

BETTER TIMES

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You are invited to ...
**Winter Season
 Open House**

Sponsored by Greater Toronto Area Intergroup

Thursday, December 25, 2003

Emmanuel - Howard Park United Church
 Roncesvalles and Wright Avenue

(near Dundas West subway station)
 Warm Hospitality and good fellowship

A turkey dinner with all the trimmings ... and lots of coffee!!!

Two AA meetings: 1 p.m. and 3 p.m.



**Volunteers are STILL NEEDED on Christmas Eve to help with Kitchen
 Work and Hall Setup - Call Kenny C. (416) 762-1176
 Roger C. (416) 487- 9081 or Toronto Intergroup @ (416)-487- 5591**

A lone on Christmas Day is the worst day for an alcoholic; no family and life's not too good. That's what it was like for me 12 years ago. Sober but alone. There were no AA meetings I knew about that Christmas Day until a friend called and told me to come to an AA Christmas dinner with him.

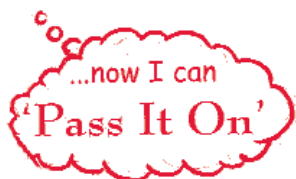
I took him up on his offer and off we went. My friend said there would be lots of sober alcoholics there. Was I in for a big surprise! When we walked down the stairs into a gym, it looked like there were hundreds of people there. People were having fun, and listening to Christmas music, and I never ate so much turkey and ham in years. Plus I met people who I still see there today. I heard

two great speakers in the afternoon.

It was terrific and I made new friends. By the time I got home I was so tired, I just fed my cat and went right to bed. I have not missed a Christmas in 12 years. I'm right at home, and just love it. Now I look forward to seeing the new people coming for their first time, probably their first sober Christmas.

Have fun, eat good and catch two meetings. Food starts at 11a.m. and goes all day. Don't be afraid to say hello. You will be loved and cared for. We also need volunteers to help greet and serve food, and clean tables. What a way to spend Christmas. I hope to see you there! Coffee is on at 9 a.m.

Kenny C. Chairman



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**You Are
 No
 Longer
 Alone**

The Editors Say...



Woody K.

Season's

Terry H. Kevin M.

Bernadette M.L.

Greetings

Joni H. Elizabeth S.

Ed R.

Joe C. Dennis C.



The Twelfth Step

“Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.”

When I arrived in AA, I was broken, defeated and completely without hope. I believed that I had lost everything and my life was over.

Forty-six years later, and still very active in AA, I am well, happy, joyous, and free. I'm also confident that when I surrender my will to God's Will I can handle anything that comes down the pipe.

When asked to make a few observations about one of the Steps, I picked Step 12, since it is the result of all the other Steps.

It took me many years to fully understand that the Steps are like the rungs of a ladder. They are sufficiently far apart to stop me from reaching the top (Step 12) if I miss any of the rungs.

Step 12 tells me that if I try

to apply all the steps in my daily life, to the best of my ability, I will attain a spiritual condition

Alcoholism and capable of working the two other parts of Step 12.



(usually called a spiritual awakening) and that is the only time that I am fully treating my

I think it's unfortunate that the miracle that takes place in our lives is sometimes hard to see and feel. We know that our solution is a reliance on a Power greater than ourselves, but sometimes we lose sight of this and struggle needlessly. Our good fortune is that we can use our Sponsors and our Groups to nudge us back on the path, provided we ask for their help.

The key is surrender, to our Higher Power, directly if possible, or with the help of our Sponsors and our Groups.

May your God help you to climb all the rungs and reach the sanctity of Step 12. (One day at a time of course.)

Jim K.

Christmas Gifts

Looking for that perfect gift for the AAs in your life? May we make a few suggestions?

A brand spanking new 4th Edition **Big Book** – all those new stories!

Grapevine calendars – they'll remember you every day as they use them.

Grapevine pocket planners – for the AA who needs to be organized.

Ontario Regional Conference ticket – give someone short of cash something to look forward to or encourage someone

See Gifts Page 8

BETTER TIMES

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Tips to Recovery

STAYING SOBER OVER THE HOLIDAYS

On July 24, 2003, Danny S. took me to his home group (*No Name Group*) held in the basement of the SZENT ERZSEBET MAGYAR ISKOLA church. There were nine of us discussing 'how to stay sober in the first year of sobriety.' I tried to put in my bit, but words always fail me when I'm in a crowd of more than two. The discussion centered on: "stick with the winners," "avoid the grog shops," and "keep away from drinking buddies."

