



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

THE UPDATE

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ALCOHOLICS ANONYMOUS & COVID-19

In response to the global outbreak of Covid-19 members and groups from around the world have been following social distancing guidelines established by local, provincial and federal officials. Many groups have continued maintaining their focus on recovery and facilitating digital A.A. meetings.

By Attending digital meetings, group members can focus on A.A.'s primary purpose: to carry

Its message of recovery to the alcoholic who still suffers. Groups from around the world are utilizing digital platforms such as Zoom to facilitate carrying the message.

A.A. in the digital age has certainly taken on a new meaning in these challenging times, reminding its members and those searching for help that A.A. is not just a 'place', but exists in the hearts, minds and help offered. www.aa.org

DID YOU KNOW...

There are currently more than 18 local online meeting in Sarnia-Lambton? There are several meetings every day of the week!

MEETING TYPES...

Sarnia-Lambton currently has the following online meetings: closed, open, open speaker, womens, step study and service meetings

THE NEWCOMER

If you decided to get sober with the help of A.A. in the past six weeks. You likely would not have attended even one single in-person meeting or even shaken the hand of an A.A. member

Life in the express lane

When you are in a 10-items-or-less line in a supermarket checkout, and the person in front of you has more than 10 items and that no longer bothers you, that's acceptance. If you no longer count the number of items the person in front of you is buying, that's serenity.

"This newsletter is a member-to-member publication. The viewpoints expressed herein do not represent those of A.A. as a whole.

R. H. SMITH, M. D.
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TELEPHONE: HE-8523 REG. NO. _____

R FOR alcoholics
ADDRESS _____ DATE Feb 1937

Always remember it

1. Trust God
2. Clean house
3. Help others

NR 1 2 3 INF. *R. H. Smith* M. D.

MEMBER LETTER...

Hi I am an alcoholic and I belong to a home group. I would like to share part of my story. I was not an alcoholic when I found the rooms of AA. I went to my first meeting, I was 22.5 years old, female, or did not feel that I had any issues. At the first meeting I heard a man speak about his feelings, his situation and his alcoholism. I related to what he said, this was the only time in my first year that I was able to relate- after that first day I compared myself to everyone else. I was too young- I was told " I spilled more than you drank", I was told "You haven't not lost enough", I was even told " you are not an alcoholic". I am glad today that I did not listen to those people and I listened to others in the meetings who said "it did not matter how much you drank, not what you drank, but what it did to you"; that is where I was- it is what it did to me that made me want and need help to change what was happening in my life. During my first three months of sobriety I only attended open meetings because I did not know what a closed meeting was or how to attend a closed meeting. In our meeting books it said the closed meetings are for members only- I was not a member and I did not know how to become a member. I was at an open meeting and someone invited me to a closed meeting, and they explained about open and closed meetings and how to become a member. I started to attend closed meetings. I heard people talk about their lives, what happened to them and their escapades. I could not relate to a lot of them as most of the people I heard at meetings were much older than me , drank longer than me, had spouses and they had kids- I did not have these things, I had not lost anything in my mind at the time. How can I be an alcoholic, I was too young, I was not at the point in my life as the rest were- no kids, no spouse, no house, just me and my car, I had an apartment but that was it- I did not have much. But the thing that I lost that was the most important to me, was me.

There was an older man who reminded me of my Grandpa, he helped me so very much. He took 32 years to get a one-year medallion, but he took me under his wing and showed me how to do it and how not to do it. I got a home group, I got myself a sponsor, I got active in that group, I showed up every week, I helped set up and clean up.

I still thought that I was too young to be an alcoholic and I did not have all the 'yets' yet. But I kept going to meetings, I kept doing the things that I was supposed to do but I still struggled with being "unique" I was young, I had not been to college, I did not do all the things that these older people had done. I fought the program, I fought the ideas, I did not want to be an alky, I wanted to be "normal" cause I was still a kid- I was also told that by many of the older people in my district, the meetings.

I would like to tell the young people coming into the program right now, the program does work. The old/long timers have been through many of the same struggles. We may have grey in our hair now, but we do understand. I feel none of us are unique, we are just a bunch of garden variety drunks with maybe different experiences, but the feelings and the hurt are the same.

I have been told I am crass; I have been told I have no tact. I am not well spoken but the one thing that I do have is passion for this program and to give it away to any and all that desire to not pick up a drink and start working the program into your life. I know when the steps are studied and worked into everyday life, life will get better than my wildest dreams. I was told this many years ago and did not believe it but today I know that it is so true.

I have been told the steps help me from committing suicide and the traditions help me from committing homicide. I could not live my life today without working both into my life and into my recovery. Without doing service through my group, through my district, through the area and through one on one work with young and old alike—I would not be sober today and living the life that I have today.

I cannot express the gratitude I have for the program, the people who helped me learn the program—the steps, the traditions, the concepts; the people who helped me see what I did not want in my program, the literature that has helped me get through the times where I was unable to talk to people, sponsors who taught me the language of the program, and a higher power that I was able to find in this program.

For me to be able to say these things, I need to qualify I have been an active member of AA, district 14 for 29 years. I do not say this to brag, I say this to you to let you know that it will work if you work it, ODAAT. Submitted by Anonymous.

Partners for Life

At a Scottish wedding reception the D.J. yelled, "Would all married men please stand next to the one person who has made your life worth living."

The bartender was almost crushed to death.

Roger B. Santa Rosa Calif. Sept 2013



From Lambton Public Health...

Covid-19...How To Protect Yourself.

