



Alcoholics Anonymous
Sarnia/Lambton District 14
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THE UPDATE

ISSUE 02 SUMMER 2022

NEWSLETTER@AASARNIALAMBTON.COM



We alcoholics in Sarnia-Lambton are blessed with beautiful beaches, parks, trails, and marinas. Summertime here at home rivals any destination “down South” and best of all, we’re sober and able to truly enjoy quality time with our loved ones in the great outdoors. Let this summer edition of **THE UPDATE** be a part of your beach or poolside reading!!

“DON’T LEAVE HOME WITHOUT IT!”

Many members of A.A. travel in the summertime with families and friends. This can be very challenging because there is often an abundance of alcohol at typical vacation sites and our defenses may be down. One member decided he needed an **A.A. travel kit** to keep him safe: “Whenever I plan to travel, I get out my kit, a small bag that contains the basics: a pocket *Big Book of Alcoholics Anonymous*, *The Daily Reflections*, and a few copies of the Grapevine” (Grapevine June 2018) – and his phone for constant contact

with his sponsor and other members, as well as information on A.A. meetings anywhere in the world!

On a personal note, I can share that I got sober on vacation nine years ago in New York State when I attended an A.A. meeting at the Resort. I plan to take a cruise to Alaska this August, and I know that the first thing I will do onboard is find out about the ship’s AA meetings. We can all take A.A. with us on our summer vacation. Don’t leave home without it! (*Sheila K.*)

SUMMER of RECOVERY

STEP 6 Reflection:

If we still cling to something we will not let go, we ask God to help us be willing.
(ALCOHOLICS ANONYMOUS P.76)

TRADITION 7 Reflection:

...he has struck something better than gold... He may not see at once that he has barely scratched a limitless lode which will pay dividends only if he mines it for the rest of his life and insists on giving away the entire product. (ALCOHOLICS ANONYMOUS P.129)

CONCEPT 8 Reflection : “The General Service Board must devote itself to the larger questions and delegate routine operations to the subsidiary boards.” (The Twelve Concepts of World Service, aa.org)



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THE END OF AN ERA...

St. Paul's United Church located on Devine Street is officially closing at the end of June 2022. For many years, St. Paul's has been a faithful ally of A.A. Sarnia-Lambton offering space for scores of weekly meetings and special events. TB, the GSR of the *As Bill Sees It Group* feels sad to be leaving. He said, "the people – the secretary, the caretakers, everyone – were fantastic. They always co-operate with us, they're easygoing and St. Paul's was a good place to be." I think many of us can join TB in thanking the St. Paul's community for their friendship and accommodation. Until further notice, the St. Paul's meetings will be held at St. Luke's Church on Indian Road. Please double check the A.A. website for up-to-date location information.



CHECK IT OUT

The A.A. Grapevine Half-Hour Variety Hour Podcast: "funny, poignant, inspiring conversation about getting sober and staying sober in Alcoholics Anonymous."

aagrapevine.org/podcast



NEW SYMBOL OF HOPE



At the International Convention at St. Louis in 1955, a new symbol for A.A. first appeared on a banner – a circle enclosing a triangle. The circle

stands for the whole world of A.A., and the triangle stands for A.A.'s Three Legacies: Recovery, Unity, and Service.

(AS BILL SEES IT, P.307)

DID YOU KNOW:

- ❖ By the time Bill W. was 38 years old, his alcoholism was described as "hopeless, progressive and irreversible."
- ❖ In late 1934, Bill underwent a powerful spiritual experience. He was said to have felt free and at peace.
- ❖ Sarnia-Lambton has several 'hybrid' meetings, now including Lake Huron Group and Happy Friday Group.
- ❖ Watford Group goes 'live' again with in-person meetings starting in July on Fridays at 8pm.
- ❖ "Fun in Sobriety" – How A.A. members learn to live sober and enjoy life to its fullest – a new book published by A.A. Grapevine.
- ❖ Meeting Makers Make It!
- ❖ *Meeting Guide* is a free app that you can download. It has up-to-date meeting information listed.



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We celebrate our recovery milestones together in the fellowship of Alcoholics Anonymous. It brings hope to the newcomers and builds unity in our A.A. community.