I personally found it easy to avoid grog shops. Drinking buddies were another matter. A few of them seemed pleased that I had stopped drinking. Some of them taunted me and belittled me for refusing to drink. I found that the only way to get out of this situation as a last resort was to be rude as a last resort. Spirituality will always follow sobriety. I simply asked them to get "stuffed".

Keeping away from bad or annoying situations is not the only problem. I belong to a microscopic "ethnic" minority community in India who feel that alcohol simply must be served on occasions like 'hatches', 'matches' and 'dispatches'— and of course the usual Christmas, New Year's and Easter are other 'musts'.

All my four children got married after I came into AA. Alcohol was served at the weddings. I picked up the traditional glass of wine and shouted 'cheers'!! Then I passed on the glass of wine to an understanding person. A better trick is always keep a half-filled glass of coke in your hand. Never let it out of your sight — bad things may happen! As far as possible, don't move around unnecessarily. Plunk yourself in a chair. Let people come to

Our Three Legacies Unity, Recovery & Service

The first legacy, the Twelve Steps to recovery, is the foundation of the program found in Chapter 5, **Big Book of Alcoholics Anonymous**. This is very important to me, because it gave me the tools I needed to begin my journey after I first admitted that I was an alcoholic and that my life was unmanageable. It also allowed me to regain sanity, use, and control of my life and the others I affected. Only by working these steps was I able to find **HOPE** for the first time from my hopeless state of mind and body. However, I must remind myself on a daily basis that each day is a reprieve and it can slip away just as fast as it came. It took me many tries to get where I am today...by the Grace of God, and through a willingness to work the steps in my daily life to the best of my ability. To anyone new or just coming back, the first legacy can and will save your life and you will know a new freedom. Without our own experience, strength and hope that we share with one another there would be no recovery.

The second legacy is unity and in the Twelve Traditions it governs the harmony, the feelings, the ideas, and the aims of each group. The fellowship of Alcoholics Anonymous depends on this. Many other organizations were formed to help the suffering and recovering alcoholics. However, they were not successful because they were not governed by God or their members.

It is very important to me to be at my home group early to set up and be there if a newcomer comes in. It is also important to stay after the meeting for the fellowship to help someone or even yourself. I have always been told that if you have a problem when you come, leave it behind.

you. Never ever try to act as the most popular 'sober' person. Remember, "easy does it"!

When invited to any place where alcohol is going to be served, the questions to be answered by an AA member

are: Is my presence there essential? Could I send a proxy? What would happen if I did not attend?

If one decides to attend such places out of 'curiosity' or to test one's will power, then

There is no other place that I can think of where you can share anything and not be **judged**.

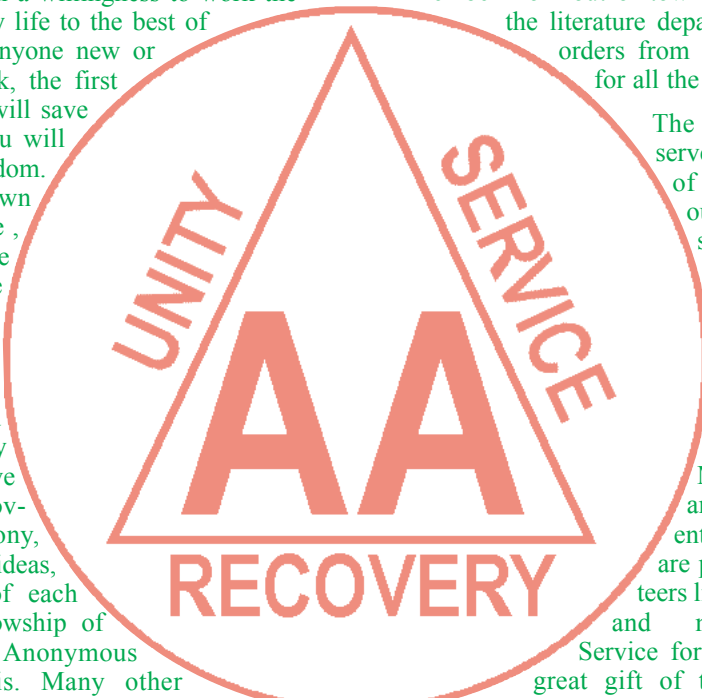
The third legacy, Service, began with the General Service Office in New York, and was founded in 1938 by Dr. Bob and Bill W.

