

# Alcoholics Anonymous District 14 Sarnia/Lambton

Volume 1, Issue 2

April-May 2010

## The Update

### Service Sponsorship

When I first came into the program of Alcoholics Anonymous I recall some of the things that were stressed to me. "Join a home group, get active, and get a sponsor!" And, of course, I did what I was told - eventually. My home group got me helping with making sure the doors of our meeting were always open and clean up after the meetings - washing ashtrays, putting away literature, and just ensuring the church was left presentable.

I was introduced to general service work when my group asked if I would like to attend an assembly as our representative. Me? Wow - what an honour! I remember calling my recovery sponsor and telling her that I was going to an assembly in Waterloo as my group's GSR. She was thrilled.

I attended my first assembly in Waterloo and was asked to help with the registration table which gave me the opportunity meeting numerous other trusted servants. The workshops and presentations were fabulous! I was hooked. Then came the business of the Area. My oh my - what a change of events - for me. At times there was arguing, and bickering over some of the silliest things (or so I thought). I listened intently but it was difficult for me to decide what would be in the best interest of A.A. Goodness. I just wasn't prepared for this! Motions, GSR, DCM, PI, CPC. Operating Procedures,

Service Manual, Third Legacy, Spirit of Rotation. I returned home from that assembly with many questions and I immediately called my sponsor, who had now become my service sponsor as well. She had been a DCM for our District, had travelled the road of general service work and was able to answer my questions. She shared her experience, helping me with the Traditions and the history of A.A. and she suggested to start reading the literature.

My journey took me to positions on the Area Committee and I needed to get a new service sponsor - one who had done the positions I was about to venture into. I realized that this sponsor, unlike my recovery sponsor, could be a man or a woman. I needed someone who could share their experience in these positions. I was fortunate to have a past delegate in my District who was able to share her experience with such enthusiasm and set such a wonderful example of dedication to this program and to general service work that it was hard not to be excited.

I can't stress enough the importance of having a service sponsor. In my recovery I firmly believe that men should be with men and women with women since we are sharing many intimate details of our lives with them. In general service work, you need someone that can explain the road

you are about to tread, help you with the Traditions and the Concepts and share their experiences with you.

Co-founder Dr. Bob said, "I spend a great deal of time passing on what I learned to others who want and need it badly. I do it for four reasons:  
*Sense of duty  
It is a pleasure  
Because in doing so I am paying my debt to the man who took time to pass it on to me.  
Because every time I do it I take a little more insurance for myself against a possible slip."*

We have a very informative pamphlet entitled "Questions and Answers on Sponsorship." Pages 28 and 29 goes into further detail on Service Sponsorship. I urge anyone embarking on a journey in general service to give these pages a read.

My journey in general service work has been, without a doubt, the best journey of my life, enhancing my sobriety immensely. And it gives me great pleasure to pass it on to anyone who is willing to listen. My journey still continues...and I can't wait for more to be revealed!

Yours in Love and Service  
Jan L.

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#### Step 3, Tradition 3, Concept 3 & Principle 3

**Step 3:** Made a decision to turn our will and our lives over to the care of God as we understood Him.

**Tradition 3:** The only requirement for A.A. membership is a desire to stop drinking.

**Concept 3:** To insure effective leadership, we should endow each element of A.A.—the Conference, the General Service Board and its service corporations, staffs, committees, and executives—with a traditional "Right of Decision."

**Principle 3: Faith:** This decision step to go on with the 12 steps of Alcoholics Anonymous asks that we step out on faith. It is only a matter of being willing to believe. Through the process of the 12 steps, that belief turns into faith. We carry this faith into the rest of the steps by being willing to believe. We must begin to have faith it will work.

#### Special points of interest:

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

## New Committee For 2010-2012

#### Executive

DCM: Mary B

Alt DCM: Vacant

Treasurer: Joe B

Secretary: Cathy B.

