



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



THE UPDATE

ISSUE 03 ~ AUTUMN 2022 ~ NEWSLETTER@AASARNIALAMBTON.COM

In this issue of The Update, we focus on the three Fall months – September, October, and November. As such, we will touch upon Step 9, Tradition 10, and Concept 11 - as well as zoom in on some traditional response from our members related to Back-to-School, Thanksgiving, Hallowe'en, and Remembrance Day. Fall in Ontario is a beautiful season with colorful trees, the newness of a fresh start for students, family get-togethers over turkey, dress-up and candy for trick-or-treaters and a solemn reminder of past military service by brave enlisted personnel. Most significantly, Fall is a time to renew our individual commitment to sobriety and service in A.A. Let's enjoy these final months of glorious weather in 2022 while we trek to our meetings and continue to spread our messages of experience, strength, and hope.

"FALL" IN LOVE WITH YOUR RECOVERY

STEP 9 (September): Made direct amends to such people wherever possible, except when to do so would injure them or others.

"To make amends can be viewed two ways: first, that of repairing damage, for if I have damaged my neighbor's fence, I 'make a mend', and that is a direct amend; the second way is by modifying my behavior, for if my actions have harmed someone, I make a daily effort to cause no further harm. I 'mend my ways,' and that is an indirect amend." (Daily Reflections, p. 265).

TRADITION 10 (October): Alcoholics Anonymous has no opinion on outside issues; hence the A.A.

name ought never be drawn into public controversy.

"I have a right to my opinion, but others don't have to share it. That's the spirit of 'Live and Let Live'." (Daily Reflections, p. 312.)

CONCEPT 11 (November): While the trustees hold final responsibility for A.A.'s world service administration, they should always have the assistance of the best possible standing committees, corporate service directors, executives, staffs, and consultants. "Both volunteer and service positions and paid staff all have an important role to play." (aa.org).



BACK TO SCHOOL

Submitted by Sheila K.

My return to Western University as a Mature Student is a privilege that I don't take for granted! I am so grateful, in retirement, for the opportunity to learn, grow and share ideas with other students at King's College. However, this experience would be impossible without my sobriety. If I was still daily drinking red wine my brain would be foggy, I would lack motivation and I might even be an unsafe driver on Hwy 402! I bring my sobriety to campus with me, a tool that is even more important than textbooks, notebooks, and my computer. My ability to attend school is a gift from God; how I use my education in useful ways is my gift to Him. But sobriety is the greatest gift of all!

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GRATITUDE

Submitted by Honour M.

The dictionary definition of gratitude is the feeling of being grateful or the desire to express one's thanks.

As an alcoholic, to whom do I owe thanks? I sit in meetings and look at all the years or sobriety in the room. I know I owe a lot to those ahead of me in the sobriety line up. Without your example, knowledge, strength, and hope, I would not be sober today. You led the way for me to enjoy my life today. Thank you. Also in the rooms are the newcomers. The folks accepting their 24-hour chips while still hungover. The ones who wonder what we are laugh at. The ones who think they have arrived at the wrong meeting because no one there looks as bad as they feel. Yes, I owe you thanks too. I cannot do a lot to help A.A.s with 20- or 30-years in. But I can help you by my example as someone who kicked the habit less than a decade ago who still has the odd moment of weakness. I see you and say 'Yeah, but for the grace of God' and I do not pick up again. Thank you.

My ancestors, most of whom were addicted. Do I owe them thanks? Yes. DNA testing has proven that this is an inherited trait, not a lifestyle choice. Yet you persevered and produced me. I am this way for the same reason I am right-handed. But I can choose to do something about it. So, to them I say, "Thank you."

And finally, to Bill and Bob, our A.A. ancestors. Not DNA related but revered no less. We all owe them a debt of gratitude that can be paid back by example. Every 24 hours we remain sober, we give them our thanks. So, a salute to our next 24 hours, and friends, Thank You.

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. www.aasarnialambton.com

November 5th

Bluewater Three Legacies Round Up
Trinity Anglican Church in Sarnia, ON

November 18th

Area 86 Fall Assembly
Crowne Plaza in Kitchener, ON



HALLOWE'EN

Submitted by Sheila K.

I have never been a huge fan of Hallowe'en. As a youngster, even though it was fun and exciting to go trick-or-treating, I instinctively felt an unease about the "excess" of it all. I would binge for days on all that candy until I felt unwell! Those early sugar binges – and I truly felt out of control back then – seem, in retrospect, to have been a foreshadowing of later alcohol binges. Excess sugar or excess alcohol can really cause havoc with my physical and mental health, so today, I choose to avoid all binge behavior. Luckily, my AA program has freed me from the compulsion to drink. The 'trick' to enjoying Hallowe'en is to 'treat' myself to ongoing sobriety. Happy Hallowe'en, everyone!

