



Alcoholics Anonymous
Sarnia/Lambton District 14
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THE UPDATE

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DID YOU KNOW...

OPEN Meetings are meetings that are open to alcoholics and their families and to anyone interested in solving a personal drinking problem or helping someone else to solve such a problem

DID YOU KNOW...

The BIG BOOK is one of the best selling books of all time, with more than 30 million copies sold. The big book is currently listed as one of the top 100 best and most influential books written in english since 1923.

DID YOU KNOW...

In Sarnia-Lambton there are thirty three AA meetings every week! You can find a meeting morning or night. Check out www.aasarnialambton.com for meeting location and times

GRATITUDE AND SERENITY

GRATITUDE AND SERENITY are two of the most characteristic marks of the truly successful AA.

Gratitude to God, because but for the grace of God there would be no serenity.

Gratitude to AA, because without its members the new-found sobriety would never have been achieved.

Gratitude and serenity are two sides of the same golden coin of sobriety.

Taken from Grapevine, Nov 1957 issue.

The Fellowship...

My Name is Rob, and I am an alcoholic.

I came to AA because I had nowhere else to go. My life was a mess, I didn't know what to do, so I did what was suggested to do. I went to meetings everyday..I got involved in the program, I got a sponsor and a home group (**Hill Street Blues**). I met people who could relate to my problems and I could relate to theirs. They told me to get a higher power. I did...God..Group of Drunks. I became involved in service work anywhere and everywhere I could. AA changed my life. Completely. Once again, life was worth living.

I have been sober now for 18 years and this has been made possible due to the fellowship.

I had no idea how many friends and how much support I had until Jan 4th of this year. My son, 40 years old, died in my apartment from a drug overdose, while I was sleeping. After the police left I reached out to my home group and friends in the program. To this day, I am overwhelmed and humbled at the support I received from phone calls, texts, people messaging me all letting me know that they were there for me. I did not realize how strong this fellowship is until now.

I don't know how I would have handled this event if I had still been drinking.

From the bottom of my wounded heart I want to thank each and every one of you for being there for me in so many ways. Looking back on my decision to come to AA, I realize this was the best thing I ever did for myself.

Sincerely,

Rob S.

Proud member of Hill St. Blues and the fellowship of AA.

Can an alcoholic ever drink 'normally' again?

So far as can be determined, no one who has become an alcoholic has ever ceased to be an alcoholic. The mere fact of abstaining from alcohol for months or even years has never qualified an alcoholic to drink 'normally' or socially. Once the individual has crossed the borderline from heavy drinking to irresponsible alcoholic drinking, there seems to be no retreat. Few alcoholics deliberately try to drink themselves into trouble, but trouble seems to be the inevitable consequence of an alcoholic's drinking. After quitting for a period, the alcoholic may feel it is safe to try a few beers or a few glasses of light wine. This can mislead the person into drinking only with meals. But it is not too long before the alcoholic is back in the old pattern of too-heavy drinking – in spite of all efforts to set limits for only moderate, social drinking.

The answer, based on AA experience, is that if you are an alcoholic, you will never be able to control your drinking for any length of time. That leaves two paths open: to let your drinking become worse and worse with all the damaging results that follow, or to quit completely and to develop a new pattern of sober constructive living.

Source: aa.org - faq

Alcoholics Anonymous is a fellowship of men and women united against a common, fatal disease. When I first came into these rooms, I assumed A.A. Was just a program to help me quit drinking and stay stopped. I attended different meetings in different places and was introduced to all types of people. Strangers, shared their stories of how broken they were when they found these rooms. They shared their feelings, fears, and sadness. Then they shared their strength, their hope, their successes. They applauded my victories, and encouraged me to stick around until the miracle happened. Day after day, meeting after meeting, I began to feel this sense of belonging, of being wanted, needed and loved. They told me they would love me until I could learn to love myself. And..... they told me that they could and would show me how they did it. This concept baffled my newly sober mind, but they had what I wanted. The more I opened up, the more I asked for help, the more I felt a part of. This fellowship I had luckily stumbled upon.... Had become my family. They were helping me save my life. I finally found hope. I very quickly became aware of the reason that the first word, in the first step, is "WE". There is strength, safety, and power in numbers. They were doing for me, what I could not do for myself. Until I could.