Since then, many service offices have opened all over the world as the fellowship grew and continues to grow. The main office in the Greater Toronto area is the Intergroup office at 234 Eglinton Ave. E., where many serve on the behalf of Alcoholics Anonymous. The most important people are the phone greeters, who direct callers to meetings, do twelve-step work or lend a friendly ear to a newcomer or an AA member from out of town. Next, we have the literature department that fills orders from 280-plus groups for all the tools they need.

The Archives preserve years and years of AA history in our own city and surrounding areas. Then we have the administrators who take care of the daily operations of the office and staff. Many meetings are held by different committees that are put on by volunteers like me on a daily and nightly basis.

Service for me has been a great gift of the program. It gives me a greater scope of the Traditions and lets me give back that which was so freely given to me. I have been very active in Intergroup, the Operating Committee and in my own District as the General Service Representative (GSR) for my home group. It still baffles me how many people give of their time and energy to keep the fellowship alive and well.

Terry H.



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that's absolutely stupid. Remember, Daniel never went back to check out those lions. He considered himself 'SAVED' and moved on.

Ronny H

2005 International Convention Most Frequently Asked Questions, Registration, Hotels and Transportation.

Note: this article is copied from the Box 4-5-9 issue of October/November 2003 for the edification of the membership of GTA and to remind all that the only information regarding this Convention is in this article and can come from no one except the G.S.O. office in New York.

In a little less than two years, the International Convention will celebrate A.A.'s 70th Anniversary, June 30-July 3, 2005, in Toronto Canada. With a theme of "I Am Responsible", A.A.s from around the world will converge on Toronto to celebrate sobriety, and share experience, strength and hope at the Metro Toronto Convention Center, the SkyDome Stadium, and other locations throughout that beautiful city. Members of the Fellowship, as always, are now gearing up for this wonderful event and the General Service Office is beginning to receive inquiries. So here are some of the frequently asked questions regarding the Convention.

Registration:

- Q** When will registration forms be available?
- A** Registration forms and housing information will be mailed in August of 2004 to all G.S.R.s, Central Offices and Intergroups and International G.S.O.s
- Q** What about on-site registration?
- A** On-site registration will be set up in the South building of the Metro Toronto Convention Center. Registration will open on Wednesday morning June 29, 2005
- Q** Will I be able to register over the Internet?
- A** Yes, there will be links to forms for registration and to sign up for housing on the A.A. G.S.O web site.
- Q** How much will registration cost?
- A** Registration fees will be established in 2004
- Q** Must everyone register? I thought I didn't have to pay to go to an AA event.
- A** Yes. Everyone must register, attendance at this special celebration is voluntary and, as responsible A.A. members we must pay our own way.

- Q** Can travel agents register groups or individuals?
- A** Payments from travel agencies to register groups will not be accepted. Individuals must register themselves.

Housing

- Q** When can I register for my hotel room?
- A** Once we have received your registration form and fee, a housing form will be sent to you.
- Q** Can members contact hotels themselves?
- A** No. To make the process as fair as possible, all housing requests will be processed through the official Housing Bureau. As was done in Minneapolis, hotel rooms will be assigned through a lottery, taking into consideration, as best as can be done, individual preferences. We need your help in cooperating with this housing process.
- Q** What are the main hotels?
- A** The headquarter hotels will be within walking distance of the convention center and the SkyDome and aside from the Royal York, are as yet to be determined.
- Q** Can travel agents make room reservations?
- A** Room reservations can only be made in individual people's names. Rooms available through the Housing Bureau, at specially negotiated Convention rates are not commissionable to travel agents. Once hotels have been assigned by the Housing Bureau, confirmation will be sent to you by the hotels.
- Q** Can we request a room in the same hotel as friends?
- A** Yes, if you submit your housing forms together, in the same envelope with the same hotel choices and deposits, every effort will be made to house you together.
- Q** If 50 of us are coming together from the same area, can we be in the same hotel?
- A** We do make an effort to accommodate group housing requests. There is a separate procedure for this to insure fairness while trying to meet your needs. Contact the G.S.O. International Convention Coordinator on procedures for groups of 25 or more at 212-870-2222, or

2005IC@aa.org

Transportation:

