

The Update

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 The viewpoints expressed here do not represent AA as a whole.

D I S T R I C T 1 4

Step 6 Were entirely ready to have God remove all these defects of character

**SPECIAL
 POINTS OF
 INTEREST:**

- Step 6
- Tradition 6
- Birthdays

When men and women pour so much alcohol into themselves that they destroy their lives, they commit a most unnatural act. Defying their instinctive desire for self-preservation, they seem bent on self-destruction. They work against their own deepest instinct. As they are humbled by the terrific beating administered by alcohol, the grace of God can enter them and expel their obsession. Here their powerful instinct to live can cooperate fully with their Creator's desire to give them new life. For nature and God alike abhor suicide.

6th Step Prayer

God help me become willing to let go of all the things to which I still cling. Help me to be ready to let You remove all of these defects, that Your will and purpose may take their place. AMEN
 (p. 76 BB)

the five A's of Adjustment.

Awareness. Until we admit awareness of a problem or a character defect, we cannot possibly let it go. Steps 4 and 5 apply here.

Attitude. This is the willingness **A**. Do we justify our thoughts or actions? Do we want to keep doing what we are doing and get different results? We must not only be willing to let it go, we must stop hanging onto it. This is Step 6.

Alternatives. What are the various actions or inactions that we might employ to have our defect removed? One of these, certainly, is Step 7! Talk around among trusted folks. What have they done that worked? Do some more research (not the experience of repeating the defect, but the learning variety).

Attunement. This the first action. Because it is so vital, it has its own **A**. Take Step 7, and ask God to relieve you from your defects of character, habits that are incompatible with His path for you, wrong thoughts and actions. Take Steps 2, 3, and 11 every day as often as you can. The payoffs in A.A. are wondrous, but they come in phases: (a) we are no longer drunk, and we are delighted, (b) we discover a magnificent fellowship to which we can belong in acceptance and grace, (c) we are reconciled with our families, our work, and our neighbors, and we are grateful, (d) we come to know who we are and we become whole, and (e) we know and love the perfection of the Spirit within us and we are awakened to the truth of the universe,

Action. In Steps 8 and 9 make a plan for amending the past, and do it. Implicit in this is your discontinuing to reinforce the defect by not practicing it. Privately forgive all those whom you still resent. As a result, guilt, shame, remorse and self-loathing will be removed. Select a promising alternative, and put it to work. Keep at it. If appropriate, keep a notebook in your pocket to record relapses (of the character defect, not the drinking, we hope) and retries until you see real progress. Associate with persons, places and things that will reinforce your growth. In Step 10 revisit all five A's. Through Step 11, follow the direction of God in your life, and be a changed person as you get into service to your fellows, especially suffering alcoholics.

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How Do You Make An Old-Fashioned Twelve Step Call?

"Box 459", Oct-Nov 1998

With many treatment facilities closing their doors, more and more A.A.'s are seeking guidelines for making old-fashioned Twelfth Step calls.

The 1998 Conference Literature Committee considered a pamphlet on making Twelfth Step calls that was compiled and in use by Area 25 (Kansas). Although Conference Committee members felt this effort was fine for local use, they emphasized the importance of the use of "How It Works" in the Big Book, as well as seeking guidance through sponsorship, the experience of older members and workshops.

One such workshop was held last spring by Answering Services Committee of the Elmira, New York) Area Intergroup. The area's second Twelfth Step workshop developed its program along lines of G.S.O.'S service piece "Suggested Workshop Format". Out of the workshop experience has come some suggested guidelines. Because they have proved so useful, the committee has shared them with G.S.O., as follows, in the hope that others will be helped too:

