

The Update

May - June 2018

AA Slogans

5. Keep It Simple

This might be one of the more ironic AA slogans, as it's the smarter members who need it more than anyone. Simply put, this slogan reminds us not to over-complicate our recovery. Some say that recovery becomes more difficult when we possess a high IQ level. We like to intellectualize our addiction, and we feel that our intellect holds the key to solving our problems. But AA is a spiritual program, not an academic one. Many of us drink and abuse drugs in an attempt to overcome our feelings. We do this because our intellect tells us that it's a good idea.

In other words, our best thinking didn't get us sober. If anything, it just made things worse. So if it seems like these AA slogans reek of simplicity, they should. We need a bit of simplicity in our lives. Because if we continue to try and rationalize everything, we just may wind up in the middle of a relapse. And that won't do a whole lot to strengthen the intellect in which we place so much pride.

6. Progress Not Perfection

It certainly holds some weight, given that we hear it before every meeting. Unlike some of the other AA slogans, this originates from the text of *Alcoholics Anonymous* itself. Most meetings open with an excerpt from Chapter 5 (“How it Works”) that contains this very phrase. In this specific context, “How It Works” reminds us that we may never fully overcome our spiritual defects—but our willingness to try will elevate us to new heights.

In other words, don’t beat yourself up every time you fail to maintain AA principles. Perhaps you forget one of the common AA slogans and begin intellectualizing your recovery or fretting over the future. This just makes you human. We are not saints, let alone gods. Nobody can expect us to become perfect. We can, however, try to become better by working the Twelve Steps and attempting to adhere to various principles. Remember that the only true failure is giving up. Keep your eyes on the enlightened path, and you can always continue moving in the right direction. Even if this unfortunately means taking a step backward every now and

Honesty

1. BB How it Works p.58

They are naturally incapable of grasping and developing a manner of living which demands rigorous honesty

2. BB How it Works Page 55

Nothing counted but thoroughness and honesty

3. Honesty, and Genuine Humility. 12&12 Step Five, p.59

Only by holding discussing nothing , only by being willing to take advice and accept direction could we set foot on the road to straight thinking , solid honesty , and genuine humility.

4. BB Appendix II, Spiritual Experience, p.568

Willingness, honesty and open mindedness are the essentials of recovery.

June Birthdays

Ross C.	St Peter's	June 1 2012
Jeff G.	Monday Morning	June 5 2011
Phil E.	Beginners Reflection	June 5 1996
Gord W.	Murphy Road	June 6 1996
Jeff B.	Lambton Central	June 6 2005
Tom N.	Hub Group	June 7 2015
Jane W.	Murphy Road	June 8 1996
Lisa G.	Forest Lakeside	June 10 2015
Denise B.	Theford	June 12 2013
Ted H.	Theford	June 15 2010
Paul H.	Theford	June 16 1980
Trish L.	Hill Street Blues	June 18 2015
Lindsay M.	Serenity	June 20 2014
Michael V.	Came To Believe	June 26 2000

July Birthdays

Tom N.	Hub Group	July 2015
Shelia K.	High Noon	July 2 2013
Sue V.	Sunday Morning	July 8 1979
Al T.	Freedom Group	July 15 1988
Tim C.	St Peters	July 15 2000
Debbie K.	Theford	July 17 1990
Nadine M.	Lambton Central	July 25 1981

Bruce D.	Lambton Central	July 26 2009
Kevin W.	Sunday Morning	July 28 2012
Eric H.	High Noon	July 28 1988
Kyle A.	Beginners Reflection	July 28 2007
Pam W.	Hill Street Blues	July 30 1983

August Birthdays

Teresa K.	Murphy Road	Aug 2 2010
Phil G.	Freedom Group	Aug 5 1996
Ken R.	Mens Group	Aug 6 1964
Dan J.	High Noon	Aug 8 1979
Greg L.	Thedford	Aug 8 1999
Rick T.	New Beginnings	Aug 9 2010
Judy G.	Sunday Morning	Aug 13 1995
John W.	Bridgeview	Aug 14 1996
Dianne L.	Forest Lakeside	Aug 15 1992
Rob MacDonald.	Hill Street Blues	Aug 15 2016
Casey R.	Beginners Reflection	Aug 16 2003
Carly D.	Thedford	Aug 17 1997
Carolyn T.	Thedford	Aug 24 1989
Steve R.	Hub Group	Aug 28 2009
Bill O.	Hill Street Blues	Aug 28 2011
Mark W.	St Peters	Aug 28 2012
Jon V.	Forest Lakeside	Aug 31 2015

Pam will be doing some updating to website. Calendar and Theme. These updates are necessary to keep things running smoothly. You can email Pam at webmaster@asarnialambton