



# THE UPDATE

Alcoholics Anonymous Sarnia/Lambton District 14

Issue 11 ~ FALL 2025 ~ [newsletter@aa.sarnialambton.com](mailto:newsletter@aa.sarnialambton.com)



Welcome to the cozy, colourful season of fall! As the leaves change and the air turns crisp, it's a beautiful reminder that change can be both natural and necessary. This is the perfect time to "FALL" in love with your sobriety all over again—whether it's sharing gratitude around the Thanksgiving table, enjoying the spooky fun of Halloween, or simply taking a quiet walk through nature's autumn palette.

It's tempting to hibernate as temperatures drop—but don't let comfort turn into isolation. Fellowship is your lifeline. Keep showing up, stay engaged, and reach out when you need to. Whether it's a phone call, a coffee with a sponsor, or a meeting in person or online—connection is key!

Let this season be more than just a change in the weather—let it be a time of renewal, reflection, and recommitment. Embrace the moments of stillness, practice gratitude, and continue growing in your recovery journey.

Wishing you a warm, safe, and sober fall season.

## UPCOMING EVENTS

Fall Assembly  
October 31, November 1<sup>st</sup> and 2<sup>nd</sup>  
Oakville Conference Center,  
Oakville ON

Bluewater Three Legacies Round Up  
November 8<sup>th</sup>, 2025  
Trinity Anglican Church,  
Sarnia, ON

Safety Day  
November 22<sup>nd</sup>  
St. Paul's Church,  
Pt. Edward, ON

Area Committee Meeting (ACM)  
November 29<sup>th</sup>  
District 2



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# FELLOWSHIP OF EQUALS

## TRADITION NINE – SEPTEMBER

A.A., AS SUCH, OUGHT NEVER BE ORGANIZED; BUT WE MAY CREATE SERVICE BOARDS OR COMMITTEES DIRECTLY RESPONSIBLE TO THOSE THEY SERVE

### ORGANIZATION

THIS TRADITION REMINDS US THAT A.A. IS A FELLOWSHIP, NOT AN INSTITUTION. WE DON'T HAVE LEADERS WHO GOVERN OR CONTROL. INSTEAD, WE RELY ON TRUSTED SERVANTS AND SIMPLE SERVICE STRUCTURES TO HELP THINGS RUN SMOOTHLY AND KEEP THE DOORS OF A.A. OPEN TO ALL WHO SEEK RECOVERY.

THE PRINCIPLE IS ORGANIZATION — NOT FOR POWER OR AUTHORITY, BUT FOR SERVICE. BY FORMING COMMITTEES AND BOARDS THAT ARE DIRECTLY RESPONSIBLE TO THE MEMBERS THEY SERVE, WE MAINTAIN THE SPIRIT OF UNITY AND KEEP OUR PRIMARY PURPOSE AT THE CENTER OF EVERYTHING WE DO.

### Why doesn't A.A. have a boss?

Because if someone tried to be in charge, the committees would politely remind them: "We're organized enough to serve, but not enough to boss!" 😊

*I'm a journey of twelve, but not miles or days,  
I guide through the dark, and light up the ways.*

*Each step a lesson, a truth to embrace,  
From admitting to asking for help and grace.*

*I start with surrender, end with service true,  
A path to recovery for me and for you.*

*What am I?*

## TWELVE STEPS OF ALCOHOLICS ANONYMOUS

### Recovery gave me a new life.

I'm still trying to find the instruction manual. 😊



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# OUR MEMBERS THOUGHTS

*11 Alcoholics Anonymous, for us, has been nothing short of a miracle. We try to live our lives as best we can by the principles set down in the 12 Steps. However, the glue that binds our fellowship and keeps us on the right track amongst the groups are the 12 Traditions. Are AA Traditions “suggested” as the AA Steps are? The answer is no. The Traditions are guidelines for how the groups should function and interact with its AA members, other groups, and the community. The 12 Traditions have stood the test of time and conformity with the them, as much as possible, will ensure the continuation of AA groups. Controversy will always exist in the rooms of AA. Hopefully, this will encourage more people to get involved in service and/or do research.*

## **Tradition 9**

*There are no bosses in AA. We are a fellowship of equals. No member has the power dictate to another member or to control a group. Boards and service centres are created to serve members of AA and the AA groups — not to dictate to them. The running of AA and the groups is based on service by its members. The spirit of rotation on these board and service centres is imperative to avoid any member from being in a position of authority. We must always remember that the newcomer is the most important person in the room.*

## **Tradition 10**

*Tradition 10 is very straight forward. The AA Preamble says it all. It states our primary purpose is to stay sober and help other alcoholics to achieve sobriety. If we become involved in outside issues or lend the AA name to any related facility — that could divide the membership and divert AA from our stated primary purpose. Members are more than welcome to become involved in outside issues in their private lives but they must not bring these issues into the meeting rooms of AA. Lending the AA name to outside issues could also change our message as our message must not be confused with their message. By staying away from the issues of the “outside world” we can focus on our primary purpose.*

CONTINUED.....