1. Return call ASAP. Call back immediately to listen, share and arrange a time and place to meet but not at a bar. If you are called to a bar, go there only to pick the person up and, preferably, to get him or her to a meeting.
2. Twelfth Step in pairs, with a same-sex member if possible. Twelve-Step calls can be intense, and there is safety in numbers. Besides, two heads are better than one. Be punctual and look your best.
3. Twelfth Step when the prospect is sober or fairly sober. Calls on intoxicated alcoholics seldom work because of blackouts. Wait for the end of a spree or a lucid interval when the prospect is still jittery.
4. During home calls, separate prospect from family if you can (suggest Al-Anon for family members). Too many people butting in to influence you about the "bad guy" can be disruptive. Learn from experienced A.A.s how to interact with family or significant others on the scene, and when it is wiser to leave than to stay.
5. Suggest detox/rehab if needed. If such is indicated, arrange with family or significant others, with prospect's permission if possible. Should violence seem imminent, leave. If necessary, make the appropriate phone call.
6. Share how it was (your own drunkalog). Don't moralize or lecture or brand prospects as "alcoholics". That decision is theirs-even as to tossing out alcohol they have on hand. Detail your own symptoms, drinking habits and other personal experiences with alcohol.
7. Share your understanding of the disease of alcoholism. Let the person know that this disease is progressive and can end with insanity or early death. Describe the conditions of body, mind and spirit that accompany alcoholism.
8. Share exactly what happened to you. The prospect will probably want to know how long you have been in A.A. and how you got and stayed sober.
9. *Share your experience.* Share how A.A. has worked for you and helped you to regain your sanity while maintaining sobriety, how it has led to being willing to believe in a power greater than self. Use everyday language and avoid arousing prejudice against theological terms and conceptions.
10. *Share how it is now - your recovery program and spirituality.* Outline the A.A. program of action and emphasize that this isn't the somber end of something (preferably drinking) but the start of a challenging, rewarding way of living based on spiritual principles.
11. *Leave a meeting schedule, A.A. pamphlets and your phone number, and make one follow-up visit or phone call.* Offer to return for further questions, and help with transportation to a meeting if possible. Mention Al-Anon meetings available to family members and significant others.
12. *Understand that success means YOU are still sober.* Practical experience show that nothing will so much insure immunity from drinking as intensive Twelfth Step work with other alcoholics.

Living in Today

Fear ruled my life up until two years ago. I was paralyzed with fear about the future and what would happen when "they" found out the truth about me ... how bad I really was ... how little they could trust me. I was terrified that the past would catch up with me and I'd be found out. The guilt and shame of the last binge came along for the ride, as I replayed the scene compulsively and beat myself up for screwing up yet again, making it impossible to stay in the present.

In program, I learned that I wasn't really paralyzed by the past or the future--I was paralyzed by fear of losing control. The only way to release that fear was to admit, every hour of every day, that I was powerless over the people, the past, the future and [alcohol]. When I wrote it down and put it in my God box, I could live in the present time. It was hard at first, and I'd grab it back when the fear crept in. But I'd let it go a little more each time, allowing me to be free of the fear and enjoy moments of the day. The moments turned into hours and soon I was experiencing a full day without fear. The fear of the

past and the future held less sway over me, as I worked the Steps, surrendered my fears, and did service.

Service is the most important tool for me. The more service I do, the more I am fully alive in the present and the more I forget about the past and the future. The peace and serenity that replaced the fear is a blessed gift, allowing me to explore more of the present day, honestly sharing myself with others and rebuilding relationships. I now know the freedom of "giving all to what is present" and pray for the willingness to stay in the present and being generous toward my future.

I live fully in the present, easily and effortlessly surrendering the past and the future to my Higher Power

Author Unknown - from Recovery Meditations ~ One Day at a Time March 11, 2001



Tradition 6

An AA group ought never endorse, finance, or lend the AA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose. (from the May 1948 Grapevine)

The sixth of our Twelve Points of AA Tradition is deemed so important that it states at length the relation of the AA movement to money and property. This Tradition declares in substance that the accumulation of money, property, and the unwanted personal authority so often generated by material wealth comprise a cluster of serious hazards against which an AA group must ever be on guard.

Tradition Six also enjoins the group never to go into business nor ever to lend the AA name or money credit to any "outside" enterprise, no matter how good. Strongly expressed is the opinion that even clubs should not bear the AA name; that they ought to be separately incorporated and managed by those individual AAs who need or want clubs enough to financially support them.