#### Committees

CPC: Ian S

PI: Tim S

Treatment: Andy I

Grapevine: Vacant

Archives: Val T

Special Needs: Maryjo C

Newsletter/website: Pam V

## Literature

Hi friends, my name is Leo T, and I'm an alcoholic. By the grace of God, the fellowship of Alcoholics Anonymous and good sponsorship, I have been sober since coming into the rooms of A.A. For the next 2 years I have the privilege of

acting as Literature Rep. for our district. One of the many things I realized early in recovery is that if we want quality sobriety, we need to be involved in the fellowship and service aspect of

Alcoholics Anonymous. When asked if I would stand for this position, not only was I honored, but figured this could be my way of passing on to other what was given so freely to me. Alcoholics Anonymous has given me more than just sobriety, it has given me a real life.

Yours in service and life,

Leo T.

## Spring Assembly

Hi, my name is Pat and I'm an alcoholic. Our area's Spring Assembly was on March 20-21 this year and I'd like to share my experience of the assembly with you.

I am the secretary for the Forest Lakeside Group and at our last business meeting our GSR announced he was unable to attend the Spring Assembly. Our alternate was also unable to attend. It was asked if anyone would like to volunteer, my hand went up and I said "I'll do it." I was shocked that I had volunteered, that kind of stuff is not my cup of tea if you know what I mean. I hate being in large crowds, especially large crowds of people who know a lot more than I do. I always feel like everyone is watching me and that I am

going to make a fool of myself, and that they will all point and laugh at me. This fear has shaped my life for a long time.

Being in this program I have learned that I need to change. That's what it's all about for me. I have to change from the woman who was afraid of people, places and things into a woman who can face those fears because she has the love and support of her Higher Power and all her AA family. Going to the assembly with my group conscience was not easy for me, but I knew the time had come for me to start the next part of my recovery journey.

The weekend opened my eyes to a different side of AA. I expected what I saw outside of AA. Businessmen and women sitting at a table with a grim demeanor spouting language I can't understand, clouding issues with personalities,

and not really getting anything done. This just wasn't the case. Everyone from alternate to delegate treated each other with dignity and respect. Business was taken care of with no backstabbing or blaming. Joking, laughing and having fun were an important part of the weekend.

For those of you reading this, when the time comes to start service work, take the step, there is nothing to fear.

Pat S.

## NEWS: World wide and Local

### 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.
- District 14 will be hosting the Area meeting this Spring. May 15 2010. If you would like to be "part of" let your GSR know.

Wednesday, May 26, 2010

### St Peters Group Celebrating 56 YRS

8:00 p.m. @

High Park United Church

1081 Brenchley Street

Sarnia, Ontario

Speaker: Bob J.  
(Windsor)

