



THE UPDATE

Alcoholics Anonymous Sarnia/Lambton District 14

Issue 06 ~ SPRING 2024 newsletter@aa.sarnialambton.com



Upcoming Events:

**WOS Area 86 Pre Conference
Spring Assembly**
March 8-10, 2024 - Bronte, ON

Ontario Regional Conference
March 15-17, 2024 - Toronto, ON

**64th ICYPAA (International
Conference for Young People in
AA)**
July 4-7, 2024 - Austin, TX

AA International Convention
July 2-5, 2025 - Vancouver, BC

Bluewater ODAAT Campout
August 2024 - STAY TUNED!

Welcome to the Spring Edition of THE UPDATE for 2024! As the season of renewal unfolds, we're excited to embrace the spirit of new beginnings. After a cozy winter indoors, it's time to step outside and soak in the fresh air of Sarnia/Lambton's breathtaking landscapes, from waterfront views to serene parks and sandy beaches. In this edition, we delve into the essence of each upcoming month through our thematic steps:

March - STEP 3 - FAITH

As March unfolds, we explore the significance of faith, the cornerstone of our journey toward growth and self-discovery.

April - STEP 4 - COURAGE

In April, let's summon the courage to embark on new adventures, overcome challenges, and pursue our dreams with determination.

May - STEP 5 - INTEGRITY

As spring blossoms, let's reaffirm our commitment to integrity, staying true to our values and principles as we navigate life's twists and turns.

Join us as we embark on this transformative journey, guided by faith, courage, and integrity. Happy Spring! 🌱



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YOU GOTTA HAVE FAITH

STEP THREE - MARCH

“Made a decision to turn our will and our lives over to the care of God as we understood Him.” ~ **FAITH**

“When we sincerely took such a position, all sorts of remarkable things followed. We had a new Employer. Being all-powerful, He provided what we needed, if we kept close to Him and performed His work well.

Established on such a footing we became less and less interested in ourselves, our own little plans and designs. More and more we became interested in seeing what we could contribute to life. As we felt new power flow in, as we enjoyed peace of mind, as we discovered we could face life successfully, as we became conscious of His presence, we began to lose our fear of today, tomorrow or the hereafter. We were reborn.”

Page 63, *Alcoholics Anonymous, How It Works*, Fourth Edition (2001)

If you would like to share with the fellowship of Alcoholics Anonymous by submitting a story, joke, cartoon, announcement, event, or information, please reach out to:

newsletter@aaarnialambton.com
Newsletter Chair: Jamie S.

Third Step Prayer

God, I offer myself to Thee — To build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of Life



HAVING A HARD TIME FINDING YOUR FAITH?? HAVE YOU TRIED SAYING THE THIRD STEP PRAYER EVERY DAY FOR 30 DAYS IN A ROW?

BE WILLING TO DO WHATEVER IT TAKES!



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GETTING INVOLVED IN LOCAL A.A.



Open Service Positions – District 14

dcm@sarnialambton.com

Secretary/Registrar
Alternate Secretary/Registrar
Cooperation with the Professional
Community (CPC)
Treatment

WHY JOIN A COMMITTEE?

- Service is essential to a strong program of recovery
- Meet new people from the area and district fellowships
- Get involved and give back what was freely given to you
- Stay accountable and connected to the program
- Use your talents and skills to have some good sober fun

Local committees always
looking for volunteers:

Bluewater ODAAT Campout *Allan B.*

BW3L Round Up Committee *Shayna D.*

Spirit of Christmas & New Year's Eve
Jamie S.



Have immediate access to local meeting times and locations. Download the **Meeting Guide** app to keep you connected to the program.

Don't Drink & Go To Meetings





LET GO, LET GOD, CLEAN HOUSE

Jokes

A scientist walks into an AA Meeting. "I've just invented the cure for alcoholism! Take one of these pills and you'll never be a problem drinker again."

An alcoholic replies "What happens if you take two?"

Me: My name is Matt, and I am an alcoholic.

Guy: This is A.A.A., not A.A.

Me: Yeah, I was just explaining how my car got in the lake.



Steps 3, 4, and 5 were some of the most challenging and rewarding steps for me. I struggled a lot with step 3 in the beginning because I didn't understand what it meant or how to do it. How are you supposed to "turn your will and life" over? I found more clarity by keeping it simple. All the step asks of you is to make a decision, which some even consider to be deciding to stay in the program and commit to working the 12 steps. I've also heard "your will and life" as your thinking and actions, which helped me better grasp that concept. The essence of this step for me is to realize my best thinking got me here and trust that my life will be better with the guidance of a higher power.