We would thus divide the spiritual from the material, confine the AA movement to its sole aim, and ensure (however wealthy as individuals we may become) that AA itself shall always remain poor. We dare

not risk the distractions of corporate wealth. Years of experience have proven these principles beyond doubt. They have become certainties, absolute verities for us.

Thank God, we AAs have never yet been caught in the kind of religious or political disputes which embroil the world of today. But we ought to face the fact that we have often quarreled violently about money, property, and the administration thereof. Money, in quantity, has always been a baleful influence in group life. Let a well-meaning donor present an AA group with a sizable sum and we break loose. Nor does trouble abate until that group, as such, somehow disposes of its bankroll. This experience is practically universal. "But," say our friends, "isn't this a confession of weakness? Other organizations do a lot of good with money. Why not AA?"

Of course, we of AA would be the first to say that many a fine enterprise does a lot of good with a lot of money. To these efforts, money is usually primary; it is their lifeblood. But money is not the lifeblood of AA. With us, it is very secondary. Even in small quantities, it

is scarcely more than a necessary nuisance, something we wish we could do without entirely. Why is that so?

We explain this easily enough; we don't need money. The core of our AA procedure is one alcoholic talking to another, whether that be sitting on a curbstone, in a home, or at a meeting. It's the message, not the place; it's the talk, not the alms. That does our work. Just places to meet and talk, that's about all AA needs. Beyond these, a few small offices, a few secretaries at their desks, a few dollars apiece a year, easily met by voluntary contributions. Trivial indeed, our expenses!

Nowadays, the AA group answers its well-wishers saying: "Our expenses are trifling. As good earners, we can easily pay them. As we neither need nor want money, why risk its hazards? We'd rather stay poor. Thanks just the same!"

Bill W

Live and Let Live



BIRTHDAYS

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

October

<u>Name</u>	<u>Day</u>	<u>Year</u>	<u>Group</u>
Christy B	Oct 1	1987	Hill St Blues Group
Larry C	Oct 1	1992	Hill St Blues Group
Duncan M	Oct 9	2005	St Peters Group
Pat S.	Oct 20	1969	St Georges Group
Terry	Oct 21	2006	Murphy Rd Group
Cathy D	Oct 24	1992	Freedom Group
Monica R.	Oct 25	2004	St Georges Group
Willie M.	Oct 31	1982	St Peters Group

November

<u>Name</u>	<u>Day</u>	<u>Year</u>	<u>Group</u>
Joanne	Nov 4	2007	Beginners\Reflections Group
Christine B	Nov 4	2006	Hill St Blues Group
Mike C.	Nov 5	1963	St Georges Group
Bob L.	Nov 8	1986	Freedom Group
Ron B	Nov 10	1970	Freedom Group
Dan B.	Nov 11	1990	St Georges Group
Michael M	Nov 14	1999	Happy Friday Group
Allan M	Nov 15	2009	Hill St Blues Group
Randy C	Nov 15	1985	St Georges Group
Bob B	Nov 23	1981	Thedford Group
Carole N	Nov 23	1982	St Peters Group
Larry D	Nov 24	1983	St Peters Group
Mike B	Nov 28	2008	Happy Friday Group

“Reflections of Change”

Alcoholics Anonymous Sarnia-Lambton
65th Annual 1-Day Roundup

Saturday - November 12, 2011

Grace United Church, Sarnia

990 Cathcart Blvd (Corner of Cathcart Blvd & Indian Rd.)

8:30 am	Registration
9:30 am	AA Speaker
10:45 am	AA Speaker
12:00 pm	Lunch (7th Tradition)
1:30 pm	Al-Anon Speakers
3:45 pm	Skit
4:30 pm	DCM & Delegate
5:00 pm	Open Discussion Meeting
6:00 pm	Dinner Banquet/ AA Speaker

Tickets:

Registration, Banquet : \$30 per person

Registration : \$5 per person

children 12 & under, free

Grace United Church is a nut-free building; please respect this if bringing food.

James A (519)402-5091
Leo T. (519)337-7990
Teresa K. (519)-491-9891

Announcements

District 14 Information Day

October 15th 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