

# ONE DAY AT A TIME



## ABOVE ALL, TAKE IT ONE DAY A TIME

### AS BILL SEES IT, p.11

Why do I kid myself that I must stay away from a drink for only one day, when I know perfectly well I must never drink again as long as I live? I am not kidding myself because one day at a time is probably the only way I can reach the long-range objective of staying sober. If I determine that I shall never drink again as long as I live, I set myself up. How can I be sure I won't drink when I have no idea what the future may hold?

On a day-at-a-time basis, I am confident I can stay away from a drink for one day. So I set out with confidence. At the end of the day, I have the reward of achievement. Achievement feels good and that makes me want more!

Step 7: Humbly asked Him to remove our shortcomings.

Step 8: Made a list of all persons we had harmed, and became willing to make amends to them all

**Men with the men,  
Women with the women!**

**One is to entertain,  
the other is to heal!**

JULY TO AUGUST 2016

# THE UPDATE



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

## One Day At A Time

### Alcoholic Anonymous Number Three

One of the fellows, I think it was Doc, said, "Well you want to quit?" I said, "Yes, Doc, I would like to quit, at least for five, six, or eight months, until I get things straightened up, and begin to get the respect of my wife and some other people back, and get my finances fixed up and so on." And they both laughed very heartily and said, "That's better than you've been doing, isn't it?" Which of course was true. They said, "We have got some bad news for you. It was bad news for us, and it will probably be bad news for you. Whether you quit six days, months, or years, if you go out and take a drink or two, you'll end up in this hospital tied down, just like you have been in these past six months. You are an alcoholic." As far as I know that was the first time I had ever paid any attention to that word. I figured I was just a drunk. And they said, "No you have a disease, and it doesn't make any difference how long you do without it, after a drink or two you'll end up just like you are now." That certainly was real disheartening news, at the time.

The next question they asked was, "You can quit twenty-four hours can't you?" I said, "Sure, yes, anybody can do that, for twenty-four hours." They said, "That's what we're talking about. Just twenty-four hours at a time." That sure did take a load off of my mind. Every time I'd start thinking about drinking, I would think of the long, dry years ahead without having a drink; but this idea of twenty-four hours, that it was up to me from then on, was a lot of help.

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**One Day At  
A Time**

**TAKE IT EASY,  
RELAX!**

*One Day  
At A  
Time*

*The greatest possession we have is the 24 hours directly in front of us.*

*The Big Book tells me I have a daily reprieve contingent upon the maintenance of my spiritual condition. In other words I have to work today to maintain and improve my spiritual condition.*



## Sobriety Calendar

Shelia K.	Watford Group	2. Jul. 2013
Sue V	Sunday Morning	8. Jul. 1979
Al T.	Freedom Group	15. Jul. 1988
Tim C.	St. Peter's	15. Jul. 2000
Brooke A.	St. Peter's	25. July. 2015
Nadine M.	Lambton Central	25. Jul. 1981
Ann P	Thedford	26. Jul. 1994
Bruce D.	Lambton Central	26. Jul. 2009
Kyle, A.	Beginner's Reflections	28. Jul. 2007
Eric H.	Serenity	28. July. 1988
Kevin W	Sunday Morning	28. Jul. 2012
Michael.	St. Peter's	29. Jul. 2000
Pam W.	Hill Street Blues	30. Jul. 1983

Chris, T.	Beginner's Reflections	1. Sep. 2013
Terry G	Monday Morning	1. Sep. 2013
John E	Monday Morning	1. Sep. 2012
John E	Sunday Morning	1. Sep. 2012
Dan W	Men's Group	1. Sep. 2004
Kelsy B.	St. Peter's	1. Sep. 2015
Terry C	Tues Shiftworkers	1. Sep. 2013
Pam F.	Watford Group	3. Sep. 2006
Laurie E	Tues Shiftworkers	3. Sep. 2002
Lynn C	Monday Morning	5. Sep. 2013
Andrew P.	St. Peter's	5. Sep. 2015
Joe B.	Freedom Group	6. Sep. 2005
Dave C	Thedford	7. Sep. 1991
Joe B.	Sunshine Group	7. Sep. 2012
Keith P.	Hub Group	8. Sep. 1997
Steve O	Men's Group	10. Sep. 2007
Danny S.	St. Peter's	13. Sep. 2004
Ken P	Sunday Morning	17. Sep. 2000
Cecile B.	Freedom Group	18. Sep. 1974
Charlie K.	St. Peter's	18. Sep. 1997
Amy M	Serenity by The Lake	20. Sep. 2013
Ralph O	Thedford	21. Sep. 2013
Jeff C.	Forest Lakeside	26. Sep. 2012
Melanie P.	Serenity	27. Sep. 2008
Len T	Sunday Morning	27. Sep. 1980
Randy P.	Hill Street Blues	28. Sep. 1977
Margie Y	Tues Shiftworkers	28. Sep. 2013

LEST WE NOT FORGET THOSE WHO  
HAVE PASSED ON BEFORE US. THEIR  
MESSAGE IS STILL STRONG WITHIN  
THE MEETINGS, AND WITHIN ALL  
OF US.

Teresa K.	Murphy Road	2. Aug. 2010
Phil G.	Freedom Group	5. Aug. 1996
Ken R	Men's Group	6. Aug. 1964
Greg L	Thedford	8. Aug. 1998
Dan J.	High Noon	8. Aug. 1979
Rick T.	Lambton Central	9. Aug. 2010
Judy G	Sunday Morning	13. Aug. 1995
Dianne L.	Forest Lakeside	15. Aug. 1992
Carley D	Thedford	17. Aug. 1997
Florence K	Tues Shiftworkers	18. Aug. 1985
Carolyn T	Thedford	24. Aug. 1989
Steve R.	Hub Group	28. Aug. 2009
Bill O.	Hill Street Blues	28. Aug. 2011
Mark W.	St. Peter's	28. Aug. 2012
Jon V.	Forest Lakeside	31. Aug. 2015

### July 2016

SUN	MO	TUE	WE	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	25	26	27	28	29	30
31						

### August 2016

SUN	MO	TUE	WE	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	25	26	27
28	29	30	31			

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



**A**lcoholics 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



### ◆ 26th Annual Bluewater ODAAT Campout

August 5 & 6, 2016

Lakewood Christian Campground

Meetings, food, and great fellowship.

Fun for the whole family!

For more information, talk to ticket holders and committee members.

To get involved, contact

Allan B.

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

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**Subscription price: \$7.50 / year for 5 issues.**

Submissions to the newsletter are always welcome. Send ideas to: [newsletter@asarnialambton.com](mailto:newsletter@asarnialambton.com)