- Q** Will local transportation be available?
- A** A.A. will provide transportation to and from most A.A. assigned hotels and motels. This will be at no additional cost to the attendee. Toronto has an excellent easy to use public transportation system and their routes can also be used. (there may be a nominal charge for this service). Of the 13,000 rooms A.A. has blocked, nearly 8,000 rooms are in the downtown Toronto, so many members will be in walking distance or a short ride on public transportation from their accommodations. All housing blocked for this event is less than a 45-minute ride from the convention center and stadium.
- Q** What about special airline rates?
- A** As at other International Conventions there will be special fares available. That information will be available with the August 2004 registration information mailing.
- Q** Where can I find information about crossing the border into Canada for this event?
- A** On the G.S.O. Web site, www.aa.org there is another service piece called *Frequently Asked Questions About Travel to Canada for the 2005 International Convention* which provides information on many border crossing matters.
- Q** Where do I obtain more information about the 2005 International Convention?
- A** More information will be available throughout 2004 and 2005 in *Box 4-5-9* and on G.S.O.'s Web site, www.aa.org. All necessary information will be included in the Information Packet which will be available August 2004. This Packet will also list special telephone numbers to call for answers to specific questions about housing, the program, tours etc. A.A.'s Web site will be updated as more information becomes available.

We hope to see you in Toronto to celebrate the 70th Birthday of Alcoholics Anonymous!

REMEMBER WHEN

I do this quite often nowadays. I just close my eyes and switch on a movie screen in my mind. I see myself kneeling in front of my dining table, a glass of Arrack on the edge of the table. I hold on to this precious tumbler of Arrack and tilt. I dare not raise my hands off the edge table for fear of spilling my drink.

My whole body is a mass of jumping, quivering, screaming nerves. Just a little booze spills over the corners of my mouth and runs down the front of my throat. I am pleased with this, not much wasted.

I decide to smoke a 'bidi'! Almost balancing on my two feet, with matchbox in one hand and matchstick in the other, I find I'm undecided whether to scratch the matchbox with the matchstick or rub the side of the matchbox on the matchstick. I take a couple of drags on my 'bidi', wait awhile and, still trembling, I pour myself another drink and repeat the performance – hardly lifting the glass off the table! This scene on the movie screen in my mind is from an episode early in 1988.

I can hear, touch and smell the things in this scene. I'm drinking for 'oblivion' now. I'm not drinking for fun as in previous times. The room is brightly lit. There is different music being blasted from different parts of the house – it's not a home anymore! I hear one of my children singing a parody of a carol. This parody used to be sung for me many times in the past,

whether it was Advent or Lent. I can hear it now: "Hark! the Herald Angels shout, one more sip and dad will be out." It used to sound hilarious at one time, but not now. I'm drinking for 'oblivion' now!

I pour myself another drink and repeat my exercise. Only thing is I don't stand up now, but gently roll off on a mat nearby. I go over this scene again in my minds eye. It is still vivid. Yes, I am on the mat now. It is over a

year since I slept on anything higher than a five millimetre thick mat. Yes the scene is vivid. I don't want to hear any stupid blasted music. I don't want to see anyone. I don't want to talk to anyone. I only want 'oblivion'!

I feel myself sinking now. Yes, sinking—sinking—sinking. This blackness is surrounding me now. Yes here comes "merciful oblivion". Then, from somewhere far, far away I can hear one my children singing another parody. 'Joy to the world Dad is gone. He's gone! He's gone! He's gone!' It used to sound hilarious at one time, but not now.

I am able to close my eyes and re-call many such scenes at will. Then I switch off. I look at myself. I look within. I take stock. Then I thank the God of my understanding and I thank AA that it's all over and done with as of today.

Ronny H.

(We can all remember, when as we look back on past Christmases, when we also drank for oblivion. Thank God we are here in AA today) your Editor.

About Isabel B.



I have known Isabel for 25 years, since she first came to the program. In the beginning, it was the bond of one AA member for another, but as the years went by it changed from a casual acquaintance to me becoming her sponsor, and then to a true and delightful friendship.

Through the years, I have seen her growth in the program and how she handled each and every hurdle that has confronted her. I have only two more years than she in sobriety and I have learned a lot from her. She is feisty, a fighter for her rights, loving, forgiving, funny, stubborn, tender, spiritual, and pret-

ty.

