proposals we ask if we have omitted anything, for we are building an arch through which we shall walk a free man at last. Is our work solid so far? Are the stones properly in place? Have we skimmed on the cement put into the foundation? Have we tried to make mortar

without sand? If we can answer to our satisfaction, we then look at step 6. BB pg 75

5th Step Prayer

God I thank you from the bottom of my heart that I know you better. Help me become aware of anything I have omitted discussing with another person. Help me to do what is necessary to walk a free man at last. AMEN

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We were having trouble with personal relationships.



We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away.

We couldn't control our emotional natures.



We will comprehend the word serenity and we know peace.

We were a prey to misery and depression.



Our whole attitude and outlook upon life will change.

We couldn't make a living.



Fear of people and of economic insecurity will leave us.

We had a feeling of uselessness.



That feeling of uselessness and self-pity will disappear.

We were full of fear.



We will intuitively know how to handle situations which used to baffle us.

We were unhappy.



We are going to know a new freedom and a new happiness.

We couldn't seem to be of real help to other people.



No matter how far down the scale we have gone, we will see how our experience can benefit others. We will not regret the past nor wish to shut the door on it.

And, most of all,



We will suddenly realize that God is doing for us what we could not do for ourselves.

SEVEN DEADLY SINS

These considerations were taken from pages 48, 49, 66 & 67 of the Twelve and Twelve
The bold type presents definitions from Webster's Unabridged Dictionary.

PRIDE: An over high opinion of oneself; exaggerated self-esteem; conceit, arrogance, vanity, self-satisfaction.

- Have I been so proud that I've been scorned (disrespected) as a braggart (bragger)?
- Have I acted prideful, consciously or unconsciously out of fear?
- Have I used pride to justify my excesses in my sex conduct?
- Do I like to feel and act superior to others?

GREED: Excessive desire for acquiring or having; desire for more than one needs or deserves.

- Have I been so greedy that I've been or could be labeled a thief?
- Do I long for the possessions of others out of fear of not getting enough?
- Do I let greed masquerade as ambition?

LUST: To feel an intense desire, especially sexual desire; to long: after or for.

- Have I been lustful enough to rape, if not physically what about in my mind?
- Do I fear I will never have the sex relations I need?
- Do I have sex excursions that have been dressed up in dreams or delusions of romance?

ANGER: A strong feeling excited by a real or supposed injury; often accompanied by a desire to take vengeance, or to obtain satisfaction from the offending party; resentment; wrath.

- Have I been angry enough to murder?
- Do I get angry out of fear when my instinctive demands are threatened?
- Have I enjoyed self-righteous anger in the fact that many people annoy me and that makes me superior to them?

- Have I enjoyed gossiping as a polite form of murder by character assassination?

GLUTTONY: One who eats too much. One with a great capacity for something; as, a glutton for work.

- Have I been gluttonous enough to ruin my health?
- Do I grab for everything I can, fearing I'll never have enough?
- Do I bury myself in my work, hobbies or activities?

ENVY: To resent another for excellence or superiority in any way, and to be desirous of acquiring it.

- Do I agonize over the chronic (persistent or recurring) pain of envy?
- Does seeing the ambitions of others materialize make me fear that mine haven't?
- Do I suffer from never being satisfied with what I have?
- Have I spent more time wishing for what others have than working towards them?

SLOTH: Disinclination to action or labor; sluggishness; habitual indolence; laziness, idleness; slowness; delay.

- Have I been paralyzed by sloth?
- Do I get alarmed with fear at the prospect of work?
- Do I work hard with no better motive than to be secure and slothful later on?
- Do I loaf and procrastinate?
- Do I work grudgingly and under half steam?

STRUCK SOBER
FOUR BROTHERS COME CRASHING
INTO AA AFTER YEARS OF RAGING
ALCOHOLISM

I WAS struck sober 25 years ago in my oldest brother's attic, at 6:07 A.M., the moment of sunrise. I know the time and place because it was the single most important moment of my life, and the beginning of the road to recovery. God said to me, "Everything is going to be all right. The only thing you have to do is never take another drink or drug again." The light slowly faded and 15 years of physical compulsion and mental obsession with inebriation was lifted.

My brother had bailed me out of jail the night before. I'd been arrested one mile from town, after a 1,000-mile journey, for my fifth DUI. "I only had two beers!" I'd protested. I wanted to be dropped off at home to blow my head off with my deer rifle, (which my brother didn't know, but may have suspected). Instead, he took me to his home, where the family had a meet-

ing about my grave situation and my need to go into a treatment center. I attended my first AA meeting the next day, where I heard my story, met my sponsor and began my journey to freedom. A strange man came up to me, told me I stank, and said I needed to get into the nearby river and wash myself--which, amazingly, I did. He later became my sponsor.

