

GRATEFUL AND FULL OF GRATITUDE



THE CHALLENGE OF FAILURE

In God's economy, nothing is wasted. Through failure, we learn a lesson in humility which is probably needed, painful though it is.

AS BILL SEES IT, p.31.

How thankful I am today, to know that all my past failures were necessary for me to be where I am now. Through much pain came experience and, in suffering, I became obedient. When I sought God, as I understand Him, He shared His treasured gifts. Through experience and obedience, growth started, followed by gratitude. Yes, then came peace of mind—living in and sharing sobriety.

DAILY REFLECTIONS, p. 64

Step 11: Sought through prayer and meditation to improved our conscious contact with God, as we understood Him, praying only for the knowledge of His will for us and the power to carry that out

Step 12: Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

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

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



"You give him unrealistic expectations. I'll start working on tearing his ego apart."

**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**

Gratitude Should Go Forward

“Gratitude should go forward, rather than backward.

“In other words, if you carry the message to still others, you will be making the best possible repayment for the help given to you.”

No satisfaction has been deeper and no joy greater than in a Twelfth Step job well done. To watch the eyes of men and women open with wonder as they move from darkness into light, to see their lives quickly fill with new purpose and meaning, and above all to watch them awoken to the presence of a loving God in their lives — these things are the substance of what we receive as we carry A.A.’s message.

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NO MORE PERFECTION

When I was a child, I was taught that anything short of perfection would incur divine displeasure. As a result I grew up inwardly inhibited and frustrated. In those formative years, I had no way of knowing that nature, as expressed in this universe, does not believe in, nor demand, perfection

Flunking my college course for the ministry found me a ripe sucker for alcohol. Escape from my badly formed conscience, numbness for my nagging frustrations, and an entrance into a newfound world of carefree gaiety, soon proclaimed to the world at large that I was an ardent disciple of John Barleycorn. Then alcoholism took over completely.

Now, thanks to the Higher Power that motivates Alcoholics Anonymous, I have a sane and good conscience, and no fanatical delusions about perfection.

I wouldn’t want perfection if I could have it, because in that case I’d cease to be an alcoholic—and then I would certainly miss my AA group!

Z.P., January 1955

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"Most of us have seen death close up. We have known the kind of suffering that wrenches the bones. But we also have known the sort of hope that makes the heart sing. . . . If you are a problem drinker, you already know enough about pain and loneliness. We'd like you to find some of the peace and joy we have found in meeting the reality of life's ups and downs with a clear head and a steady heart."

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**GRATEFUL,
AND FULL OF
GRATITUDE**

Sobriety Calendar

Christine M	Sunday Morning	1. Nov. 1988
Andy I.	Hill Street Blues	1. Nov. 2008
Peter L.	Serenity	4. Nov. 2015
Carl S	Centennial Group	4. Nov. 1995
Christine B.	Hill Street Blues	4. Nov. 2006
Doug C.	Serenity	6. Nov. 1966
Susan C	Centennial Group	6. Nov. 2004
Doug C.	Sunshine Group	6. Nov. 1966
Scott L	Monday Morning	9. Nov. 2013
Ron B.	Freedom Group	10. Nov. 1979
Willy P.	Sunshine Group	12. Nov. 1967
Dave T.	Watford Group	17. Nov. 1989
Lyn R	Thedford	19. Nov. 2011
Bob B	Thedford	23. Nov. 1981
Carole N.	St. Peter's	23. Nov. 1982
Larry D.	St. Peter's	24. Nov. 1983
Jacqueline	Serenity	26. Nov. 2007
Karen w.	Hub Group	27. Nov. 1986
Peter E.	Lambton Central	27. Nov. 1982
Rob S.	Hill Street Blues	28. Nov. 2001

Tammy H.	Lambton Central	1. Dec. 2001
Honour M.	High Noon	1. Dec. 2013
Kara	Lambton Central	2. Dec. 2011
Barbara Ann	Serenity by The Lake	2. Dec. 1990
Gerry F.	Lambton Central	3. Dec. 1998
Dennis N	Monday Morning	7. Dec. 1999
Erick M	Monday Morning	13. Dec. 2012
Doug B.	Lambton Central	19. Dec. 2012
Jim G.	Lake Huron	21. Dec. 1994
John, L.	Beginner's Reflections	26. Dec. 2013
Ian S	Sunday Morning	26. Dec. 1993
John F.	Hill Street Blues	26. Dec. 1988
Jan, P.	Beginner's Reflections	28. Dec. 2007
Kevin S	Monday Morning	28. Dec. 2013
Gerry L	Men's Group	28. Dec. 1978
John S.	Hill Street Blues	28. Dec. 1988
Irene P.	Hub Group	31. Dec. 1999
Irene P.	Lambton Central	31. Dec. 1999
Marybell	Lambton Central	31. Dec. 2012

Barb F	Monday Morning	1. Jan. 1975
Kevin B.	Freedom Group	1. Jan. 2001
Ron P.	Lambton Central	2. Jan. 1991
Allan, B.	Beginner's Reflections	3. Jan. 2006
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
Eleanor D.	St. Peter's	10. Jan. 1979
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
Ed, B.	Beginner's Reflections	25. Jan. 2007
Jack M.	Hill Street Blues	25. Jan. 1984
Gunner H.	St. Peter's	25. Jan. 1955
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

November 2016

SU	MO	TUE	WE	TH	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			

December 2016

SU	MO	TUE	WE	TH	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

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

It is the responsibility of
 each group to communi-
 cate birthday updates to the Newsletter Chair-

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

- ♦ Keep your ears open for the Spirit of Christmas, as well as the Spirit of New Years.

Great fellowship,
great for the family,
and great for your soul.

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

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

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