She has had periods of bad health over the years, but she did not give in. Her religion and spirituality and AA and family and friends have helped her through her difficult times. She did not go into a shell, but instead picked up the phone and asked for help. Watching her work through difficult times and coming out on top has shown me how tough she is.

AA has been the cornerstone for her. Talk about someone who "will go to any lengths to get it" – that is Isabel. Someone in the program was down in Halifax and said, "Guess who I saw walking down the street – Isabel." She could be found just about anywhere in the old days, waiting for a bus, at a meeting in another borough, conference, or even Akron, Ohio. She jokes about having shares in TTC. She has an amazing memory for names, times, groups, and events in AA. The new person coming into the program and people in the middle years of their program can look up to her and see by her example that it can be done.

Isabel also shows that there is fun in staying sober. She loves the AA dances and step-dancing. She loves wearing her plaid skirts. She always co-ordinates her clothes and has pretty pins and brooches that have significant meanings to her. Nature means a lot to her and she loves feeding the birds. She had dark hair when I met her and now it is pure white and is like a halo on her head. She stands out anywhere. When I get to be her age, I hope that I will be like her in many ways.

Stella H.

Ed and Bobby Y.

It was late New Year's Day in 1974 when Ed Y. reached out for help and asked his wife to call Bob T. They both had attended Bob's one-year medalion seven years earlier and he was their neighbour and friend. Ed's wife Bobby didn't know that it would be the last time she picked up a drink for the next thirty years.

When Bob T. was not home, Bobby reluctantly dialed Ed S. who was Bob T.'s sponsor. He had been known to say some

'unkind' things to Ed. Things like "we're waiting for you, Ed" and "maybe you'll be with us one of these days". Ed and Bobby felt the sting of resentment towards him. But when he answered the phone that night, he arrived at their doorstep with Bob T. in tow and twelve stepped Ed.

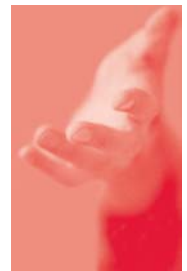
No, Ed didn't like Ed S. but Ed S. became his sponsor and although he has passed on, Ed says he can still hear his voice and the messages of AA recovery that were given to him in those early days. Ed S. unenthusiastically became Bobby's sponsor for that first difficult year when she decided within a few days that she would join AA herself.

It is rare indeed to find a husband and wife in AA with the same dry date and yet this loving couple 'followed our path' and became actively involved in AA. They stood for all positions within their home group and worked with Toronto Intergroup and the ORC for many years. Currently, Ed is the medical director for the Renascent Treatment Facilities and Bobby is his capable and dedicated medical assistant (as she has been for years). Ed is the trusted servant of the International Doctors in AA.

Currently with the Don Valley Group, they have been members of the Chartwell, Phoenix and Yorkville groups. Distance and health concerns have initiated change but any group this dignified couple has been members of have certainly benefited from their passion and commitment to AA. Their sophistication and personality personify the eleventh tradition's 'attraction rather than promotion' and are exemplary qualities to which we can all aspire. When asked what counsel they would pass on to others, they replied modestly, "Just do the next right thing".S

Ed and Bobby will celebrate their 30 years of sobriety in AA on Tuesday, January 6th at the Don Valley Group, 2800 Don Mills Rd., at 8 p.m.

Bernadette MacL.



Archives Alley

In millions of AA meeting rooms around the world, members pause with a moment of silence and reverently say the Serenity Prayer. Why is this prayer held in such respect by AA members and where did it come from?

Early in 1942, a New York AA member noticed a caption at the end of an obituary in the newspaper. In the Manhattan office of AA, everyone was struck by the power of the writing. Bill W. wrote, "Never had we seen so much AA in so few words." When a suggestion was made to reprint the prayer on small wallet size cards, the response was unanimous.

Ruth Hock, AA's first Secretary and a non-alcoholic, asked Henry S. from Washington if he could get a bulk order done. He had 500 printed and it was decided to include the card in all outgoing mail. Subsequently, the Serenity Prayer was sent to all those writing for help to the New York office and took its place as a beloved invocation alongside the Prayer to St. Francis and the Lord's Prayer.

The recitation of the prayer at the opening of a meeting began shortly thereafter as members sought guidance and wisdom in its words.

