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**Submissions Wanted!**

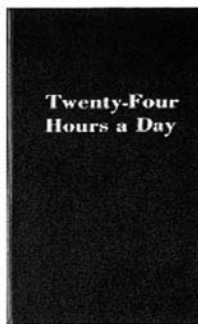
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## Yesterday, Today and Tomorrow

One of the most beloved readings in our AA meetings is *Yesterday, Today and Tomorrow*. It seems to encapsulate the entire psyche of both recovered and not-yet-recovered, regardless of where they may be in their journey of recovery. When I first came to AA, I occasionally asked where this writing originated but never really found out until, as they say, I “read the literature”.

AA literature does not just include conference-approved literature which we supply at our Intergroup office and sell at most meetings of AA. It includes the wonderful, all encompassing, inspired writings of strong, recovered alcoholics who wish to pass on the gifts they were given in sobriety. Many are writers by profession but others are prolific and knowledgeable with pen to paper.

So it was with Richmond W., a member of the Daytona Beach Group. As an intimate journal to himself, he wrote his thoughts down on index cards so he could read, re-read and recall the principles he



lived his life by. "Yesterday, Today and Tomorrow" is his poignant writing in the July 29th, 30th, and 31st text and a favourite passage read at most open AA meetings in our area.

When he shared his cards with other members, they loved them so much that he began to publish them for members of his group. The little inscriptions that he carried so benignly in his pocket became the "Twenty-Four Hours A Day" book

which contained the Thought for the Day, Meditation for a Day and Prayer for a Day, all simple, succinct readings for the recovering alcoholic to begin the day.

After many attempts, in May of 1942, Richmond walked through the doors of AA and never drank again. He was 49 years of age. Richmond continued to spread the AA message until his death on March 25, 1965; he had been sober for twenty-two years. His book became the most important book in early AA, second only to the Big Book.

**Bernadette M., King City Group**

## Get set for the first AA Roundup of 2010!

Start your year off right! Register for the 18th Annual Toronto Winter Roundup and chase away those winter blues.

Previously named Clancy I. Day, the Toronto Winter Roundup has been in existence for the past 18 years. Sponsored by GTA Intergroup, this year the conference will be held at the York Banquet Hall, 1100 Millwood Road (the same location as the Sunday Morning Men's meeting) on Saturday, January 23, 2010.

Five meetings are scheduled throughout the day, with the main speaker, Steve L. of Nashville, Tennessee, speaking at three of them. Steve is an entrepreneur with more than a few 24 hours of sobriety under his belt, but if you want to learn more about him you will have to come to the conference.

The first meeting begins at 9 am and will feature an excellent local speaker. Then, at the next meeting, Steve L. will share his view on the conference theme; "Willingness, Our Foundation for Life".

After lunch, which can be bought on site, another local speaker will share their experience, strength and hope. Finally, Steve L. will take questions at an "Ask-it-Basket" meeting, scheduled to start around 4 pm. The Ask-it-Basket will be a fun meeting, and people are encouraged to come up with crazy, wild or real questions for our visitor.

The prime rib dinner that is included with the \$50.00 registration fee is always a big hit. Many attendees change into more formal attire for the dinner; however dressing up is not a requirement. The highlight of the evening will be the keynote speaker, Steve L., who will share his personal story with us.

**Note: Pre-registration is required by January 16, 2010.** For more information visit the conference website at [torontowinterroundup.com](http://torontowinterroundup.com).

**JoAnne L., Unionville Group  
On behalf of the Toronto Winter Round Up Committee**

# Resolutions

This time of year I get asked if I've made any New Year's Resolutions. I answer no. I figure that the word resolution means a re-resolution, another look at the solution. That means I already know the solution, but I haven't implemented it.

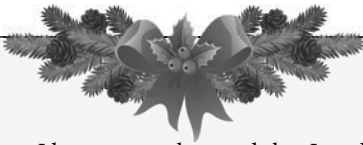
But if eating fruit is going to be good for me next January, why wouldn't it be good for me today? Likewise a 30-minute walk three times a week? Or quitting smoking? Or talking with newcomers? Or getting to Big Book Study? Or listening to my sponsor.