# 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>
Dave O.	May 4 1998	12	<u>Theford Workshop Group</u>	<u>Oct 7 1981</u>	<u>29</u>
Kathy K.	May 8 2007	3	<u>High Noon Group</u>	<u>Feb 29 1984</u>	<u>26</u>
John E.	May 21 2008	2	<u>Wednesday Night Hospital Group</u>	<u>Jan 11 1973</u>	<u>37</u>
<u>The Hub Group</u>	<u>April 8 2007</u>	<u>2</u>	<u>St. Peters Group</u>	<u>May 22 1954</u>	<u>56</u>
<u>Centennial Group</u>	<u>Nov 8 1967</u>	<u>43</u>	Beryl A	April 19 1990	20
<u>Sunshine Group</u>	<u>May 12 1988</u>	<u>12</u>	Maryjo C.	April 5 1990	20
<u>Monday Morning</u>			Melanie L.	April 24 2008	2
<u>St. Georges Group</u>	<u>Mar 25 1945</u>	<u>65</u>	<u>New Beginnings Group</u>	<u>May 13 1990</u>	<u>20</u>
Lynne W	April 29 2004	6	<u>Serenity Group</u>	<u>Mar 27 1975</u>	<u>35</u>
Alfred S.	April 26 1978	32	<u>Murphy Rd Group</u>	<u>Jan 11 1980</u>	<u>30</u>
<u>Down River Group</u>	<u>Feb 7 1974</u>	<u>36</u>	<u>Lambton Central Group</u>	<u>Mar 20 1957</u>	<u>53</u>
Paul S	May 7 2009	1	<u>Thursday Night Men's Group</u>		
<u>Essex St Group</u>	<u>Mar 8 1980</u>	<u>30</u>	<u>North End Group</u>	<u>April 1 1963</u>	<u>47</u>
Dave S	April 1 2009	1	<u>Murphy Rd Group</u>		
<u>Forest Lakeside Group</u>	<u>Sept 6 1967</u>	<u>43</u>	<u>Happy Friday Group</u>	<u>June 18 1989</u>	<u>21</u>
Jack S	April 1 1966	44	<u>Watford Group</u>	<u>Jan 19 1976</u>	<u>34</u>
Line M	April 6 2003	7	<u>Hill St Blues Group</u>	<u>Oct 31 1984</u>	<u>26</u>
Tony D	May 8 2005	5	<u>Bridgeview Group</u>	<u>Aug 11 1964</u>	<u>46</u>
<u>Shift Workers Group</u>	<u>Mar 13 1967</u>	<u>43</u>	<u>Eastland Group</u>	<u>Dec 2 1970</u>	<u>40</u>
<u>Beginners Reflections Group</u>	<u>Sept 6 1961</u>	<u>49</u>			
Breanne M	April 12 2009	1			
<u>Lake Huron Group</u>	<u>April 27 1974</u>	<u>36</u>			

My serenity is inversely proportional to my expectations.



3 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.

## A Member Shares on Service

Hello to all in District 14. We have just had our first Area Assembly of the new term; there will be three more in this term. For those who are not aware of what the Area Assembly is- it is where the business of Area 86 AA business is conducted. We are District 14- Sarnia-Lambton in Area 86 which is Western Ontario General Service, other wise known as WOGS. The Saturday of the Area Assembly is always packed with workshops for the subcommittees, GSRs and DCMs and then Sunday is when the business is dealt with. This is the time that your group informs



### Step 4, Tradition 4, Concept 4 & Principle 4

**Step 4:** Made a searching and fearless moral inventory of ourselves.

**Tradition 4:** Each group should be autonomous except in matters affecting other groups or A.A. as a whole.

**Concept 4:** At all responsible levels, we ought to maintain a traditional "Right of Participation," allowing a voting representation in reasonable proportion to the responsibility that each must discharge.

**Principle 4:** Courage - This step is really about courage to honestly look at ourselves. Take a look at how our behavior has become warped to justify our continued behavior. We are here to take an honest assessment of ourselves. Looking at causes and conditions of our alcoholic behavior can be scary.

## As a Past ALT DCM

The Alternate District Committee  
Member (Alt DCM)

The Ides of March 2010

*"The alternate is a backup for the D.C.M. If the D.C.M. resigns or is unable to serve for any reason, the alternate steps in. Usually, the alternate is elected at the same time as the D.C.M., by the same procedure. Alternate committee members should be encouraged to assist, participate, and share in the D.C.M.'s responsibilities at district and area meetings."*

When I first read the above extract from the AA Service Manual, I thought to myself "Well that's not much of a job description is it?" Nothing much that's tangible there, except for the last sentence.

**Lesson 1:** I will need to be responsible and show up regularly.

the Area what you want to see happen, and where to spend your money. The Area Assembly is when your voice can be heard and our Area Delegate can take your voice to the Conference in April. The Conference our Area Delegate attends is where all the other Area Delegates get together to do the business of AA as a whole (for US and Canada). It is very important that our Delegate know what our voice is so that he can vote on items that are discussed at the Conference.

