



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

THE UPDATE

ISSUE 01 ~ SPRING 2022 newsletter@asarnialambton.com



Welcome to our new edition of **THE UPDATE** following a two-year absence. Spring 2022 is here, and we are ready to resume reporting on AA's happenings in and around Sarnia-Lambton. Let's make this a team Newsletter! Send your personal stories of experience, strength and hope to inspire our readers. We'd love to have you aboard to assist with our quarterly publication, especially if you have knowledge of MS Word.

Contact Sheila at
newsletter@asarnialambton.com
if you would like to join the newsletter subcommittee.



We have been '**Zooming**' to recovery. During the past two years of the pandemic, many recovering alcoholics have found that AA Zoom Meetings have been a lifeline to sobriety. One older gentleman commented that he had never used a computer before the pandemic. Now, he is thoroughly enjoying numerous Zoom AA meetings and many other functions of his new computer! Another member who had had Covid felt lonely and tired but attended his third meeting in one day. He said, "Where else can I go to be among friends? I'm not lonely today. One long-timer enthusiastically remarked that Zoom meetings are awesome. He said, "it's the lifeline for me; constant contact with other people." Another member with long-term sobriety noted, "If I didn't have the meetings, I know I would not have made it through (the lockdowns) with my sanity. I could help myself and others; it's a miracle to have Zoom meetings". A member out in the County stated, "I kept my sanity because of Zoom; I go to 16 meetings a week!". Another long-time AA member commented she has "so much gratitude for Zoom meetings, especially when I was sick."

The Newsletter would like to know how you adapted to Zoom AA meetings during the pandemic. Please email us at newsletter@sarnialambtonaa.com and tell us about your experiences with recovery on Zoom. We will include your responses in the next issue of this Newsletter. Thanks so much.



Our readers love to see the monthly AA birthdays. This feature will resume in our next issue of THE UPDATE once we receive an updated members list from each group. GSRs, please email your group's updated member list with each member's 'dry' date (day, month, year). Email it to newsletter@asarnialambton.ca. Members are asked to encourage your GSR to send in those birthday lists. Individual members may also wish to email their own AA birthday information. Simply include the name of your home group along with your sober date. We are especially interested in recognizing special milestone birthdays (one-year, five-year, ten-year, etc.) and all new members, Zoomers too!



Vacant Service Positions District 14 Sarnia-Lambton:

Please consider undertaking one of these vital service positions,

- **Treasurer**
- **Alternate Treasurer**
- **Alternate Secretary**
- **Telephone Answering Service**

If you are interested, please contact Joe B at dcm@asarnialambton.com



Up-and-Coming Opportunities for Personal Renewal Within AA...

*Eastern Canada Regional Forum (May 13 – 15 2022) Charlottetown, PEI.

Contact James H. at regionalforums@aa.org or call (212) 870-3120.

Did you know that?

... **Bill W.** failed to graduate from law school in the 1930s because he was too drunk to pick up his diploma?

...Three hundred years ago (the 1700s – 1800s), church leaders in England organized prayer groups on Saturday nights to keep alcoholics from being tempted to visit alehouses. Historians view these early spiritual attempts at maintaining sobriety as a pre-cursor to Alcoholics Anonymous.



Love and tolerance of others is our code.

(Big Book p.84)

TOLERANCE



"I have found that I have to forgive others in all situations to maintain any real spiritual progress. The vital importance of forgiving may not be obvious to me at first sight, but my studies tell me that every great spiritual teacher has insisted strongly upon it. I must forgive injuries, not just in words or as a matter of form, but in my heart. I do this not for the other persons' sake but for my own sake. Resentment, anger, or a desire to see someone punished, are things that rot my soul. Such things fasten my troubles to me with chains. They tie me to other problems that have nothing to do with my original problem." (Daily Reflection, March 20)

Jokes and Jibes

You're probably an alcoholic if you spell the word Alcohol with a capital letter out of respect!



Q: What are the three main World Views?

A: Pessimist's – The cup is half-empty

Optimist's – The cup is half-full

Alcoholics – "Are you going to drink that?"

Q: What happened when an alcoholic drove his car hammered?

A: He got nailed!

Q: How many alcoholics does it take to change a light bulb?

A: Just one; she puts it in the socket and waits for the world to revolve around her!

Q: What are the three stages of alcoholic drinking?

A: Impulsive, Compulsive and Repulsive!

Ukrainian Big Book



We of Alcoholics Anonymous in Sarnia Lambton extend a hand in friendship to AA members in every world nation. "I still don't have answers for all the eternal questions, like why bad things happen to good people... But I have found that life works better when I focus more on how I am contributing to God's world than musing about what he is or is not doing in mine." (*AA Grapevine*, November 2013)

Crosstalk

When someone shares at an AA meeting, they deserve to be heard with everyone's full attention.



No one need ever interject a comment during someone else's share; interrupting, giving advice, expressing sympathy, or asking questions during someone's share time is distracting. The Grapevine states, "No crosstalk means not criticizing what another person said, not telling someone what to do about their problems and not analyzing anyone else's psyche or situation." Talkers don't address previous speakers; we address the group, not specific individuals, when we speak at an AA meeting. 'The meeting after the meeting' is the appropriate time for two-way dialogue, and one-on-one consultation with a sponsor is when we seek personal advice.

Morning Prayer:

"God direct my thinking today so that it be divorced of self-pity, dishonesty, self-will, self-seeking, and fear. God inspire my thinking, decisions, and intuitions. Help me to relax and take it easy. Free me from doubt and indecision. Guide me through this day and show me my next step. God give me what I need to take care of any problems. I ask all these things that I maybe of maximum service to you and my fellow man in the name of Steps, I pray. Amen. (p. 86 BB)



Night Prayer: "God forgive me where I have been resentful, selfish, dishonest or afraid today. Help me not keep anything to myself but to discuss it all openly with another person. Show me where I owe an apology and help me make it. Help me to be kind and loving to all people. Use me in the mainstream of life, God. Remove worry, remorse or morbid (sick) reflections that I maybe of use to others. Amen. (p. 86 BB)



Check out our website frequently

for updates, events, and links to District 14

www.aasarnialambton.com

If you need AA literature, please contact Julie K. at

literature@aaarnialambton.com.