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**





# I AM RESPONSIBLE

## Tradition 11

Tradition 11 is, in our opinion, most at risk today due to changing times including social media, podcasts, and the likes. We have recently seen a podcast of a Hollywood personality interviewing another Hollywood personality where they were discussing their success in AA. Because of the wide influence of these people and the media (including their podcasts) what would happen if one or both of them returned to drinking? Their followers would most likely say that AA doesn't work. It is also disturbing that while these people have nothing but good to say about AA, they really don't care about the Traditions that have kept the program alive and well for them when they needed the AA program. They seem to think they know better. We wish to attract members rather than promote ourselves. When friends, acquaintances, co-workers, etc. see the profound changes in your mental, emotional, physical and spiritual being they will want to know what you have done. No promotion was needed — they could see the change. We experienced this curiosity in our early sobriety. Always remember — principles before personalities.

~ Ken and Sandra P.

## TRADITION TEN – October

*Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy.*

### Outside Opinions

*Tradition Ten helps protect the fellowship by keeping its focus on a single purpose: carrying the message to the alcoholic who still suffers. By not taking sides on political, religious, or social issues, A.A. maintains its unity and ensures that anyone—regardless of personal beliefs—can find a safe and welcoming place. This tradition shields the program from division and controversy, allowing it to remain a spiritual, not political, organization where recovery is the common ground.*



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# NEW LOCAL WOMEN'S MEETING

A NEW WOMEN'S AA MEETING

## STILL SHE RISES



STARTING SEPTEMBER 18<sup>TH</sup>

THE THIRD THURSDAY  
OF EVERY MONTH

7:00 PM

KIWANIS CENTRE

A WOMEN'S ONLY AA CLOSED MEETING  
A PLACE TO FEEL SAFE

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

[newsletter@aasarnialambton.com](mailto:newsletter@aasarnialambton.com)

Newsletter Chair: Jamie S.



The first woman to become sober in Alcoholics Anonymous was Florence Rankin, who joined A.A. in 1937.

However, Florence struggled to maintain her sobriety and did not remain in the program. The first woman to achieve lasting sobriety in A.A. was Marty Mann. She joined in 1939 and became a powerful advocate for A.A. and for treating alcoholism as a disease rather than a moral failing.

Marty Mann went on to help found the National Council on Alcoholism (now the National Council on Alcoholism and Drug Dependence), playing a major role in breaking the stigma around alcoholism, especially for women.



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# BLUEWATER THREE LEGACIES ROUND UP

## 79th Annual BLUEWATER THREE LEGACIES ROUND UP 2025



Saturday, November 8th

Trinity Anglican Church

1194 Murphy Road, Sarnia ON

*Skits~Good Food~Fun~Fellowship*



**A DAY TO CELEBRATE A.A. IN SARNIA!**

Doors Open- 9:00 am

Panel Speakers- 9:45 am

Lunch- 11:30 am

Alateen Speaker- Wyatt (Cambridge)- 12:45 pm

Final AA Speaker- 2:45 pm

Closing- 4:30 pm

**OUT OF TOWN AA SPEAKERS TO BE  
ANNOUNCED!**

*\$15 Tickets- Buy Early for a Chance to Win a  
Fabulous Door Prize! (E-Transfer is available)*

The Bluewater Three Legacies Round Up is named in honour of the three guiding principles of our program: Recovery, Unity, and Service. These legacies are at the heart of Alcoholics Anonymous and serve as a foundation for personal growth and lasting connection.

This annual event is a meaningful opportunity for us to come together as a fellowship — to share our experience, strength, and hope, and to celebrate these three legacies in one uplifting gathering. Whether you're new to the program or have been part of the journey for years, the Round Up offers a space to connect, learn, and be inspired.

Our community has been gathering in Sarnia-Lambton since 1946, making this a proud and enduring tradition. By continuing to come together, we honour those who paved the way and help ensure that the spirit of recovery, unity, and service will thrive for years to come.

We look forward to welcoming you and sharing in this special experience.

**E-TRANSFER FOR ROUND UP TICKETS: [roundup14@gmail.com](mailto:roundup14@gmail.com)**



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**Don't Drink & Go To Meetings**





# PUBLIC RELATIONS

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## **TRADITION ELEVEN – November**

***Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.***

### **PUBLIC RELATIONS**

Anonymity in the media protects not only the individual member but the fellowship as a whole. It is AA's public relations policy to attract rather than promote. Part of Tradition 11 is not using full names or naming groups.<sup>1</sup>

If a member wishes to discuss the benefits of being a member of AA with the media, they should identify themselves by their first name only.

For example, if John Doe uses his full name in an interview, he should not name his recovery group. He might simply say he is in "a recovery group." If he wants to discuss Al-Anon or AA by name, he should identify himself only as John D.

This anonymity is for the good of the fellowship rather than protecting the member's identity. An example is a famous athlete or television personality—a role model—who gets into recovery and announces to the world that AA has saved his life. What happens if that person relapses? Then, people might think AA is useless and be less likely to seek it when they need to seek sobriety.

