

BLESSED NOT STRESSED



JANUARY TO FEBRUARY 2017

THE UPDATE

FREEDOM TO BE ME

If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness.

ALCOHOLICS ANONYMOUS, p. 83

My first true freedom is the freedom to not have to take a drink today. If I truly want it, I will work the Twelve Steps and the happiness of this freedom will come to me through the Steps—sometimes quickly, sometimes slowly. Other freedoms will follow, and inventorying them is a new happiness. I had a new freedom today, the freedom to be me. I have the freedom to be the best me I have ever been

DAILY REFLECTIONS, p. 147

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

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



GOD GRANT ME THE
SERENITY
TO ACCEPT THE THINGS
I CANNOT CHANGE
COURAGE
TO CHANGE THE
THE THINGS I CAN AND
WISDOM
TO KNOW THE DIFFERENCE

SPIRITUAL EXPERIENCE

By BILL W.

It is the intention of the Grapevine to carry occasional accounts of spiritual experiences. To this interesting project I would like to say a few introductory words. There is a very natural tendency to set apart those experiences or awakenings which happen to be sudden, spectacular or vision-producing. Therefore any recital of such cases always produces mixed reactions. Some will say, "I wish I could have an experience like that!" Others, feeling that this whole business is too far out on the mystic limb for them, or maybe hallucinatory after all, will say, "I just can't buy this business. I can't understand what these people are talking about."

As most AAs have heard, I was the recipient in 1934 of a tremendous mystic experience or "illumination." It was accompanied by a sense of intense white light, by a sudden gift of faith in the goodness of God, and by a profound conviction of His presence. At first it was very natural for me to feel that this experience staked me out for somebody very special.

But as I now look back upon this tremendous event, I can only feel very specially grateful. It now seems clear that the only special feature of my experience was its electric suddenness and the overwhelming and immediate conviction that it carried to me.

In all other respects, however, I am sure that my own experience was not in the least different than that received by every AA member who has strenuously practiced our recovery program.

How often do we sit in AA meetings and hear the speaker declare, "But I haven't yet got the spiritual angle." Prior to this statement, he had described a miracle of transformation which had occurred in him—not only his release from alcohol, but a complete change in his whole attitude toward life and the living of it.

It is apparent to nearly everyone else present that he has received a great gift; and that this gift was all out of proportion to anything that might be expected from simple AA activity, such as the admission of alcoholism and the practice of Step Twelve. So we in the audience smile and say to ourselves, "Well, that guy is just reeking with the spiritual angle—except that he doesn't seem to know it yet!" We well know that this questioning individual will tell us six months or a year hence that he has found faith in God.

Moreover he may by then be displaying "spiritual qualities" and a performance that I myself have never been able to duplicate—my sudden spiritual experience notwithstanding.

So nowadays when AAs come to me, hoping to find out how one comes by those sudden experiences, I simply tell them in all probability that they have had one just as good—and that theirs is identical excepting it has been strung out over a longer period of time.

Then I go on to say that if their transformation in AA extending over six months had been condensed into six minutes—well, they then might have seen the stars too!

In consequence of these observations I fail to see any great difference between the sudden experiences and the more gradual ones—they are certainly all of the same piece. And there is one sure test of them all: "By their fruits, ye shall know them."

This is why I think we should question no one's transformation—whether it be sudden or gradual. Nor should we demand anyone's special type for ourselves, because our own experience suggests that we are apt to receive whatever may be the most useful for our needs.

**BLESSED,
NOT
STRESSED**

Sobriety Calendar

Kevin B.	Freedom Group	1. Jan. 2001
Barb F.	Bridgeview	1. Jan. 1975
Ron P.	Lambton Central	2. Jan. 1991
Don D.	Murphy Road	3. Jan. 2014
Steve G.	Murphy Road	4. Jan. 1985
Rod M.	Monday Morning	5. Jan. 2012
Rick P.	Lambton Central	5. Jan. 2005
Bill L.	Lambton Central	8. Jan. 1967
Phil K.	Thedford	13. Jan. 1979
Sandra P.	Sunday Morning	13. Jan. 1989
Michel M.	Monday Morning	14. Jan. 2004
Clifford H.	Serenity	17. Jan. 2009
Reg F.	Thedford	19. Jan. 1975
Jan	Lambton Central	19. Jan. 2012
Patricia B.	Lake Huron	20. Jan. 1974
Jim D.	Lambton Central	20. Jan. 2013
Jack M.	Hill Street Blues	25. Jan. 1984
Mary B.	Forest Lakeside	25. Jan. 1991
Jack Mc.	Lambton Central	26. Jan. 1991
Dick T.	Lambton Central	27. Jan. 1999
Adrian M.	High Noon	29. Jan. 1992

Leo, T.	Beginner's Reflections	3. Mar. 2008
Jeff V.	High Noon	3. Mar. 2015
Chipper R.	Forest Lakeside	3. Mar. 1994
Sharon W.	Sunshine Group	3. Mar. 1997
Dan V.	Hill Street Blues	5. Mar. 1993
Vivian C.	Forest Lakeside	5. Mar. 1982
Lenora D.	Bridgeview	7. Mar. 1968
Laurie P.	St. Peter's	7. Mar. 1988
Randy R.	Hill Street Blues	13. Mar. 2014
Stan S.	Freedom Group	20. Mar. 2011
Ron C.	Lambton Central	22. Mar. 1989
Leo C.	Lambton Central	22. Mar. 1975
Tim S.	Men's Group	26. Mar. 1986

Julie K.	Serenity	2. Feb. 2016
Gordon	Monday Morning	3. Feb. 1977
Jan L.	Forest Lakeside	5. Feb. 1991
Leo N.	Freedom Group	6. Feb. 1983
Bart S.	Lambton Central	15. Feb. 1984
Lianne M.	Lake Huron	16. Feb. 2009
Leonard S.	Centennial Group	23. Feb. 2012
Pat M.	Centennial Group	23. Feb. 2015
Debbie H.	Monday Morning	24. Feb. 2012
Jeff C.	Lambton Central	24. Feb. 2009
Kristie B.	Monday Morning	25. Feb. 2012
Jerry H.	Hill Street Blues	25. Feb. 2008
Malia N.	Thedford	26. Feb. 2013
Bob c.	Hub Group	26. Feb. 2004



It is the responsibility of each group to communicate birthday updates to the Newsletter Chairperson.

District 14, Area 86
Sarnia Lambton
Alcoholics Anonymous

Phone: 1-519-337-5211



Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; we are self-supporting through our own contributions. A.A. is not allied with an sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

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District 14, Sarnia Lambton Announcements

- ◆ **Spring Assembly March 24, 25 & 26, 2017**

Crowne Plaza Hotel Kitchener
105 King Street East Kitchener ON N2G 2K8
Rooms are booked under Group Reservation
"WOGS"

Rooms must be booked on or before February 24
2017 in order to receive the preferred room rate of
\$119.00/night + tax

Rooms can be booked online at reservations@cpkw-hotel.com

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

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Submissions to the newsletter are always welcome. Send ideas to: newsletter@aasarnialambton.com