My story is one of family disease--and family recovery. I am the youngest of four brothers; two who'd been sober nearly two years when I hit bottom, and another who got sober a year after me. We covered the gamut: country-club highroller, successful businessman, genius artist and juvenile delinquent. We subjected our parents to two decades of insane alcoholic behavior in the fishbowl of small-town America. We were well-educated, successful and admired on one hand; despised, loathed and pitied on the

other. The embarrassment we caused ourselves in the community and the insanity we endured at family functions, with four raging alcoholic brothers, was tragic. One by one, we crashed into the rooms of Alcoholics Anonymous and we recovered by practicing the principles of the program. We got sponsors, worked the Steps, did service work and had spiritual awakenings that removed the obsession to drink. My mother and little sister found peace and recovery in Al-Anon. Today, I honor my best friends--my three brothers--for trudging this road of happy destiny with me. I also have a nephew in recovery, which proves that the disease lives on even as we tried to break the chain in our generation. Our sobriety proves that AA works. God willing, this year my three brothers and I will celebrate 100 years of collective continuous sobriety.

KIRK K.
Al Ain
Grapevine Aug 2010

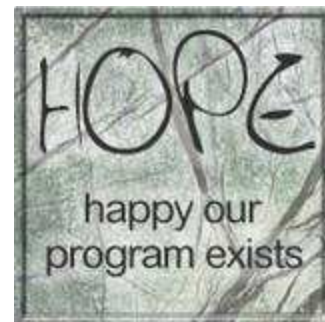
Tradition 5

Each group has but one primary purpose -- to carry its message to the alcoholic who still suffers.

- 1. Do I ever cop out by saying, "I'm not a group, so this or that Tradition doesn't apply to me"?
- 2. Am I willing to explain firmly to a newcomer the *limitations* of AA help, even if he gets mad at me for not giving him a loan?
- 3. Have I today imposed on any AA member for a special favor or consideration simply because I am a fellow alcoholic?
- 4. Am I willing to twelfth-step the who or what is in it for me?
- 5. Do I help my group in every way I can to fulfill our primary purpose?
- 6. Do I remember that AA old-timers, too, can be alcoholics who still suffer? Do I try both to help them and to learn from them?



Easy Does It



BIRTHDAYS

August

Highlighted birthdays are 1, 5, 10....

<u>Name</u>	<u>Day</u>	<u>Year</u>	<u>Group</u>
Julie H	5	1985	NorthEnd
Phil G	5	1996	NorthEnd
Shawn	5	2006	Theford
Ken R	6	1964	St. Georges Group
Bryan S	6	2001	Murphy Rd Group
Glen V	8	2008	Happy Friday
Greg L	8	1998	Theford
Dan J	8	1979	Highnoon
Judy G	13	1995	Sunday Morning Group
Rich	14	2000	New Beginnings
Dianne L	15	1992	Forest
Sean G	17	2010	Theford
Florence K	18	1985	Shiftworkers
Margee B	19	2005	Shiftworkers
Harley S	19	1983	St Georges Group
Brad M	21	1994	St Peters Group
Paul A	23	2006	Hill St Blues
Jeff C	23	2007	Hill St Blues
Carolyn	24	1989	Theford
Gwen L	24	2009	St Georges Group
Jeff B	26	1991	Happy Friday
Steve R	28	2009	New Beginnings

BIRTHDAYS

September

Highlighted birthdays are 1, 5, 10....

<u>Name</u>	<u>Day</u>	<u>Year</u>	<u>Group</u>
Tim p	1	1986	Sunday Morning
Chad V	2	2007	Mens Meeting
Pam V	3	2006	Sunday Morning
Janice K	5	2006	Freedom Group
Joe B	6	2005	Freedom Group
Dave C	7	1991	Thedford
Les S	8	2006	St Georges group
Keith P	8	1997	Hub Group
Daniel S	13	2004	St Peters
Carrie M	16	2009	Freedom group
Cecil B	18	1974	Freedom Group
Mary Ann R	18	2008	St Georges Group
Charlie K	18	1997	St Petres
Pat B	20	1997	St Georges group
Elva M	26	1962	St Georges Group
Len T	27	1980	Sunday Morning group
Lise A	29	2007	St Georges Group
Rick G	29	1989	Murphy Rd

Announcements

District 14 Information Day

October 8th 2011

Dunlop United Church

All Day event

Sarnia's 65th Annual Round UP

November 12 2011

Great Day of Food, Fun and Fellowship

More information to come....

District 14 will be holding Elections

Nominations Start NOW.....

**Please remember to attend the District Meeting to find out
more...**

Enhance your Sobriety join a COMMITTEE!!!!!!

Be Apart of...NOT... Apart from