It was nice to have people present representing Sarnia Lambton there; we had in total 8 people representing us. It would have been nice to see more GSRs there to have your voice heard and attend some of the workshops to learn more, ask questions and take in all that is involved at the Area Assembly. If you have not attended an Assembly it is a great experience, see the article written by a first time attendee at the assembly.

How to get to the Area Assembly- most groups collect a seventh tradition, this money to make sure that your responsibilities are met. The rent is paid, without the rent there will be no place for a meeting. The literature is purchased, it is very important to have literature available for those just coming in to AA to be able to purchase literature to learn just how this program works and if it can work for them. Then each group has financial responsibilities to make sure

That seemed an easy enough idea. What to do next?

**Lesson 2:** Act on my own initiative.

So I picked up the Service Manual and read about the responsibilities of the DCM. After all, there would not be much point in accepting the position of Alternate until I knew what the DCM did. Before long I had read the whole book and was amazed by the long form of the Twelve Concepts. What now?

**Lesson 3:** Speak up.

I will learn nothing if I do not let others know what I am thinking. I need to offer to help, to ask to be included. By attending Area meetings and Assemblies and asking questions I learned that people like to be asked to share their wisdom. That made it easier to ask.

**Lesson 4:** Be not afraid. When I

there is money to send the GSR to the Area Assembly, send money to the district, the Area and then finally off to the General Service Office. If you would like to know more about the financial side of things there are a few good pamphlets published from the General Service Office that explains this really well. The pamphlets are: Self Support: Where Money and Spirituality Mix, The AA Group Treasurer and the AA Guideline on Finance. There is another great pamphlet to explain the information that I have written about above and it is called Circles of Love and Service. This pamphlet will be helpful to all that are involved in service and those who might be interested in service work.

If you would like to have a little taste of what the Area Assembly is like District 14 Sarnia-Lambton is hosting the May Area Meeting on May 15<sup>th</sup> at the Dunlop United Church on Rosedale. You can meet our Area Delegate and hear what happened at the Conference in New York, meet our Area Sub Committee Chairpersons, and meet DCMs from the other Districts. We would love to see you out there if you can make it.

Yours in Service

Mary B.

Your DCM District 14

Sarnia-Lambton

Be not afraid. When I am asked to do something I must follow through and do it.

**am asked to do something I must follow through and do it. My Higher Power will look after me so that things turn out the way they are supposed to do.**

During my term of office, I worked with wonderful people, both locally and from the Area Committee. Sure I learned a lot about the business side of AA, but what will stick in my mind is the people I met, who extended a hand of friendship if I looked lost. Oh by the way they often showed me how they worked "these principles" in many different ways. I worked, I learned, I made friends and developed some confidence. In short I would not have missed the experience for anything. Had the "job description" in the Service Manual told me specifics about the job, I would have missed so much.

Yours In Service

Beryl A

### Eleventh Step Prayer

Lord, make me a channel of thy peace--that where there is hatred, I may bring love--that where there is wrong, I may bring the spirit of forgiveness--that where there is discord, I may bring harmony--that where there is error, I may bring truth--that where there is doubt, I may bring faith--that where there is despair, I may bring hope--that where there are shadows, I may bring light--that where there is sadness, I may bring joy. Lord, grant that I may seek rather to comfort than to be comforted--to understand, than to be understood--to love, than to be loved. For it is by self-forgetting that one finds. It is by forgiving that one is forgiven. It is by dying that one awakens to eternal life.

### A Note From the Editor:

I want to thank all of the people for writing stories and sending them in. Keep your jokes and poem's coming I will be using them.

I went to the Spring Assembly, which was held March 19 and 20 2010 and what an experience. The Area Newsletter/Website chair has had a very interesting first 3 months of 2010. Unfortunately he has not had the opportunity to print the Area Newsletter so we will be seeing it in May. Please feel free to send me articles for that Newsletter as well, they need your thoughts and stories too.