Please note: Birthday Announcements can only be included in the newsletter if each group's G.S.R submits an updated list to Sheila at:

newsletter@asarnialambton.com

June Birthdays

Kerri M.	Bridgeview Group	June 4 th , 2021
Jane W.	Murphy Road Group	June 8 th , 1996
Pete H.	Thedford Workshop Group	June 13 th , 2012
Ted H.	Bridgeview Group	June 15 th , 2010
Paul H.	Thedford Workshop Group	June 16 th , 1980
Allen N.	Bridgeview Group	June 18 th , 2000

July Birthdays

Tim C.	As Bill Sees It Group	July 2 nd , 2000
Sheila K.	Watford Group	July 2 nd , 2013
Tom N.	Thedford Workshop Group	July 7 th , 2015
Steve H.	Murphy Road Group	July 13 th , 2015
Al T.	Freedom Group	July 15 th , 1988
Debbie K.	Thedford Workshop Group	July 17 th , 1990
Monica V.	Murphy Road Group	July 19 th , 2016
Tammy F.	Murphy Road Group	July 20 th , 2006
Bill A.	Bridgeview Group	July 21 st , 2021

August Birthdays

Teresa K.	Murphy Road Group	August 2 nd , 2010
Ken R.	St. George's Group	August 6 th , 1964
Brian S.	Murphy Road Group	August 6 th , 2001
Greg L.	Thedford Workshop Group	August 8 th , 1998
Natasha K.	Murphy Road Group	August 8 th , 2016
Bob H.	Bridgeview Group	August 9 th , 1979
Al K.	Thedford Workshop Group	August 11 th , 1991
Diane L.	Forest Lakeside Group	August 15 th , 1992
Carly D.	Thedford Workshop Group	August 17 th , 1997
Florence K.	Tuesday's Shiftworkers	August 18 th , 1985
Dan A.	Murphy Road Group	August 21 st , 2015
Carolyn T.	Thedford Workshop Group	August 24 th , 1989
Tom A.	Murphy Road Group	August 30 th , 2017

A.A. JOKES

*An active alcoholic's idea of a balanced diet.....
A beer in each hand!*

*A six-year-old tells his sober father: "When I grow up, I want to be an alcoholic."
The father thinks about it, then replies: "I'm sorry son, you can't do both!"*

SIGN IN A PUB WINDOW:
"If you are drinking to forget.... Please pay in advance."

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ANNOUNCEMENTS

Here are some events that are planned in and around our area this summer. For more information, please reach out to your home group or visit our website!

July 8th – July 10th

UNITY & SERVICE CONFERENCE
Concord, CA

July 15th – July 16th

14th ANNUAL CATFISH CREEK CAMPOUT
Aylmer, ON

August 5th - August 6th

30th Annual Bluewater ODAAT Campout
Wyoming, ON

August 13th

Area 86 Committee Meeting



A key element to the survival of A.A. is Service. We have positions within District

14 that are vacant, and at the General Service Office.

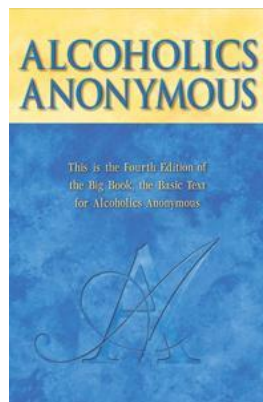
Trustee-at-Large/Canada Vacancy 2023:
The General Service Office of Alcoholics Anonymous seeks nominees.

commservices@aa.org

District 14 Vacancies 2022:

- Alternate DCM
- Telephone Answering Service
- Archives
- Alternate Treasurer
- Alternate Secretary

dcm@asarnialambton.com



The 5th Edition of the *Big Book of Alcoholics Anonymous* is expected to be printed soon and updated personal stories of recovery are required. If you are interested in submitting your

story of hope and strength, please email questions about the details to:

5BBStory@aa.org

Armed Forces Members Interview Project

The A.A. Trustees Committee on Cooperation with the Professional Community/Treatment and Accessibilities seeks to interview Military A.A. members to create recovery tools.

Share your story:

militaryoutreach@aa.org

THE SEVENTH STEP PRAYER

My Creator,
I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen.
(ALCOHOLICS ANONYMOUS, P.76)



Please check our website frequently!
for updates, events, and links to District 14
www.aasarnialambton.com

A.A. Literature: Julie K.
literature@asarnialambton.com

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