

FIRST THINGS FIRST



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Some of us have taken very hard knocks to learn this truth: Job or no job – wife or no wife – we simply do not stop drinking so long as we place dependence upon other people ahead of dependence on God.

ALCOHOLICS ANONYMOUS, p. 98

Before coming to A.A., I always had excuses for taking a drink: "She said . . .," "He said . . .," "I got fired yesterday," "I got a great job today." No area of my life could be good if I drank again. In sobriety my life gets better each day. I must always remember not to drink, to trust God, and to stay active in A.A. Am I putting anything before my sobriety, God, and A.A. today?

DAILY REFLECTIONS, p. 277

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

Step 10: Continued to take personal inventory and when we were wrong promptly admitted it.

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

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

SEPTEMBER TO OCTOBER 2016

THE UPDATE



"It's about 12 steps from here. We can make it!"

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

Musings From The Backbar

WHAT IS THE COMMON DENOMINATOR OF A.A. SOBRIETY?

Before continuing to read this, you might kick that one around in your mind for a minute or two. Then see what you think of the answer we finally came up with.

We decided that the only way we could arrive at an intelligent conclusion was to examine personalities. We wrote on a sheet of paper the names of some 15 men who been not only successfully, but contentedly sober, for four years or more, and some of them at that time could look back on 11 years of sobriety.

After each name we put down the activity that seemed most important to the owner's sobriety.

- A. Was a "meeting-goer." At least five nights a week he attended a meeting somewhere.
- B. Was the semi-religious type, a great believer in prayer.
- C. Got his greatest inspiration out of reading.
- D. Spent hours in meditation and introspection. The 10th step was the greatest of them all, in his book.
- E. Haunted the A.A. hospital ward, seldom missing a day talking to the patients, sometimes getting there two or three times a day.
- F. Was the "get out and do it" type. He was the typical George of "Let George do it."

But it proved nothing. C., for example hadn't been inside a church for years. F. hadn't read three books in his life. A. did precious little meditating, and D. managed to get to a meeting about once every two weeks.

Yet every last, living one of them was successfully and happily sober!

Was the common denominator faith? Or humility? Or Charity? Was it strict adherence to the 24-hour plan? Was it work? Or, on the other hand, fear?

Finally one of us came up with it, and to this day I have not found a more satisfactory answer: *Everyone of them put his sobriety ahead of everything else in life!*

If there is a single key to sobriety as practiced in A.A, I believe that is it.

Nearly nine years ago my wife joined A.A. for me. I didn't, as you well know, take. I didn't come in out of the wet for two more years. In fact, during that two years I completely forget there was such a thing as A.A.

In that first introduction I spent two hours or so one night in Doctor Bob's office—and he did all the talking.

Then two years later I was hospitalized, started to attend meetings. And strange as it may seem, the only thing that came back to me out of two hours of Doctor Bob's conversation was that one phrase: "Put first things first!"

And if you can convince yourself that sobriety is the very first thing in your life, you can pretty safely look ahead to a full life.

I'm not just guessing at it. I know! — E. W.

First Things

First

**TAKE IT EASY,
RELAX!**

Sobriety Calendar

Chris, T.	Beginner's Reflections	1. Sept. 2013
Terry G	Monday Morning	1. Sept. 2013
John E	Monday Morning	1. Sept. 2012
John E	Sunday Morning	1. Sept. 2012
Dan W	Men's Group	1. Sept. 2004
Kelsy B.	St. Peter's	1. Sept. 2015
Terry C	Tues Shiftworkers	1. Sept. 2013
Pam F.	Watford Group	3. Sept. 2006
Laurie E	Tues Shiftworkers	3. Sept. 2002
Lynn C	Monday Morning	5. Sept. 2013
Andrew P.	St. Peter's	5. Sept. 2015
Joe B.	Freedom Group	6. Sept. 2005
Dave C	Thedford	7. Sept. 1991
Joe B.	Sunshine Group	7. Sept. 2012
Keith P.	Hub Group	8. Sept. 1997
Steve O	Men's Group	10. Sept. 2007
Danny S.	St. Peter's	13. Sept. 2004
Ken P	Sunday Morning	17. Sept. 2000
Cecile B.	Freedom Group	18. Sept. 1974
Charlie K.	St. Peter's	18. Sept. 1997
Amy M	Serenity by The Lake	20. Sept. 2013
Ralph O	Thedford	21. Sept. 2013
Jeff C.	Forest Lakeside	26. Sept. 2012
Melanie P.	Serenity	27. Sept. 2008
Len T	Sunday Morning	27. Sept. 1980
Randy P.	Hill Street Blues	28. Sept. 1977
Margie Y	Tues Shiftworkers	28. Sept. 2013

Steve S	Monday Morning	1. Oct. 2011
Damien N.	Sunday Morning	4. Oct. 2015
George W.	Sunday Morning	4. Oct. 2015
Cec C.	Sunshine Group	13. Oct. 1983
Paul S.	Hill Street Blues	14. Oct. 2013
Janet B.	Lambton Central	16. Oct. 2012
Rod G.	Watford Group	18. Oct. 2014
Anne Marie K	Thedford	20. Oct. 2009
Chrissie H.	Serenity	20. Oct. 2003
Merrit W.	Watford Group	20. Oct. 1973
Amara M.	St. Peter's	22. Oct. 2015
Laura C	Sunday Morning	23. Oct. 2014
Lila B.	Sunshine Group	23. Oct. 1988
Cathy D.	Freedom Group	24. Oct. 1992
Connor M.	Forest Lakeside	25. Oct. 2009
Samantha H.	Lake Huron	26. Oct. 2002
Don Mcl	Thedford	28. Oct. 2012
Mark C.	St. Peter's	30. Oct. 2014
Willie M	St. Peter's	31. Oct. 1982

LEST WE NOT FORGET THOSE WHO
 HAVE PASSED ON BEFORE US. THEIR
 MESSAGE IS STILL STRONG WITHIN
 THE MEETINGS, AND WITHIN ALL
 OF US.

September 2016

SUN	MON	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	

October 2016

SUN	MON	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



Alcoholics 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**



♦ **ALCOHOLICS ANONYMOUS
Sarnia Lambton
70th Annual 1-Day Roundup
Saturday NOV 12TH 2016**

St Pauls United Church
360 Devine St, Sarnia, ON

AA AND AL-ANON SPEAKERS!
Tickets \$30.00 includes dinner
Day pass without dinner \$10.00 at the door.

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

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

Submissions to the newsletter are always welcome. Send ideas to: newsletter@asarnialambton.com