Step 4 was daunting to say the least, and it was important for me to be able to rely on a higher power when taking my inventory. Once I put the whip away, it was easier to put pen to paper. Although the guilt and shame of our past indiscretions can be a great motivator to right our wrongs and instill in us a willingness to be better people, it can also keep us in a cycle of continuing to hurt others and bury our past. By viewing my guilt and shame as barriers to taking accountability for myself, it was easier to let them go. My inventory is about determining why I drank and how it affected others, not all the ways I deem myself a terrible person.

At first I didn't understand the value of step 5 as much as the other two steps, as I am a chronic oversharer and was used to telling people intimate details of my life at the drop of a hat. However, it felt much different to admit to someone things I didn't even know I was hiding from myself. The prospect of sharing my inventory objectively with my sponsor without distorting it to sound how I wanted it to in order to make me feel comfortable was terrifying yet so rewarding once I did it. Step 5 taught me the importance of truly trusting another person, and the humility it takes to view my past objectively.

~ Shayna D.



COURAGE IS THE ANTIDOTE TO FEAR

STEP FOUR - APRIL

“Made a searching and fearless moral inventory of ourselves.” ~ **COURAGE**

DAILY REFLECTIONS P. 116

LOVE AND FEAR AS OPPOSITES

All these failings generate fear, a soul-sickness in its own right.”

TWELVE STEPS AND TWELVE TRADITIONS, P.49

“Fear knocked at the door; faith answered; no one was there.” I don’t know to whom this quote should be attributed, but it certainly indicates very clearly that fear is an illusion. I create the illusion myself.

I experienced fear early in my life and I mistakenly thought that the mere presence of it made me a coward. I didn’t know that one of the definitions of “courage” is “the willingness to do the right thing in spite of fear.” *Courage*, then, is not necessarily the absence of fear.

During the times I didn’t have love in my life I most assuredly had fear. To fear God is to be afraid of joy. In looking back, I realize that, during the times I feared God most, there was no joy in my life. As I learned not to fear God, I also learned to experience joy.

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BIG BOOK TRIVIA

Name the four horsemen.

Terror, Bewilderment,
frustration, despair.
P.151

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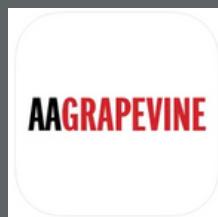
What is the ‘number one’
offender?

Resentment.
P.64

.....

What are the essentials of
recovery?

Willingness, honesty and
open-mindedness.
P.568



CHECK OUT
THE **NEW**
Grapevine
App



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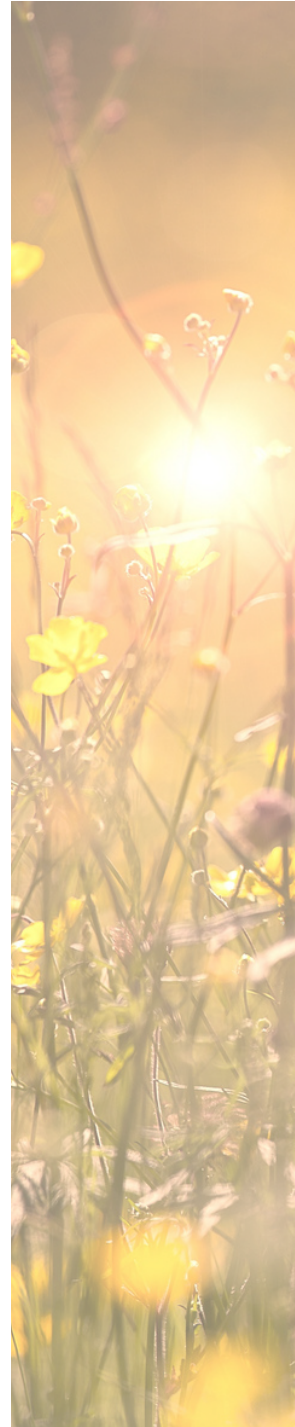
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THE PROMISES: A RETURN TO HOPE