But Tradition 11 was also developed by the founders of the 12 step programs in order to avoid other potentially damaging situations.<sup>5</sup>

The purpose of 12-step groups is for one member to help another and to be responsible for being the attraction to the program. A member does not cede this responsibility to a spokesperson or promotion campaign.



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# SUNDAY MORNING GROUP

## Sunday Morning Group Comes Full Circle

On Sunday, March 2, 2025, the newest iteration of Sunday Morning Group, which meets at 10:30 at the Kiwanis Centre, celebrated its first anniversary in grand culinary style! Attendees feasted on quiche, cheeses, deli meats, veggie trays, fruit salad and an array of cookies, cakes and tarts. It was a fitting brunch for our sober bunch.

Many long-time AA members might be confused at the thought of Sunday Morning Group celebrating only one year, for truly, this Group has a long history in Sarnia. One member recalls that, back in 2002, when he first arrived here from Stratford, he attended Sunday Morning at the Kiwanis when meetings were held in the large room. However, when a church congregation took priority the AA Sunday Morning Group moved over the next twenty years to a series of shifting venues – Zehr’s (now Superstore), the Air Force Club, Sarnia Christian School and the Inn of the Good Shepherd. Then, in 2020, the Pandemic forced the Group to close.

After several years of inactivity, it appeared that no one was willing or able to resurrect Sunday Morning Group in Sarnia – until a returning and newly sober Damien N. felt an instinctive need, not only for a Sunday morning meeting, but also for an opportunity to do some meaningful service. Damien explained that he had gone back out in 2017 and this time around he sought the advice of his sponsor who suggested involvement in service as a key to staying sober. He admits that “nothing changes if nothing changes”, so with the encouragement of his sponsor and some assistance from previous Sunday Morning members, Damien secured the Kiwanis Centre’s back room to recommence the Group (which had remained registered in New York). Luckily, he was able to obtain AA meeting materials from Ken P. Previous treasurer Sandra P. had retained a bank balance for the Group, so there were seed funds to get started again.

Damien spread the word and the Sunday Morning meeting “grew organically”. He is not only the group’s GSR, but he is also active at the District level as Treatment Chairperson. Damien’s newfound sobriety is strong, authentic and rooted in giving service to AA. This new(ish) meeting has attracted many newcomers and long-timers alike who benefit every Sunday morning from the dynamic level of sharing and recovery in the room.

Sunday Morning Group has come full circle; twenty-five years ago, it was held at the Kiwanis Centre and now, since March 2024, it’s back thanks to Damien and a core group of members who have returned with it. Happy 1st Anniversary to Sunday Morning Group!

(Story written by Sheila K.)



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*

## SEPTEMBER

|          |                       |                    |
|----------|-----------------------|--------------------|
| Pam F.   | Watford Group         | September 3, 2006  |
| Brian S. | Wednesday Night Group | September 3, 1982  |
| Jenn S.  | The Hub Group         | September 4, 2023  |
| Joe B.   | Came to Believe       | September 6, 2005  |
| Josh H.  | Lake Huron Group      | September 6, 2023  |
| John R.  | The Hub Group         | September 10, 1986 |
| Greg D.  | Thedford Workshop     | September 10, 2023 |
| Doug H.  | Lake Huron Group      | September 13, 2013 |
| Randy P. | Wednesday Night Group | September 20, 1977 |

## OCTOBER

|             |                       |                  |
|-------------|-----------------------|------------------|
| Glen V.     | Sacred Heart Group    | October 7, 1982  |
| Amy M.      | Serenity by the Lake  | October 14, 2016 |
| Lynn M.     | Serenity by the Lake  | October 16, 1998 |
| Jeff H.     | Came to Believe       | October 18, 2017 |
| Charlene F. | Serenity by the Lake  | October 22, 2018 |
| Lila B.     | Wednesay Night Group  | October 23, 1988 |
| Don M.      | Thedford Workshop     | October 28, 2011 |
| Willie M.   | Wednesday Night Group | October 31, 1982 |



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HAPPY  
*Birthday*

## NOVEMBER

|             |                       |                   |
|-------------|-----------------------|-------------------|
| Marlene W.  | Murphy Road Group     | November 1, 2016  |
| Carl S.     | Came to Believe       | November 4, 1995  |
| Wayne C.    | Forest Lakeside       | November 9, 2022  |
| Kathleen O. | Welcome Home Group    | November 11, 2020 |
| Dawn C.     | Came to Believe       | November 12, 2015 |
| Mike C.     | The Hub Group         | November 12, 2017 |
| Cassidy W.  | Murphy Road Group     | November 16, 2021 |
| Dave T.     | Watford Group         | November 17, 1989 |
| Carole N.   | Wednesday Night Group | November 23, 1982 |
| Karen W.    | The Hub Group         | November 27, 1986 |
| Adam W.     | Watford Group         | November 28, 2022 |

**\*\* 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@aasarnialambton.com](mailto:newsletter@aasarnialambton.com) \*\***



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