In closing, I would like to share an excerpt from a story in the Big Book that resonates with me today. I read this story a few times a week, and it reminds me that I am one of the lucky ones.

"I have a wealth of friends and, with my A.A. Friends, an unusual quality of fellowship. For, to these people, I am truly related. First through mutual pain and despair, and later through mutual objectives and newfound faith and hope. And, as the years go by, working together, sharing our experiences with one another, and also sharing a mutual trust, understanding, and love- without strings, without obligation-we acquire relationships that are unique and priceless. There is no more aloneness, with that awful ache so deep in the heart of every alcoholic that nothing before, could ever reach it. That ache is gone and need never return again." ("The Keys of the Kingdom", Fourth Edition, 2001)

Jamie S. (2020)



AA Grapevine
February 1, 2019

"While I may be powerless to solve the globe's problems, I am given all the power I need to make a difference to my community, my family, my job, my friends, and most importantly, to stay sober and help other alcoholics."

We tend to live in the past or the future, either reliving past disasters or awaiting more bad things to happen. The program tells us that if we have one foot in the past and one foot in the future, we are making a you-know-what of the present. And besides, the reason we call it the present... is because it's a gift!

So what's great about your life right now?

- You're clean and sober.
- You have a program.
- You have a Higher Power who loves you and wants the best for you.
- You're getting your life back.

aa.org, gratitude in early recovery

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

Announcements & Upcoming Events

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

CHATHAM-KENT DISTRICT 15 AA ONE DAY ROUNDUP

SPRING INTO SOBRIETY

When: Saturday April 18th, 2020

Where: 475 Keil Drive South, Chatham, Ontario

Time: 9 AM – 9PM

Lunch and Dinner catered by: Zee's Bistro (Coffee all day)

Main Speaker: John. M (Hamilton) @ 7 PM

Tickets: \$ 35 per person that includes lunch and dinner.

Speakers only: \$ 10

Happy Birthday

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

March Birthdays

Leo T.	Beginners Reflection's	March 3, 2008
Sharon W.	New Beginnings Group	March 3, 1997
Chipper R.	Forest Lakeside	March 3, 1994
Dan V.	Hill Street Blues	March 5, 1993
Laurie W.	St. George's Group	March 7, 1989
Lenora D.	Bridgeview	March 7, 1968
Laurie P.	Wednesday Night	March 7, 1988
Carolyn M.	Thedford	March 7, 2017
Randy R.	Hill Street Blues	March 13, 2014
Patricia C.	St George's Group	March 14, 2009
Lorne C.	New B./Lambton Central	March 15, 1974
Bill G.	Thedford	March 18, 2017
Stan S.	Freedom Group	March 20, 2011
Ron C.	Lambton Central	March 22, 1989
Marsha C.	Thedford	March 23, 2019
Tim S.	Men's Group	March 26, 1986

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



April Birthdays

Jack S.	Forest Lakeside	April 1, 1966
Butch M.	Hub Group	April 1, 1978
Bob D.	Sunday Morning	April 1, 1984
Gary M.	Hub Group	April 3, 1991
Janine M.	Monday Morning	April 4, 2011
Maryjo C.	Monday Morning	April 5, 1994
Mary C.	Bridgeview	April 5, 1993
Line M.	Forest Lakeside	April 6, 2003
Terry A.	St. George's Group	April 7, 2011
Mike W.	Forest Lakeside	April 7, 2019
Jeff W.	Hub Group	April 12, 2019
Bo O.	High Noon	April 15, 1978
Julie K.	Came to Believe	April 21, 2016
Brian W.	Men's Group	April 24, 2010
Alfred S.	St. George's Group	April 26, 1978
Pete H.	Thedford	April 27, 2017
Lynne W.	Serenity by the Lake	April 29, 2004

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.