Darkness crept in like a thief in the night, smothering my childhood glow with self-doubt, condemnation, and the dangerous whispers of self-loathing. Thick fog descended upon my soul, obscuring the golden light within and leaving me yearning for relief. Though occasionally the fog would lift, revealing a faint glimmer of inner light, it always returned, crushing with the weight of its heavy layers. Before recovery, my mind became a murky and ominous place, haunted by the screeching musings of a scolding voice that echoed through my skull. It was a voice of judgment and doubt, laden with the weight of a freight train that relentlessly carved its tracks through my psyche. With every passing, it deepened the grooves of my self-hatred until they became a familiar, inescapable part of me. The runaway train within my mind screamed. Its conductor was a sinister figure morphing into the ghosts of the past. These phantoms affirmed my most distorted beliefs, dredging up unspeakable memories and unsavory images that only proved self-disgust to be a valid and righteous judgment. As the darkness within grew, I became the judge, jury, and executioner, condemning myself to a bleak and lonely existence drowning out any sense of reason or hope. It was a harsh and relentless judgment I inflicted on myself, leaving no room for mercy or self-compassion. Coming to the tables of Alcoholics Anonymous was the beginning of change. Hearing the Promises from the Big Book brought a flicker of hope that I was not destined to live the life I had condemned myself to. Each word spoken by those who had walked the same path resonated deep within me, stirring dormant aspirations and kindling a glimmer of faith in the possibility of redemption. The sentence preceding the promises had an astounding impact on me. 'As God's people we stand on our feet; we do not crawl before anyone'. This declaration, alone granted me permission to rise, to lift my eyes from the floor, and to begin believing that I was worthy of such a gift. As I sat among fellow travelers, their stories woven with threads of struggle and triumph, I found solace in the shared journey toward recovery. The Promises stood before me like beacons of light guiding the way out of the darkness. They whispered of a future untainted by the chains of addiction, of a life reclaimed and renewed through courage and perseverance. With each passing meeting, the Promises grew louder, their echoes reverberating through the chambers of my heart, igniting a fire within me to pursue the path of healing and transformation.

~ Sam. M



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IT'S A GOOD DAY TO BE SOBER

STEP FIVE – MAY

“Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.” ~ **INTEGRITY**

“Twelve Steps deflate ego. Step Five is difficult but necessary to sobriety and peace of mind.

Confession is an ancient discipline. Without fearless admission of defects, few could stay sober. What do we receive from Step Five?

Beginning of true kinship with man and God. Lose sense of isolation, receive forgiveness and give it; learn humility; gain honesty and realism about ourselves. Necessity for complete honesty. Danger of rationalization. How to choose the person in whom to confide.

Results are tranquillity and consciousness of God.

Oneness with God and man prepares us for the following Steps.”

Twelve Steps and Twelve Traditions, P.6

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Hi, I'm an alcoholic and my name is Kevin, and this is a brief introduction to my story as I'm coming up to my 3rd year of sobriety. Today, I'm living a life better than my wildest dreams, and it's a big thanks to the 12-step program & the people who have helped me along the way. When I first got introduced to the Alcoholics Anonymous 12-step program, I hit my rock bottom, and I was sick and tired of being sick. I had no desire to live, I failed all my relationships, except for one... My Ma. I was legally in trouble, and I couldn't stop drinking for more than 2 days.

But for the grace of my higher power, he had other plans for me and I'm here today saying that I am not the same person that I was five years ago because nothing changes if nothing changes and I didn't have to change much.... just everything! I also had to learn that I was the common denominator and all my problems. I couldn't live in today or the moment. I always had anger and resentment from yesterday, anxiety, and fear of what tomorrow may bring. I couldn't live life on life terms!!!

I thoroughly had to learn a lot about myself, with my sponsor, through step work, finding a home group, attending meetings regularly, getting involved and giving back, and helping out wherever possible. I learned a lot about my character defects and my shortcomings, but as the days went on, one day at a time, The Program helped rewire my brain so I can live in the moment, and I'm able to not make mountains out of molehills and accept people, places, and things, for as they are in my higher powers will. Believe me, I'm an A.A. work in progress and I'm far from perfect, but I am a better man than I was several years ago, & it keeps getting better and that's a big thanks to the A.A. program and all the beautiful connections I have made along the way. Meeting makers make it!!! It's a GOOD DAY to be sober!!!

~ Kevin W. M.



Have immediate access to local meeting times and locations. Download the **Meeting Guide** app to keep you connected to the program.

Don't Drink & Go To Meetings





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!

**Happy
Birthday!**

MARCH

Laurie W. Wednesday Night Group March 7, 1989
Mark V. Downriver Group March 11, 2022
Patricia C. St. Georges Group March 14, 2009
Jamie S. Serenity by the Lake March 16, 2019
Kevin M. St. Georges Group March 21, 2021
Paul D. Came to Believe March 22, 2019

APRIL

Butch M. Hub Group April 1, 1978
Gary M. Came to Believe April 3, 1991
Bo O. High Noon Group April 15, 1978
Julie K. Came to Believe April 21, 2016
Brian W. Men's Group April 24, 2010
Lynne W. Serenity by the Lake April 29, 2004

MAY

Chris B. Serenity by the Lake May 5, 2020
Wayne J. Wednesday Night Group May 6, 1987
Ann B. Hub Group May 16, 2016
Justin S. Downriver Group May 18, 2012
Shirley B. High Noon Group May 19, 2019
Monica B. Came to Believe May 21, 2016
Chris C. Wednesday Night Group May 24, 2016
Bob S. Downriver Group May 30, 1980

**** Please note: Birthday Announcements can only be included in the newsletter if each group's GSR submits an updated list to Jamie S. at newsletter@aaarnialambton.com ****