

The Update

July – August 2018

A.A. Slogans

7. Nothing Changes If Nothing Changes

Despite being one of the more commonly repeated AA slogans, this one might confuse you at first. It sounds simple, yet its meaning can elude those who hear it for the first time. Like many AA slogans, this refers to how we work the principles of the program. Do we sit around and wait for things to get better? Or do we transform into the person we wish to become by rolling up our sleeves and working at it? We can stop drinking. But if we continue living essentially the same lifestyle, we can't expect to make much progress as human beings.

We usually hear this one when complaining about our lives. People say this not to blow us off, but to tell us that we possess a choice. We can either let go and hope for the best, or we can make some necessary changes in our lives that may better our circumstances. Most of our problems are of our own making. Only change will rectify them.

8. First Things First

In this sense, the AA slogans "first things first" and "easy does it" bear some similarities. We must remember that the Twelve Steps go in numerical order for a reason. If we try to get too far ahead of ourselves, we may wind up stressing ourselves out while making very little progress. Open a cocoon before the caterpillar's transformation is complete, and you will never see a butterfly. Respect the process of change, and prioritize accordingly.

Group Inventory

Group Inventory Many groups periodically hold a “group inventory meeting” to evaluate how well they are fulfilling their primary purpose: to help alcoholics recover through A.A.’s suggested Twelve Steps of recovery. Some groups take inventory by examining our Twelve Traditions, one at a time, to determine how well they are living up to these principles. Groups interested in taking regular inventory will find a review of the Tenth Step helpful. The following questions, compiled from A.A. shared experience, may be useful in arriving at an informed group conscience. Groups will probably wish to add questions of their own: 1. What is the basic purpose of the group? 2. What more can the group do to carry the message? 3. Is the group attracting alcoholics from different backgrounds? Are we seeing a good cross-section of our community? 4. Do new members stick with us, or does turnover seem excessive? If so, why? What can we, as a group, do? 5. Do we emphasize the importance of sponsorship? How effectively? How can we do better? 6. Are we careful to preserve the anonymity of our group members and other A.A.’s outside the meeting rooms? Do we also leave the confidences they share at meetings behind? 7. Do we take the time to explain to all members the value to the group of keeping up with the kitchen/housekeeping chores and other essential services that are part-and-parcel of our Twelfth-Step efforts? 8. Are all members given the opportunity to speak at meetings and to participate in other group activities? 9. Mindful that holding office is a great responsibility not to be viewed as the outcome of a popularity contest, are we choosing our officers with care? 10. Are we doing all we can to provide an attractive meeting place? 11. Does the group do its fair share toward participating in the purpose of A.A.—as it relate to our Three Legacies of Recovery, Unity, and Service? 12. What has the group done lately to bring the A.A. message to the attention of professional in the community—the physicians, clergy, court officials, educators and others who are often the first to see alcoholics in need of help? 13. How is the group fulfilling its responsibilities to the Seventh Tradition?

September Birthdays

Chris T.	Beginners Reflections	Sept. 1, 2013
Terry G.	Monday Morning	Sept. 1, 2013
John E.	Monday Morning	Sept. 1, 2012
Dan W.	Mens Group	Sept. 1, 2004
Kelsey B	St. Peters	Sept. 1, 2015
Terry C.	Shiftworkers	Sept. 1, 2013
Brian S.	Beginners Reflection	Sept. 3, 1982
Pam F.	Watford	Sept. 3, 2006
Laurie E.	Serenity by the Lake	Sept. 3, 2002
Lynn C.	Monday Morning	Sept. 5, 2013
Joe B.	Came To Believe	Sept. 6, 2005
Keith P.	Hub Group	Sept. 8, 1997
Les S.	St. Georges	Sept. 8, 2006
Steve O.	Mens Group	Sept. 10, 2007
Danny S.	St. Peters	Sept. 13, 2004
Ken P.	Sunday Morning	Sept. 17, 2000
Cecile B.	Freedom Group	Sept. 18, 1974
Charlie K.	St. Peters	Sept. 18, 1997
Amy M.	Serenity by the Lake	Sept. 20, 2013
Pat B.	St. Georges	Sept. 20, 1997
Ralph O.	Thedford	Sept. 21, 2013
Elva M.	St. Georges	Sept. 26, 1962
Jeff C.	Forest Lakeside	Sept. 26, 2012
Melanie P.	Serenity	Sept. 27, 2008
Len T.	Sunday Morning	Sept. 27, 1980
Randy P.	Hill St. Blues	Sept. 28, 1977
Denise B.	Thedford	Sept. 29, 2015
Lise A.	St. Georges	Sept. 29, 2007

October Birthdays

Steve S.	Monday Morning	Oct. 1, 2011
Simone B.	St. Georges	Oct. 3, 2014

Damien N.	Sunday Morning	Oct. 4, 2015
George W.	Sunday Morning	Oct. 4, 2015
Chuck W.	Hill St. Blues	Oct. 12, 2015
Cec C.		Oct. 13, 1983
Paul S.	Hill St. Blues	Oct. 14, 2013
Janet B.	Lambton Central	Oct. 16, 2012
Rod G.	Watford Group	Oct. 18, 2014
Jeff H.	Came to Believe	Oct. 18, 2017
Merrit W.	Watford Group	Oct. 20, 1973
Amara M.	St. Peters	Oct. 22, 2015
Laura C.	Sunday Morning	Oct. 23, 2014
Lila B.	Hill St. Blues	Oct. 23, 1988
Cathy D.	Freedom Group	Oct. 24, 1992
Monica R.	St. Georges	Oct. 25, 2004
Connor M.	Forest Lakeside	Oct, 25, 2009
Samantha H.	Lake Huron	Oct. 26, 2002
Don M.	Thedford	Oct. 28, 2011
Willie M.	St. Peters	Oct. 31, 1982

Florence K. , Shiftworkers Group August 18, 1985 ... Sorry your date was missed in last newsletter.

Also Doug W. , New Beginnings August 1, 2008. Did not have your name on the birthday lists.

If any group has not sent a new birthday list of their group would be much appreciated.

I will only putting in the newsletter to the groups folders who have ordered and paid. Any groups would like the newsletter email me newsletter@asarnialambton.com.

Y.I.S

Sharon Williams