



Alcoholics Anonymous
Sarnia/Lambton District 14
519-337-5211

THE UPDATE

ISSUE 01 | JAN-FEB - 2020 | NEWSLETTER@AASARNIALAMBTON.COM



WE ARE ALCOHOLICS ANONYMOUS!

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 any 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

Copyright © The AA Grapevine, Inc.
Reprinted with permission

DID YOU KNOW...

An A.A. presence can be found in approximately 180 countries worldwide, with a membership estimated at over two million.

DID YOU KNOW...

There are more than 118,000 A.A. groups worldwide. A.A. literature has been translated into 67 different languages.

I BET YOU KNEW...

Alcoholics Anonymous was founded in 1935.

The first A.A. meeting was held in Akron, Ohio.

Articles and letters from members are welcomed from all members of AA.

Submissions may be published anonymously. You must disclose your identity to the editor who will, upon request, and in keeping with the twelfth tradition, respect the anonymity of all such persons.

Please submit articles or letters as they relate to alcoholism.

Submit articles to:
newsletter@aasarnialambton.com

Putting an A.A. reading into my own words...

For all my life I have been demanding more than my share of security, prestige and romance. No matter what I had I always wanted more, for myself.

Step seven, long version makes me see that I can get happiness and peace by realizing that if my thoughts and actions help those around me to be happy then I will be happy.

I need humility to truly be a functional member of society. I need humility to be spiritually healthy and peaceful.

Submitted by: Hobo. Fan of Bill W.

Keeping Crosstalk at Bay...

A.A. has often been referred to as a 'benign anarchy' – a world in which autonomy from group to group can seem like an invitation to chaos. Yet, unruly as some groups appear, when guided by the need for unity that underlies all A.A. activity and shaped by the recognition that the fellowship is built on the connection that happens when one alcoholic shares his or her experience with another, a kind of order takes hold of almost every A.A. meeting.

As Bill W. notes in the introduction to the long form of the traditions in the big book, "We alcoholics see that we must work together and hang together, else most of us will finally die alone."

One thing many groups have discovered that can test that unity within meetings, however, is crosstalk -- Sharing that is often considered intrusive and generally disruptive.

Crosstalk can mean different things to different people. Some groups define any comments, negative or positive, about another person's sharing beyond 'Thank you for your share' as crosstalk or interference. Some outline crosstalk as engaging directly in conversation with another alcoholic during the meeting or providing commentary or feedback on what another has shared.

The Washington Heights Group in Upper Manhattan has a statement, born of the group conscience, which is read at every Thursday evening meeting: "Feedback and crosstalk are discouraged here. Crosstalk is giving advice to others who have already shared, speaking directly to another person rather than to the group and questioning or interrupting the person speaking at the time. If crosstalk occurs, the chair will remind you of this policy."

Ofcourse, there can be a fine line between sharing and intrusion, as many groups have discovered, and what works in one location may not work in another. The main thing most groups can agree on, however, is that all sharing needs to be nonjudgmental. "From the very beginning, one drunk talking to another has made the A.A. program go round," says Anne T., of Rome, New York. "When someone shares in response to something I've said, that's okay, but only so long as there's not even a hint of censure, belittlement, scolding or preaching, all under the guise of sharing. Knowing there's no risk of judgment makes me feel safe."

Keeping Crosstalk at Bay continued...

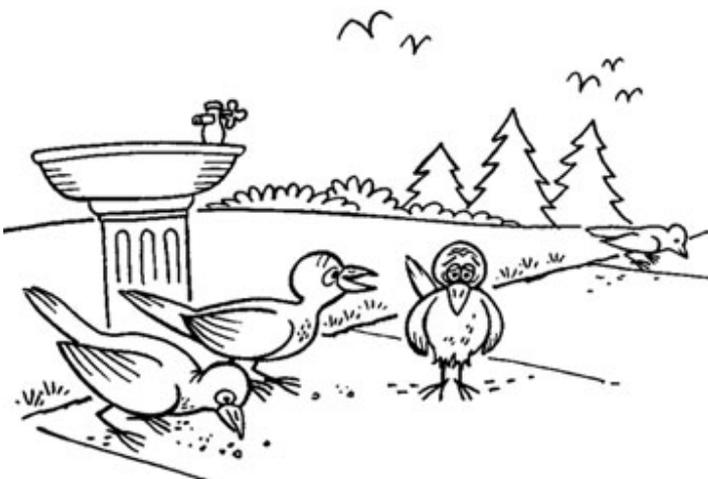
J. P., of Spokane, Washington, has also found that crosstalk of a giving nature is "sort of a language of the heart. It occurs with familiarity and can be very helpful. If members know one another well, as they tend to in small groups, they feel comfortable about saying, 'I'd Like to add something to what Jane said...' To me the key is comfort and the hope that sharing one's experience in recovery will help another alcoholic to stay sober and face life's challenges with greater ease."