It has been shared with me that some of my dates are out on the Anniversaries. I will correct them. If I have your group, your date, or your name wrong please let me know I will correct it. Please be patient with me.

I would like to thanks all of you who read this and remember to pass them on.

Yours In Love and Service

Pam V.

Think, Think, Think

## Big Book Quote

"Actually we were fooling ourselves, for deep down in every man, woman, and child, is the fundamental idea of God. It may be obscured by calamity, by pomp, by worship of other things, but in some form or other it is there. For faith in a Power greater than ourselves, and miraculous demonstrations of that power in human lives, are facts as old as man himself."

~Alcoholics Anonymous, 4th Edition, We Agnostics, pg. 55~

**Life is about perspective,  
and AA has given me a  
new pair of glasses.**

**I may not be able to  
change how others act or  
what they do,**

**but I can change my at-  
titude toward it.**

- *AA Grapevine*, March 2010,  
p. 37

**Thought to Ponder . . .**  
Attitudes are contagious. Is  
yours worth catching?

**A A = Attitude Adjustment**

### Third Step Prayer

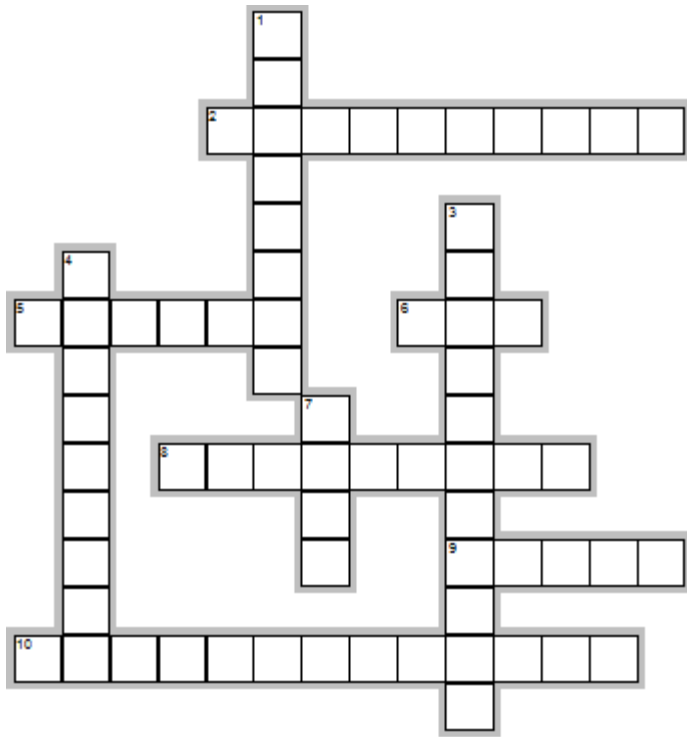
God, I offer myself to Thee - To build with me and do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of Life. May I do Thy will always!

# April 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16 <i>Byron Rally</i>	17 <i>Byron Rally</i>
18	19	20	21	22	23	24 <i>Chatham RoundUp</i>
25	26	27 <i>GSR Meeting</i>	28	29	30	

# May 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7 <i>Niagara Blossom</i>	8 <i>Niagara Blossom Spring Convention Pembroke</i>
9 <i>Niagara Blossom</i>	10	11	12	13	14	15 <i>Area Meeting</i>
16	17	18	19	20	21	22
23	24	25 <i>GSR Meeting</i>	26 <i>St Peters 56 years Speaker Meeting</i>	27	28	29
30	31					



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## Across

2. unity at group level
5. the first thing we need to become
6. guardian of drunks
8. ours not everyone else's
9. personal recovery
10. holding onto (2 words)

## Down

1. peace and
3. how we help others
4. alcohol is cunning, baffling and
7. give it away to

Find answers at [www.aasarnialambton.com](http://www.aasarnialambton.com)

