

# The Update

March – April 2018

## AA Slogans

### 3. Let go and Let God

*Perhaps we need to find a job or a place to live, but we cannot make these things happen by sheer force of will. We do our part, and then we hope for the best. After that, it's up to fate.*

Fate, of course, represents God in this slogan. Those who dislike AA slogans such as this one often finds the word “God” offensive. We must remember, however, that faith is not exclusively religious. We can maintain faith in the universe without defining our Higher Power as some extraterrestrial deity. If you believe in God, then you shouldn't struggle too hard with this slogan. But if you maintain an atheistic or agnostic point of view, simply remember that God doesn't define this slogan. The point lies far outside of religion. It's about giving up control. And if you can't accept that, then you're precisely the type of person who might benefit from letting go once in a while.

### 4. Spirituality vs Religion

*You've probably heard this one before: “Religion is for people who are afraid of Hell. Spirituality is for people who have already been there.”*

Some people replace the word “spirituality” with “AA.” Either way, those who dislike this slogan tend to focus more on the aspect of living in Hell.

**To be fair, it does sound rather egotistical for anyone to compare their life of excessive partying to a netherworld of fire and brimstone. Furthermore, it may insult some of the more religiously inclined AA members to hear their faith reduced to nothing but fear.**

**If you can look past these complaints, you'll see that this is still one of the more valuable AA slogans in existence. Perhaps our lives were not literally hellish, but we didn't wind up in recovery because of how well things were going. In the end, you only need to take two things from this slogan. First, remember that religion and spirituality aren't necessarily the same. You do not need one to practice the other. Second, remember that sobriety holds the key to a better life. Because whether you liken addiction to Hell, Limbo, Purgatory or otherwise, there's never a decent reason for going back to it.**

### **Freedom**

**Freedom to live a healthy life... start a diet, end a diet, screw up a diet for other reasons than drinking...**

**Freedom to work out in the morning because I don't feel as though I will die of a heart attack from drinking...**

**Freedom to be happy when the sun shines on my face**

**Freedom to snuggle my kids because I don't have a head ache**

**Freedom to open myself up to my friends, the way I used to be a friend to them, or meant was meant to be if they are new.**

**Freedom to know you !**

**The freedom to answer my phone whenever it rings without worrying about remembering who I talked to, what I said or whether I made a fool of myself during the conversation.**

**Freedom from having to check Facebook first thing in the morning to make sure that I didn't post anything offensive the previous evening while drunk.**

## March Birthdays

<b>Leo T.</b>	<b>Beginners Reflection</b>	<b>March 3, 2008</b>
<b>Jeff V.</b>	<b>High Noon</b>	<b>March 3, 2015</b>
<b>Chipper R.</b>	<b>Forest Lakeside</b>	<b>March 3, 1994</b>
<b>Sharon W.</b>	<b>New Beginnings</b>	<b>March 3, 1997</b>
<b>Dan V.</b>	<b>Hill St. Blues</b>	<b>March 5, 1993</b>
<b>Vivian C.</b>	<b>Forest Lakeside</b>	<b>March 5, 1982</b>
<b>Lorne C.</b>	<b>New Beginnings</b>	<b>March 5, 1974</b>
<b>Lenora D.</b>	<b>Bridgeview</b>	<b>March 7, 1968</b>
<b>Laurie P.</b>	<b>St. Peters</b>	<b>March 7, 1988</b>
<b>Randy R.</b>	<b>Hill St. Blues</b>	<b>March 13, 2014</b>
<b>Lori F.</b>	<b>Hub Group</b>	<b>March 14, 2015</b>
<b>Stan S.</b>	<b>Freedom Group</b>	<b>March 20, 2011</b>
<b>Ron C.</b>	<b>Lambton Central</b>	<b>March 22, 1989</b>
<b>Leo C.</b>	<b>Lambton Central</b>	<b>March 22, 1975</b>
<b>Tim S.</b>	<b>Mens Group</b>	<b>March 26, 1986</b>

## April Birthdays

<b>Butch M.</b>	<b>Hub Group</b>	<b>April 1, 1978</b>
<b>Bob D.</b>	<b>Sunday Morning</b>	<b>April 1, 1984</b>
<b>Jack S.</b>	<b>Forest Lakeside</b>	<b>April 1, 1966</b>
<b>Gary M.</b>	<b>Lake Huron</b>	<b>April 3, 1991</b>
<b>Ian S.</b>	<b>Hub Group</b>	<b>April 3, 1991</b>
<b>Janine M.</b>	<b>Monday Morning</b>	<b>April 4, 2011</b>
<b>Mary Jo C.</b>	<b>Monday Morning</b>	<b>April 5, 1994</b>
<b>Mary C.</b>	<b>Bridgeview</b>	<b>April 5, 1993</b>
<b>Line M.</b>	<b>Forest Lakeside</b>	<b>April 6, 2003</b>
<b>Scott M.</b>	<b>Hub Group</b>	<b>April 7, 2015</b>
<b>Bo O.</b>	<b>High Noon</b>	<b>April 15, 1978</b>
<b>Julie K.</b>	<b>Came to Believe</b>	<b>April 21, 2016</b>
<b>Kim Mc M</b>	<b>Thedford</b>	<b>April 24, 2014</b>
<b>Brian W.</b>	<b>Mens Group</b>	<b>April 24, 2010</b>
<b>Christine D.</b>	<b>Watford Group</b>	<b>April 25, 2015</b>
<b>John B.</b>	<b>Forest Lakeside</b>	<b>April 25, 2013</b>
<b>Lynne W</b>	<b>Serenity by the Lake</b>	<b>April 29, 2004</b>

## May Birthdays

<b>Robin E.</b>	<b>Bridgeview</b>	<b>May 1, 2009</b>
<b>Chantel P.</b>	<b>Hill St. Blues</b>	<b>May 2, 2015</b>
<b>Nathan L.</b>	<b>Forest Lakeside</b>	<b>May 2, 2014</b>
<b>Dave O.</b>	<b>Sunday Morning</b>	<b>May 4, 1998</b>
<b>Stu S.</b>	<b>Centennial Group</b>	<b>May 5, 1980</b>
<b>Wayne J.</b>	<b>Lambton Central</b>	<b>May 6, 1987</b>
<b>Leon J.</b>	<b>Murphy Road</b>	<b>May 6, 2014</b>
<b>Tony D.</b>	<b>Thedford</b>	<b>May 8, 2005</b>
<b>Paul C.</b>	<b>Monday Morning</b>	<b>May 8, 1982</b>
<b>Ron B.</b>	<b>Thedford</b>	<b>May 13, 1987</b>
<b>Ann B.</b>	<b>Hub Group</b>	<b>May 16, 1993</b>
<b>Brandon R.</b>	<b>Lambton Central</b>	<b>May 17, 1993</b>
<b>Shirley B.</b>	<b>High Noon</b>	<b>May 19, 2017</b>
<b>Louise A.</b>	<b>Lake Huron</b>	<b>May 23, 2005</b>

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**Thank you to the Groups who have sent in their new Birthday List. There are some more groups that need to be updated. If you can send to me would be appreciated. If anyone or group would like to send in a topic or idea all are welcome.**

**Yours in Service  
Sharon W.**