Noting of crosstalk that "until the 1990s the word wasn't even in A.A. vocabulary," Susan U. of the 79th Street Workshop in New York City Cautions against setting up too many rules and regulations in response to what and how – people share in meetings: "There are no rules in A.A., just customs and the conscience of each autonomous group, and experience shows that for most groups attempts to control don't work very well. On the other hand, the nonjudgmental sharing we receive at meetings in response to something we have said can be beneficial to our recovery. It's how we learn to live sober, productive lives, and that's what sharing our experience and strength is about."

In general, then, when it comes to crosstalk, giving advice or disruptive sharing in meetings, keeping the focus on A.A. unity – and on our own personal experiences as they may be helpful to another recovering alcoholic – can provide a useful guideline to keep group sharing on track and resentments from creeping in.

As many groups have found, however, from time to time it may require a loving reminder from the group's chair.

Submitted by anonymous...Taken from GSO A.A. News and Notes - Vol. 63, No. 1 / Spring 2017



"Steve, if you are ready to have the morning worm instead of the ones from the tequila bottle, we know some people who can help."

Is your group having a special event, anniversary or celebration?

Submit the details to the newsletter..

We would be happy to help you get the word out!

Would you like a copy of the newsletter emailed to you? Let us know, we would be happy to send an emailed copy to you.

You can also view the newsletter along with archived copies on the AA Sarnia-Lambton website @ www.aasarnialambtonc.com

"This Newsletter is a member-to-member publication and the viewpoints expressed herein do not represent those of AA as a whole."

Announcements

A special thank to all of the volunteers who selflessly dedicated their time over the holiday season in making The Spirit of Christmas and The Spirit of New Years another tremendous success.

Year after year, a small army of volunteers donate their time by making Christmas and New Years a little less lonely for members of our A.A. community.

Without your support and the financial support of individuals and groups in our district, we would not be able to make this special event happen. Our sincerest thank you!

Susan C. and committee.



2020 Ontario Regional Conference

When: March 20, 2020 – March 22, 2020 all-day

Where: Sheridan Downtown Toronto, 123 Queen St. W. Toronto ON

Registration is open now. More Information can be found at aaorc.ca

Area 86 Spring Assembly Crown Plaza Kitchener March 27th-29nd, 2020

When: March 27, 2020 – March 29, 2020 all-day

Where: Crown Plaza Kitchener

Rate is \$125.00 plus tax and will be held until February 22nd

2020. Rooms can be booked online at reservations@cpkw-hotel.com or by calling 1 519 744-4141 or 1 877 408-6665 booking code is WOG.

2020 International Convention of Alcoholics Anonymous - July 2-5, 2020 Detroit, Michigan

Advanced registration for the convention between September 9, 2019 and April 14, 2020 will be \$115.00 (USD) per attendee. Registration after April 15, 2020 will be \$140.00 (USD) per attendee.

For more information and registration forms, please see your group GSR or visit www.aa.org



Lest we not forget those who have passed on before us. Their message is still strong within the meetings, and within all of us.

January Birthdays

Barb F	Bridgeview	January 1, 1975
Kevin B	Freedom Group	January 1, 2001
Heather B	St. George's Group	January 2, 2015
Ron P	Lambton Central	January 2, 1991
Don D	Murphy Road Group	January 3, 2014
Steve G	New Past Group	January 4, 1985
Rod M	Monday Morning Group	January 5, 2012
Rick P	Lambton Central	January 5, 2010
Sandra P	Sunday Morning Group	January 13, 1989
Michael M	Monday Morning Group	January 14, 2004
Ryan U	Centennial Group	January 14, 2018
Clifford H	Serenity Group	January 17, 2009
Patricia B	Lake Huron Group	January 20, 1974
Mary B	Forest Lakeside	January 25, 1991
Jack Mc	Hill Street Blues	January 25, 1984
Adrian M	High Noon	January 29, 1992

This is an unofficial list. Reasonable effort has been made to ensure accuracy. If you notice a change needs to be made, please see your GSR or contact newsletter@asarnialambton.com



FEBRUARY BIRTHDAYS

Angela P	Young People in AA	February 1, 2019
Gordon	Monday Morning Group	February 3, 1977
Rob A	Beginner's Reflections	February 4, 2017
Jan L	Forest Lakeside	February 5, 1991
Veronica L	St. George's Group	February 6, 2012
Leo N	Wednesday Night Group	February 6, 1983
Mike A	St. George's Group	February 7, 2015
Tim B	St. George's Group	February 10, 1988
Ken L	Men's Group	February 14, 1990
Bart S	Lambton Cntrl/New Begin..	February 15, 1984
Lianne M	Lake Huron Group	February 16, 2009
Shari E	Beginner's Reflections	February 20, 2015
Patti M	Beginner's Reflections	February 23, 2015
Jeff C	Lambton Central	February 24, 2009
Debbie H	Monday Morning Group	February 24, 2012
Jerry H	Hill Street Blues	February 25, 2008
Bob C	The Hub Group	February 26, 2004
Lance R	Centennial Group	February 26, 2005
Bill P	Hill Street Blues	February 28, 1986

Thank you to all of the groups and GSR's who submitted your updated birthday lists. If you have not yet done so, and wish to update the list for your group, please contact us.