There are everyday actions that can help [prevent the spread of germs](#) that cause respiratory illnesses. Take these everyday steps to reduce exposure to the virus and protect your health:

- wash your hands often with soap and water or alcohol-based hand sanitizer
- sneeze and cough into your sleeve
- avoid touching your eyes, nose or mouth
- avoid contact with people who are sick
- stay home if you are sick

Other recommendations to prevent the spread of the COVID-19 virus include:

- Avoid all non-essential trips in your community.
- Do not gather in groups
- Limit contact with people at higher risk (older adults and those in poor health)
- If you leave your home, always keep a distance of at least two metres from others.

Physical Distancing is a new term for most of us. As the name suggests, it means keeping a distance of at least 2 arms-length (about 2 metres) from others.

It also means making changes in your everyday routines to minimize close contact with others to slow the spread of COVID-19.

Lambton Public Health encourages everyone to practise physical distancing. Here's how:

- Stay home as much as possible.
- Limit the number of people you come in close physical contact. It reduces the risk and prevents the spread.
- Avoid crowded places and non-essential gatherings.
- Avoid common greetings, such as handshakes.
- Limit contact with people at higher risk, like older adults and those with health issues.
- Politely remind others to keep a distance of 2 metres.

You can still:

- Run essential errands.
- Exercise while keeping your distance from others.
- Conduct essential work in the community while maintaining physical distance.

FOR FURTHER INFORMATION PLEASE VISIT
WWW.LAMBTONPUBLICHEALTH.COM

Things to do during self isolation

Do some yard work, Binge watch a Netflix series, start a home renovation project, Go on a virtual museum tour, Watch Youtube, Go for a walk, exercise, write a letter then go mail that letter, listen to podcasts, meditate, catch up on some reading, dance...because nobody is watching, learn a new language, call an old friend, call a new friend, call someone and be their friend, plant a garden, work in your garden, learn to cook something new, eat something new, do an online course, start or re-visit a journal, stop watching the news, shop online (but not too much), spring cleaning, exercise (but not too much), make your own hand sanitizer?, take up knitting, Yoga, don't try cutting your own hair, cross words and puzzles, play some cards, go through old clothes and start a donation bag, ladies: take a bubble bath, make a list of things you are grateful for, **attend an A.A. meeting on Zoom.**

Announcements

Does you or your group need AA literature (Grapevine, Big Book, Traditions), how about AA Chips or medallions? Stock up, replenish your supplies for when your group gets back up and running. Contact Jeff C. at literature@asarnialambton.com

Arrangements can be made for curb side or porch drop off with social distancing rules

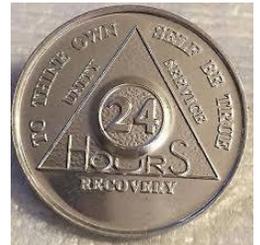


in place. Please contact your Literature Chairperson to make arrangements!

At this time, the ODAAT Campout, scheduled for August is still on!

Pending regulations put in place regarding Covid-19 the decision to continue the campout will be made mid/late June.

At this time the committee is looking for volunteers. The Campout is a weekend long event and needs your help. If you are interested in volunteering, please attend a Zoom meeting Monday May 18 @ 7pm. Meeting details and link can be found on www.asarnialambton.com



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As you are likely aware, all local in person meetings are cancelled until further notice. All district, area, national and international in-person events have been cancelled, including the 2020 international conference. Many of these events are now being held online. If you would like more information about these events, please check out our website www.asarnialambton.com or contact newsletter@asarnialambton.com

Current Online Local Meeting Schedule

Monday – 3PM Closed Meeting/7PM St. George's Grp Closed Meeting/8PM Forest Meeting Closed Mtng

Tuesday – 3PM Closed Meeting/8PM Lake Huron Grp Closed Meeting

Wednesday – 10AM Serenity by the Lake Closed/3PM Closed Meeting

Thursday – 3PM Closed Meeting/7PM Big Book Closed Mtng/7PM Murphy Rd Group Closed Mtng

Friday – 3PM Closed Meeting/8PM Watford Grp Closed Meeting

Saturday – 10:30AM Sunshine Closed Meeting/8PM Young People in AA Open Meeting

Sunday – 8PM OPEN Speaker Meeting...Please visit www.asarnialambton.com for updates and changes



Lest we forget those who have passed on before us. Their message is still strong within the meetings, and within all of us.

May Birthdays

Robin E.	Bridgeview Group	May 1, 2009
Chantal P.	Hill Street Blues	May 2, 2015
Jake M.	New Beginnings Group	May 6, 2017
Paul C.	Monday Morning Group	May 8, 1982
Tony D.	Theford Group	May 8, 2005
Mike M.	Bridgeview Group	May 15, 2019
Ann B.	The Hub Group	May 16, 2016
Jane J.	Wednesday Night Group	May 17, 2013
Jim B.	Theford Group	May 18, 2018
Shirley B.	High Noon Group	May 19, 2017
Monica B.	Came to Believe	May 21, 2016
Jamie M.	Young People in AA	May 23, 2019
Louise A.	Lake Huron Group	May 23, 2005

*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***



June Birthdays

Ross C.	Wednesday Night Group	June 1, 2012
Steve S.	The Hub Group	June 1, 2018
Jeff G.	Monday Morning Group	June 5, 2011
Bill S.	Unknown Group	June 6, 2004
Jeff B.	Lambton Central Group	June 6, 2005
Jane W.	Murphy Road Group	June 8, 1996
Ted H.	Bridgeview Group	June 15, 2010
Debbie K.	Theford Group	June 13, 2012
Paul H.	Theford Group	June 16, 1980
Alan L.	Bridgeview Group	June 18, 2000
Trish L.	Hill Street Blues	June 18, 2015
Joe M.	St. George's Group	June 30, 1971

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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.