The mystery of the exact origin of the prayer has never been completely solved. The claim of authorship was undisputed when the renowned theologian Rheinhold Neibuhr recounted that he had written the prayer as a "Tag Line" to a sermon he had delivered. However, adding a touch of doubt to the claim, he admitted that it might have been around for centuries. Bill W. speaks of the mystery of authorship in "AA Comes of Age" and mentions that it has been attributed to as far back as the fourteenth Century.

Bernadette MacL.

Have You Heard?

Recent Medallions:

Jim C., 15 yrs *Bayview Group* Nov. 23.
Tommy C., 1 yr, *Glenholme Group*, Nov. 24.
Joe F., 10 yrs., *Start Today Group*, Nov. 29

Upcoming Medallions:

Dave S., 1 yr., *Deer Park Group*, Dec. 1.
Don M., 40 yrs., *Thornclyffe Park Group*, Dec 12.
Dorothy W., 1 yr., *Deer Park Group*, Dec. 15.
Bill S., 30 yrs. *King City Group*, Dec. 15.
Dan McC., 5 yrs., *Westmoreland Group*, Dec. 16.
Dave H., 1 yr., *Don Valley Group*, Dec. 16.
Bill P., 20 yrs., *Start Today Group*, Dec 20.
Shawn McC., 10 yrs., *High Park Group*, Dec. 21.
Andrea W., 5 yrs., *Agincourt Acorn Group*, Jan. 13.
Ed & Bobby Y., 30 yrs. *Don Valley Group*, Jan. 6.

Group Anniversaries:

Active Group, 1 yr., Dec. 31. (also a candlelight).
Twelfth Tradition Group, 30 yr Anniversary will be celebrated Wed. Jan. 7, 2004

Things We Cannot Change:

The following AA member died recently:
Margaret E., *Woodbine Group*, Oct 28.

Special Events, Conventions & Conferences More

Information on all these events is available on the bulletin board at the GTA Intergroup offices (address below).

Winter Season Open House., Sponsored by Toronto Intergroup, Thurs. Dec. 25, 2003 at Emmanuel-Howard Park Church, Roncesvalles and Wright Ave. (WEST) Doors open at 9 a.m. Food served at 11 a.m. Two meetings 1 p.m. and 3 p.m. Everyone Welcome.

Credit Valley Group will celebrate its 17th anniversary on Sunday Jan 18, 2004. Great food, great fellowship. (please note that as of Nov. 16 2003 we will be relocated permanently to the University of Toronto, Mississauga campus, south building, room 1130. for our Sunday open meetings only.

REXDALE United Group (NORTH WEST) will be hosting a TWELVE STEP ROUNDUP Saturday Jan 17, 2004 from 8:30 a.m. to 5:30 p.m. at St. Paul's The Apostle Anglican Church 2182 Kipling Ave. N. of Rexdale Blvd. 12 speakers, 12 steps and 5 principles, and a closing speaker. Fellowship, coffee and doughnuts.

Spiritual New Year's Eve, Wed. Dec. 31 at Holy Rosary Church and Parish Hall, 354 St. Clair Ave. West at St. Clair Ave. Subway. An event for A.A., Al-Anon open podium gratitude meeting in the parish hall at 9:30 p.m. Al-Anon room downstairs, Al-Ateen room upstairs. Spiritual Service in the church at 11:30 p.m. A dance follows the church service. Volunteers for the event are needed: Donations for pot-luck luncheon appreciated. Tickets \$10. advance., \$12 at the door. For volunteering and tickets call James M. (416)720-2502.

SOBRIETY AND MORE IN 2004, Ontario Regional Conference March 19-21. Royal York Hotel. AA, Al-Anon & Alateen Speakers, Panels, meetings, dance and lots of fellowship. Registration \$26. (Alateen \$12.) Banquet extra \$50. Info (416)487-2677 or Pre register by

mail before March 4, 2004. to ORC P.O. Box 804, 31 Adelaide St E. Toronto ON M5C-2K1. Visa, Master card or cheque (no cash via mail please) Hotel registration single or double guaranteed rate \$149 till Feb 23 Royal York Hotel (416)863-6333 (mention ORC when booking).

Twelfth Tradition Group will be 30 years old on Dec 21 and will celebrate the event on Jan 7, 2004

Special Holiday Meetings events and changes

Bayview Group Christmas Party Sunday Dec. 21. 8 p.m. Note that the *Bayview Group*. Thursday night closed meeting will be meeting as usual on Christmas Day and New Year's Day.

