

# THE FOUNDATION



## First, The Foundation

*Is sobriety all that we can expect of a spiritual awakening? No, sobriety is only the bare beginning.*

As Bill Sees It , P. 8.

Practicing the A.A. program is like building a house. First I had to pour a big, thick concrete slab on which to erect the house; that, to me, was the equivalent of stopping drinking. But it's pretty uncomfortable living on a concrete slab, unprotected and exposed to the heat, cold, wind and rain. So I built a room on the slab by starting to practice the program. The first room was rickety because I wasn't used to the work. But as time passed, as I practiced the program, I learned to build better rooms. The more I practiced, and the more I built, the more comfortable, and happy, was the home I now have to live in.

Daily Reflections

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Step 1: We admitted we were powerless over alcohol—that our lives had become unmanageable.

Step 2: Came to believe that a power greater than ourselves could restore us to sanity.

Step 3: Made a decision to turn our will and our lives over the care of God, as we understood him.

SEPTEMBER TO OCTOBER, 2017

# THE UPDATE



*Don't take yourself too seriously — or anything for that matter.*

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

We pocket our pride and go to it, illuminating every twist of character, every dark cranny of the past. Once we have taken this step, withholding nothing, we are delighted. We can look the world in the eye. We can be alone at perfect peace and ease. Our fears fall from us. We begin to feel the nearness of our Creator. We may have had certain spiritual beliefs, but now we begin to have a spiritual experience. The feeling that the drink problem has disappeared will often come strongly. We feel we are on the Broad Highway, walking hand in hand with the Spirit of the Universe.

Returning home we find a place where we can be quiet for an hour, carefully reviewing what we have done. We thank God from the bottom of our heart that we now know Him better. Taking this book down from our shelf we turn to the page which contains the twelve steps. Carefully reading the first five proposals we ask if we have omitted anything, for we are building an arch through which we shall walk a free man at last. Is our work solid so far? Are the stones properly in place? Have we skimmed on the cement put into the foundation? Have we tried to make mortar without sand?

Big Book Pg. 75 .

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## The Foundation

1. **HONESTY** – Fairness and straight forwardness of conduct: adherence to the facts.
2. **HOPE** – To expect with desire; something on which hopes are centered.
3. **FAITH** – Complete confidence; belief and trust.
4. **COURAGE** – Firmness of mind and will in the face of extreme difficulty; mental or moral strength to withstand fear.
5. **INTEGRITY** – The quality or state of being complete or undivided; soundness.
6. **WILLINGNESS** – Prompt to act or respond; accepted and done of choice or without reluctance.
7. **HUMILITY** – Not proud or haughty; not arrogant or assertive; a clear and concise understanding of what we are, followed by a sincere desire to become what we can be.
8. **LOVE** – Unselfish concern that freely accepts another in loyalty and seeks his good to hold dear.
9. **DISCIPLINE** – Training that corrects, molds, or perfects the mental faculties or moral character; to bring under control; to train or develop by instruction.
10. **PATIENCE/PERSEVERANCE** – Steadfast despite opposition or adversity; able or willing to bear; to persist in an understanding in spite of counter influences.
11. **AWARENESS** – Alive and alert; vigilance in observing.
12. **SERVICE** – A helpful act; contribution to the welfare of others; useful labor that does not produce a tangible commodity.

## Sobriety Calendar

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
Brian S.	Beginner's Reflections	3. Sep. 1982
Pam F.	Watford Group	3. Sep. 2006
Laurie E	Serenity by The Lake	3. Sep. 2002
Lynn C	Monday Morning	5. Sep. 2013
Joe B.	Came to Believe	6. Sep. 2005
Joe B.	Sunshine Group	7. Sep. 2012
Keith P.	Hub Group	8. Sep. 1997
Les S.	St. George's	8. Sep. 2006
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
Pat B.	St. George's	20. Sep. 1997
Ralph O.	Thedford	21. Sep. 2013
Elva M.	St. George's	26. Sep. 1962
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
Denise B.	Thedford	29. Sep. 2015
Lise A.	St. George's	29. Sep. 2007

Steeve S	Monday Morning	1. Oct. 2011
Simone B.	St. George's	3. Oct. 2014
Damien N.	Sunday Morning	4. Oct. 2015
George W.	Sunday Morning	4. Oct. 2015
Cec C.	Sunshine Group	13. Oct. 1983
Paul S.	Hill Street Blues	14. Oct. 2013
Janet B.	Lambton Central	16. Oct. 2012
Rod G.	Watford Group	18. Oct. 2014
Chrissie H.	Serenity	20. Oct. 2003
Merrit W.	Watford Group	20. Oct. 1973
Amara M.	St. Peter's	22. Oct. 2015
Laura C	Sunday Morning	23. Oct. 2014
Lila B.	Sunshine Group	23. Oct. 1988
Cathy D.	Freedom Group	24. Oct. 1992
Monica R.	St. George's	25. Oct. 2004
Connor M.	Forest Lakeside	25. Oct. 2009
Samantha H.	Lake Huron	26. Oct. 2002
Don M.	Thedford	28. Oct. 2011
Willie M	St. Peter's	31. Oct. 1982



**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

### FALL ASSEMBLY

Rooms are held under WG2 until October 4, 2017 at \$119.00 plus tax/per night. Over 200 free parking spots available for WOGS overnight guests. Rooms can be booked online at [reservations@cpkw-hotel.com](mailto:reservations@cpkw-hotel.com) or by calling 1-519-744-4141 or 1-877-408-6665.

Agenda items must be received by the Area Chairperson on or before September 4th, 2017.

*When* Fri 3 Nov – Sun 5 Nov 2017

*Where* Crowne Plaza Kitchener-Waterloo, 105 King Street East, Kitchener, ON, N2G 2K8

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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@aasarnialambton.com](mailto:newsletter@aasarnialambton.com)