

# THINK THINK THINK



## QUOTE OF THE ISSUE

This is why we treasure our “Serenity Prayer” so much. It brings a new light to us that can dissipate our old-time and nearly fatal habit of fooling ourselves. In the radiance of this prayer we see that defeat, rightly accepted, need be no disaster. We now know that we do not have to run away, nor ought we again try to overcome adversity by still another bull-doing power drive that can only push up obstacles before us faster than they can be taken down.

BILL W.

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Step 5: Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Step 6: Were entirely ready to have God remove all these defects of character.

**Men with the men,  
Women with the women!**

**One is to entertain,  
the other is to heal!**



*“That’s STP — stinkun thinkun, pal.”*

GOD GRANT ME THE  
**SERENITY**  
TO ACCEPT THE THINGS  
I CANNOT CHANGE  
**COURAGE**  
TO CHANGE THE  
THE THINGS I CAN AND  
**WISDOM**  
TO KNOW THE DIFFERENCE

MAY TO JUNE 2016

# THE UPDATE

## Think... THINK... Think...

What the Big Book has to say;

“On awakening let us think about the 24 hours ahead. We consider our plans for the day. Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonesty or self-seeking motives. Under these conditions we can employ our faculties with assurance, for after all God gave us brains to use. Our thought-life will be placed on a much higher plane when our thinking is cleared of wrong motives.”

(Alcoholics Anonymous Big Book, page 86)

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Think

THINK

Think

TAKE IT EASY,  
RELAX!

### AA History Lesson

**Think THINK Think** was the AA slogan featured on the inside back cover of the February, 1957 Grapevine issue and became one of the 9" x 12" slogan cards in AA meetings.

Member Interpretation;

The slogan “Think THINK Think” has taught me to live one day at a time. Once my past had been turned over to my higher power, I was able to think just about today. Today is the one day that I have control over, with the help of my higher power. Yesterday has passed and will serve as a learning experience to myself and to others. Tomorrow’s activities can be planned, but the outcome is out of my control. Therefore I should not worry about what is to come. Living one day at a time is not always easy, but it is better than any day drunk. Its struggles and misfortunes, its joy and successes, make each day easier and easier to accept.

If I continue to do the next right thing each and every day, my life will continue to get better.

Anonymous Member

## Sobriety Calendar

Robin E	Tues Shiftworkers	1. May. 2009
Chantal P.	Hill Street Blues	2. May. 2015
Nathan L.	Forest Lakeside	2. May. 2014
Dave O	Sunday Morning	4. May. 1998
Stu S	Centennial Group	5. May. 1980
Wayne J.	Lambton Central	6. May. 1987
Leon J.	Murphy Road	6. May. 2014
Tony D	Thedford	8. May. 2005
Paul C	Monday Morning	8. May. 1982
Ron B	Thedford	13. May. 1987
Brandon R.	Lambton Central	17. May. 1993
Jane J.	St. Peter's	17. May. 2013
Louise A.	Lake Huron	23. May. 2005
Don R.	St. Peter's	24. May. 1969

Shelia K.	Watford Group	2. Jul. 2013
Sue V	Sunday Morning	8. Jul. 1979
Al T.	Freedom Group	15. Jul. 1988
Tim C.	St. Peter's	15. Jul. 2000
Brooke A.	St. Peter's	25. July. 2015
Nadine M.	Lambton Central	25. Jul. 1981
Ann P	Thedford	26. Jul. 1994
Bruce D.	Lambton Central	26. Jul. 2009
Kyle, A.	Beginner's Reflections	28. Jul. 2007
Eric H.	Serenity	28. July. 1988
Kevin W	Sunday Morning	28. Jul. 2012
Michael.	St. Peter's	29. Jul. 2000
Pam W.	Hill Street Blues	30. Jul. 1983

RARELY HAVE WE SEEN A PERSON  
FAIL WHO HAS THOROUGHLY  
FOLLOWED OUR PATH.

Ross C.	St. Peter's	1. Jun. 2012
Jeff G	Monday Morning	5. Jun. 2011
Jeff B.	Lambton Central	6. Jun. 2005
Bill S.	Sunshine Group	6. Jun. 2004
Gord W.	Murphy Road	6. Jun. 1996
Tom N.	Hub Group	7. Jun. 2015
Anita N.	St. Peter's	8. Jun. 2009
Jane W.	Murphy Road	8. Jun. 1996
Lisa G.	Forest Lakeside	10. Jun. 2015
Denise B	Thedford	12. Jun. 2013
Ted H.	Sunshine Group	15. Jun. 2010
Paul H	Thedford	16. Jun. 1980
Trish L.	Hill Street Blues	18. Jun. 2015
Lindsay M.	Serenity	20. Jun. 2014
Lena L	Thedford	30. Jun. 1980

### May 2016

SUN	MO	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

### June 2016

SUN	MO	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

### July 2016

SUN	MO	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

It is the responsibility of each group to communicate birthday updates to the Newsletter Chairperson.

District 14, Area 86  
Sarnia Lambton  
Alcoholics Anonymous

Phone: 1-519-337-5211



**A**lcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; we are self-supporting through our own contributions. A.A. is not allied with an sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

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## District 14, Sarnia Lambton Announcements



### ◆ 26th Annual Bluewater ODAAT Campout

August 5 & 6, 2016

Lakewood Christian Campground

Meetings, food, and great fellowship.

Fun for the whole family!

For more information, talk to ticket holders and committee members.

To get involved, contact

Allan B.

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*This is a member to member publication. The viewpoints expressed here do not represent AA as a whole.*

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**Subscription price: \$7.50 / year for 5 issues.**

Submissions to the newsletter are always welcome. Send ideas to: [newsletter@asarnialambton.com](mailto:newsletter@asarnialambton.com)