Glenholme Group, Candlelight Mon. Dec. 15. 8:30 p.m.

Scarborough Group, Candlelight Fri. Dec 15.

Keep It Simple Group, Candlelight Sun. Dec. 21.

Lighthouse Group, Candlelight Fri. Dec. 19.

Deer Park Group, Candlelight Dec. 22.

Westmoreland Group Candlelight Dec. 23

No Longer Alone Meeting, Christmas meeting and pot-luck buffet Dec. 19, 8 p.m.

Saturday 2 p.m. meeting (CENTRAL) Christmas Party Dec. 20. Food, cake and fellowship.

Wexford Group Tues. (NORTHEAST)

Candlelight Meeting Dec. 19, 8:30 p.m.

Glenholme Group Discussion (C), (CENTRAL) will not meet Dec. 24 & Dec. 31.

Friday Uptown (O), 8 p.m. (CENTRAL). Open Boxing Day Dec. 26.

Pathfinders Group (O), 8:30 p.m. (CENTRAL). Closed Christmas Eve. Dec. 24;

Open New Year's Eve. Dec 31.

Recovery Group (O), 8 p.m. (SUB. NORTH) Open Christmas Day. Dec. 25.

New Groups:

IM TIRZU O/C Sunday 8 p.m. (NORTH WEST) JACS place 858 Sheppard Ave West near subway. non-smoking, non-alcoholic sign interpreters allowed.

One Day At A Time Discussion (C), Wed. 7 p.m. (SUBURBAN NW). Scott Funeral Home (Brampton Chapel), 289 Main St. enter through parking lot door, turn left and take elevator to 2nd floor. Meeting held in Caledon room. Step study, tradition 3 requirements. non-smoking, wheelchair accessible, non-alcoholic sign language interpreters NOT allowed.

Here's How (O), Sun. 8 p.m. (SUBURBAN NW). Chemical Withdrawal Centre McLaughlin Rd. S. of Queen St. Brampton. 12-Step Speaker meeting. non-smoking. Wheel chair accessible.

Meeting Changes:

Living In Sobriety Sun. 7 p.m. (NORTH) discontinued as of Dec. 28.

Markham Stouffville Hospital Meeting, Tues 7 p.m. (SUBURBAN NE) now back on at hospital as of Oct. 14.

Scarborough General Hospital Meeting Tues. 7 p.m. (NORTHEAST) now held in the board room downstairs (basement).

St. Lawrence Group Wed. 7:30 p.m. (CENTRAL)

See Heard? Page 8

Intergroup Report

Finance Report Ron S. (North Toronto), **Finance Committee Senior member.** There was a surplus of \$6,668 for the month of September. As a result the overall deficit has gone from -\$48,000 last month down to \$41,000. Gratitude Month for October was good. **FINANCE COMMITTEE IS LOOKING FOR 2 NEW MEMBERS.** 5 years of continuous sobriety and some business-related background required. This is a 2-yr service term. Resumes to 234.

Annual Elections:

The three Junior Operating Committee members that are moving up to the Senior positions are **Matti H.** (Wanstead), **Mark C.** (St. Joseph St. Meeting), and **Dominic A.** (Glenholme).

Derek F. (St. Clements) will serve as the new Operating Committee Chair, and **Gord Mack.** (New Anchor) will serve as 1st Vice Chair. **Mary J.** (Saturday Morning Discussion) will serve as 2nd Vice Chair.

The 3 new Junior Operating Committee members are **Gary L.** (Recovery), **Donna M.** (Thorncliffe Park), and **Laura M.** (Tuesday Night Women's).

Subcommittee Reports

SELF-SUPPORT – Jim A. (Wexford), acting Chairperson Self-Support Chair Mike E. (Kingsway) has had to resign from this position due to personal reasons. A new Self-Support Chairperson is needed; resumes to 234. The committee appointed a new secretary (Donna M. / Thorncliffe Park) and a new Alt. Chair (Derek F. / St. Clements). Self-Support Chairs are needed in districts 02, 04, 10, and 12.



WINTER SEASON OPEN HOUSE – Matti H. (Wanstead), **Operating Committee Liaison.** Preparations are well under way for this year's event, which will be held on Christmas Day at the Emmanuel-Howard Park Church (WEST), Roncesvalles and Wright Ave. **Volunteers needed** for Christmas Eve day (12 – 3 p.m.) to peel veggies, and on Christmas Day to serve dinner and clean up. Contact 234 to volunteer.