If today I know the solution, today is probably a good time to start putting it into effect. It's not too late in the day to start saying little prayers.

A resolution is a convenient way of putting off the action until tomorrow; that's procrastination. My sponsor tells me that's deadly.

What were your New Year's Resolutions, and would your life have been better if you'd implemented them last year?

**Chris G., Bloordale Group**



For the first time, I began to understand that I couldn't drink like other people, that I wasn't like other people, and that I no longer had to try to be.

I felt like Scrooge in the Dickens classic, "The Christmas Carol," when he awakes to discover he hasn't missed Christmas after all. He dances, cries, and laughs aloud, just as I was doing.

Scrooge and I had been reborn as we had never known it.

— **Came To Believe, p. 37**

## Review of the Mississauga Fall Roundup

*Thank you, ladies and gentlemen for making the Mississauga Fall Roundup, You Are No Longer Alone, such a resounding success.*

After the October event, I asked some of the attendees for their comments, and this is what they had to say:

*"Well it was a wonderful day. I enjoyed all the speakers, but was particularly moved by the Al-Anon and Alateen speakers. It reminded me what an impact alcoholics have on other people, especially when our disease lies to us by saying, we were only harming ourselves in our drinking. The food was good and the number of desserts was outstanding. I'll be back again next year".*

— **Ron N., Streetsville Group**

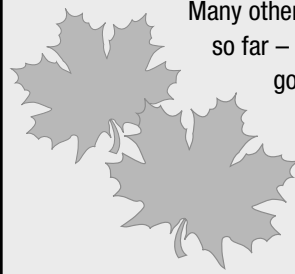
*"Fabulous, fabulous, fabulous! The speakers were great and it was nice that they were different, not being local. Mari G. from Toronto is a conference class speaker and I really liked her."*

— **Jeanne B., Erin Mills Group**

Many others agreed that it was the best roundup so far – good speakers, good food, good venue, good crowd. So put Saturday, October 2, 2010 on your calendar for next year!

Hope to see you there!

**Mary P., R&R Group**  
**Mississauga Fall Roundup Committee**



## 1 Interpretation of Concept One

**BY** 1950 many of the dreams, plans, and ambitions of Bill W. and Dr. Bob were becoming a reality. Membership in AA was over 100,000, and there was need for a trusteeship to inaugurate and maintain all of those special services for AA as a whole that could not well be performed by single groups or areas. This included the writing of uniform AA literature, the development of a sound public relations policy, and means of handling the increase in the need for help that would follow in the wake of the national and international publicity.

As the steps had provided sound guidance for individual recovery and well being, and the traditions had provided for a sense of strength and unity throughout the fellowship, the question arose of what further precautions would be needed to guard against potential

impairment or collapse, as the fellowship increased its numbers, and expanded its boundaries.

The challenge was to choose between the authoritarian setup, where one group or one person is set in unqualified authority over another, and the democratic concept which calls for "checks and balances" that would protect from unqualified authority running unrestrained. Bill and Dr. Bob's design called for a large scale representative structure of delegates, convening at an annual conference, to whom the Trustees would be accountable, - an upside down organizational structure. This provoked widespread fear among some that the risks of politics, confusion, expense, and fruitless strife were too great.

Two influential factors intervened; one was the illness of Dr. Bob in 1948 – with the

realization that the two leaders would not last forever; and the focusing on Tradition Two: "Our leaders are but trusted servants; they do not govern." The twelve concepts subsequently were developed, and reveal the evolution by which the world service structure has arrived in its present form, and the rationale for its existence and functioning.

**Concept 1: the final responsibility and the ultimate authority for A.A. world service should always reside in the collective conscience of our whole fellowship** would seem to represent the foundational principle of this set of concepts. Through the structure of the General Service Board, and the annual General Service Conference, needs and issues are identified at the group level and channeled through District and Area forums for delegates' resolution on the conference floor.

My observation of this process as a participant at the Area 83 Assembly has proven to be an inspiring confirmation of this concept in action. Thank you.

**Peter N., GSR, Credit Valley Group**



## Every Day Is Christmas

written by Bill W.