A.A. Literature: Julie K.

literature@aaarnialambton.com



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 K. at newsletter@asarnialambton.com **

September Birthdays

John R.	Wednesday Night Group	Sept. 10, 1986
Dean H.	As Bill See's It	Sept. 15, 2021
Pam F.	Watford	Sept. 3, 2006
Ralph O.	Thedford Workshop	Sept. 21, 2013
Leanne	Downriver Group	Sept. 2, 2021
Bruce S.	Downriver Group	Sept. 15, 1998
Howie M.	Downriver Group	Sept. 18, 1990
Dan T.	Downriver Group	Sept. 7, 2009
Kathy M.	Serenity by the Lake	Sept. 19, 2018

October Birthdays

Willie M.	Wednesday Night Group	Oct. 31, 1982
T.B.	As Bill See's It	Oct. 13, 2007
Charlene F.	Serenity by the Lake	Oct. 22, 2018
Chuck M.	Downriver Group	Oct. 12, 2015
Kirk R.	Downriver Group	Oct. 13, 1989
Mike W.	Downriver Group	Oct. 31, 1997
Lynn W.	Downriver Group	Oct. 16, 1993
Amara M.	Downriver Group	Oct. 22, 2015
Terry R.	Forest Lakeside	Oct. 3, 2020
Mary N.	Bridgeview	Oct. 9, 2019
Mike M.	Bridgeview	Oct. 16, 2021
Monica T.	Bridgeview	Oct. 25, 2004
Lila B.	Bridgeview	Oct. 23, 1989
Leo H.	Bridgeview	Oct. 18, 1982
Michael A.	Murphy Road Group	Oct. 20, 1996
Laura C.	Murphy Road Group	Oct. 23, 2014
Cathy H.	Murphy Road Group	Oct. 24, 1992
Don M.	Thedford Workshop	Oct. 28, 2011
Sasha R.	Thedford Workshop	Oct. 30, 2019
Amy M.	Serenity by the Lake	Oct. 14, 2016

November Birthdays

Carole N.	Wednesday Night Group	Nov. 23, 1982
Larry D.	Wednesday Night Group	Nov. 24, 1983
Dave T.	Watford	Nov. 17, 1989
John R.	Bridgeview	Nov. 11, 2011
Kathleen O.	Welcome Home Group	Nov. 11, 2020
Marlene W.	Murphy Road Group	Nov. 1, 2016
Hanna A.	Murphy Road Group	Nov. 11, 2021
Cassidy W.	Murphy Road Group	Nov. 16, 2021
Alana H.	Murphy Road Group	Nov. 19, 2016
Mike C.	Serenity by the Lake	Nov. 13, 2017
Mark C.	Downriver Group	Nov. 15, 2021

A.A. JOKES

Q: How many drunks does it take to screw in a light bulb??

A: None. To hell with the light, we'll drink in the dark!

Why did the ghost go into the bar?

For the boos, of course!

"Yes Officer, I've only had one – in dog beers!"

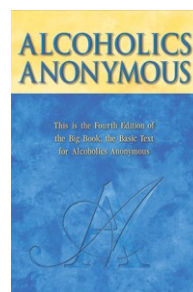
A drunk sitting at the bar bragging to his buddy:

"I've been on the whisky diet, and I've already lost three days!"

District 14 Vacancies:

- Alternate DCM
- Archives
- Alternate Treasurer
- Alternate Secretary

dcm@asarnialambton.co



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

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REMEMBRANCE DAY

Let Us Forget

VETERANS IN RECOVERY

Submitted by Joe

I enlisted in the Canadian Armed Forces in 1989 and was released in 2004. To be able to serve my country was an

honour. Lifetime bonds exist among all that serve. There is a mutual understanding and respect for each other that simply exists even though we may not have served in the same unit, or on the same base, or even at the same time.

Remembrance Day every year is a time of solemn reflection. Time spent remembering lives lost in service to our country. I also think of those who were changed and will likely never be the same ever again.

I think of the sacrifice that our families pay; they leave their families behind to accompany us wherever our service takes us. I think the families of those serving must be exceptionally strong to be able to endure the uncertainty of what the future may hold for them.

My first posting was more than 3500 kms away from home. My first job there was in a section in a field unit that provided decontamination services in the event of chemical, nuclear, or biological threats. Shortly after arriving at this new posting, Kuwait was invaded. CNN was televising constant SCUD missile strikes. I was never deployed to Kuwait --- but many of those I worked with were. I can only begin to imagine what my wife, my parents, and our extended families must have been going through watching and waiting while that conflict played out. I had signed up for this --- but my family had not.

Canada is the best country in the world to live in. I know that the grass often looks greener elsewhere but when we take a good look, this IS a truly awesome country.

I have so many memories of my time in CAF - some I hold dear; some I would rather forget. Some involved alcohol. Alcohol at that time was part of

the military culture - but looking back there were many that did not drink.

A few years ago, I started to attend Remembrance Day services at the Cenotaph. For years I did not attend – I wanted to but didn't or couldn't – it really does not matter why. For years Remembrance Day was something that I observed very privately on my own. There are still a lot of emotions related to my service in the military and it seems these are magnified in the days and weeks leading up to Remembrance Day every year.

It makes me angry and frustrated when I see our flag desecrated or flown up-side down. Thanks to AA, I can TRY to practice Live and Let Live – but it is difficult some days. Thanks to AA, I know that everything is exactly as it should be, and everything happens exactly as it should.

Our annual Round Up is normally held late October or early November. Every District holds an Annual Round Up to celebrate the birthday of AA starting in that district. I personally like that our Round Up happens around Remembrance Day every year.

Our Round Up and Remembrance Day seem to go so well together for this alcoholic.

Thank you for my sobriety today.

PEACE PRAYER OF SAINT FRANCIS

(Step Eleven Prayer, "12&12", P. 99)

Lord, make me an instrument of your peace:
where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, fear;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy.

O divine Master, grant that I may not so much seek
to be consoled as to console,
to be understood as to understand,
to be loved as to love.

For it is in giving that we receive,
it is in pardoning that we are pardoned,
and it is in dying that we are born to eternal life.
Amen.

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