ONTARIO REGIONAL CONFERENCE – Clay R. (Pine Hills), **ORC 2004 Chairperson** The ORC 2004 will take place on March 19, 20, and 21 at the Royal York Hotel. The hotel has been booked, and speakers for the event are in place.

GRAPEVINE – Scott M. (Bloordale), **Grapevine Chairperson.** This committee is looking for support from Districts 04, 06, and 10.

Requests for Grapevine Displays at your group or upcoming event can be left in the Grapevine committee mailbox at 234.

INFORMATION AA DAY. No report given to Floor. *The following is a synopsis of a written report (on file) from Info AA Day 2004 Chair, Robb W. (Streetsville):* At the last committee meeting, the theme of the event was decided; it will be 'Information AA Day – 25 Years of Service'. The guest speaker from GSO will be Gayle S.R., who is one of the newest additions to the General Service Office. The Info AA Day committee's proposed 2004 budget was given to the Finance committee. As there was no representation from Intergroup, election of a Info AA Day 2005 Chair will be deferred until next month. **Info AA Day 2004 will take place on Saturday, May 15.** November's meeting will examine a list of committee

assignments and hope to 'fill in' most, if not all, of those vacant positions.

At this time, Dan McK. made a comment regarding last month's vote on 'Yesterday, Today, and Tomorrow': There is a copyright on this piece of prose; the copyright is held by the Hazeldon Foundation (it's featured on July 31 of the 'Twenty-four Hour a Day' book).

NEWSLETTER – Jim H. (Keep It Simple), **Better Times Chairperson.** Any stories, announcements, anniversaries, medallions, and events: deadline for these is on the 10th of the previous month. Groups are also encouraged to call in to 234 any Candlelight Meetings that may be held over the Holiday Season.

TWELFTH STEP – Donna M. (Thorncliffe Park), **Twelfth Step committee member.** 14 greeters resigned recently. Only 4 members showed up for the Greeter Training Session in October. **More volunteers are needed.**

TREATMENT FACILITIES – Diana M. (Thorncliffe Park), **Chairperson.** Scarborough General Hospital meeting needs support A new Treatment Facilities Chairperson is needed for January 2004. Please send resumes to the Operating Committee c/o 234.

A new Meeting Directory will be printed soon.

In the spirit of rotation, the **BETTER TIMES** Committee is looking for a Chair, Vice-Chair, Editor and Secretary to replace our trusted servants in January 2004. Send resumes to 234

Heard? from Page 7

Meeting Discontinued.

Meeting at St. Joseph's O. Mon. 8 p.m. (WEST) at St Joseph's Hospital Discontinued.

Grange Park Discussion (C), Sunday 7 p.m. (CENTRAL). Discontinued.

York Central Hospital Meeting (O), Thurs. noon (SUB. NORTH). Discontinued.

North York General Hospital Meeting(O), Wed. noon, (NORTH). Discontinued.

Eventide Discussion Group. (C). Sun. 8p.m. (CENTRAL). Details to read St. Lukes United Church, 353 Sherbourne St. at Carlton, SW corner. Take stairs up to 2nd floor. Separate rotating step 1-2-3 and open

topic discussion. Non alcoholic sign language interpreters NOT allowed, Gays/Lesbians welcome.

All Hope Group (O). Sat 7 p.m. (EAST). Now wheelchair accessible.

How to reach us

Submit group news, medallions, other event notices, letters to the editor or articles to **BETTER TIMES (before Dec. 10 for the Jan. issue),** mail to GTA Intergroup. 234 Eglinton Ave. E., Suite 202, Toronto, ON, M4P 1K5, by fax 416-487-5855 or by e-mail to btimes@aatoronto.org or email joe@vex.net. Only signed submissions with a means of contact will be accepted. For subscriptions call Alexx at 416-487-8110.

Gifts from Page 2

who's never attended.

A 12 & 12 – if they are new and don't have one yet.

Living Sober, AA Comes of Age, and other AA books – for those who have the basics and are thirsting for more.

A **Grapevine** subscription – a gift that gives twelve times a year.

BETTER TIMES subscription – another gift that keeps on giving.

Any of the **Best of Grapevine** volumes – stories of value.

A donation to Intergroup in their honour – a gift that gives to many.