(Grapevine, December 1952)

The seventeenth Christmas for Alcoholics Anonymous is here. Considering all that has happened since AA's first Christmas in 1935, no words can portray the meaning of Christmas 1952. The only thing of which we're really sure is that we have given of ourselves, and have received gifts that no imagination can fully describe. Guided, we are sure, by an all generous and wise Providence, AA's message of hope has been carried into nearly every corner of the earth. The Christmas drama of giving and receiving has been re-enacted everywhere and still goes on.

Many of us in AA are of the Christian faith, though not all. We have Jews who look to Jehovah; agnostics who hopefully look to the AA group as their Higher Power; and there are Indians upon our Western plains who regard the Great Spirit as their guide. Now that we have opened tiny beachheads on the shores of Asia, we have no doubt that some of our brothers and sisters there reverence Buddha and others Allah. It is a comforting fact of our life together that none of these differences has ever disturbed us. Indeed, it can be said that they have, in some subtle and mysterious way, bound us even more firmly together. The insurance of that bond is our common kinship in suffering, and our universal release from it by the kind of giving that demands no reward.

So, by whatever name we may call it, the spirit of Christmas is in us all. How best to give and how to receive with ever more gratitude is our common aim. We'd like to practice the spirit of Christmas the year around. Therefore, we shall especially ask ourselves at this season: "What more can we find in order that we shall have more to give?"

The prayer [St. Francis] so often spoke tells us. Here it is:

*Continued on page 4*

## haveyouheard

### Recent Medallions:

James H.	5	Shepherd	November 3
Savrand C.	1	Rexdale United	December 3
Greg J.	1	Park Royal	December 3
Francis A.	20	Crossroads	December 6
Susie P.	1	King City	December 7
Tom L.	5	Glenholme	December 7
Roger K.	5	Westmoreland	December 8
Evelyn T.	10	Chartwell	December 10
Marcella S.	15	Rexdale United	December 10
Alf S.	1	East York	December 15

### Upcoming Medallions:

Howard F.	30	Unionville	December 16
James H.	1	Thurs. Night Men's	December 17
Chris S.	1	Thurs. Night Men's	December 17
Katie P.	1	Leslie	December 19
Tom R.	1	Principles B4 Pers.	December 20
Cat B.	10	Prince Edward	December 21
Ross O.	10	Fifth Tradition	December 23
Mary C.	1	Westmoreland	December 27
Jimmy T.	15	Six Points	December 28
Charles C.	1	Pine Hills	December 28
Gerry M.	25	Fellowship	December 28
Sammy D.	5	Unionville	December 30
Dennis B.	5	Parkway	January 4
Dennis M.	10	Rexdale United	January 7
Art W.	5	Danforth	January 7
Wally W.	10	Midtown	January 10
Peter S.	1	Amazing Grace	January 12
Sean W.	1	Silverbirch	January 15
Peter W.	5	Aurora	January 17
David S.	25	Glenholme	January 18
Jim I.	20	Back to Basics	January 22
Michael B.	15	Aurora	January 24

### Meeting Changes:

**Queen St. Health Centre** (O) Saturday 7pm (CENTRAL): The Queen St Mental Health building is being demolished. Meeting is now in UNIT 4 – room B40 (in basement).

**New Hope** (O) Tuesday 7:15pm (CENTRAL): The Queen St Mental Health building is being demolished. Meeting is no in UNIT 4 – room B40 (in basement).

**Bypass** (C) Monday 8pm (SUBURBAN NORTHWEST): Meeting has moved to St. Partick's Anglican Church, 1087 Lillian St (Yonge & Steeles Ave E).

**S.O.S.** (C) Monday 8:30pm (NORTH): Until the end of the year, meeting will temporarily relocate to St. Matthew, the Apostle Church, 80 George Henry Blvd (Sheppard Ave E & Don Mills Rd).

**Amazing Grace** (C) Tuesday 8pm (CENTRAL): As of January 5, meeting will be moving to Blessed Sacrament Church, 24 Cheritan Avenue (Yonge & Lawrence)

**St. James Big Book Discussion** (C) Monday 1pm (CENTRAL): Meetings are suspended due to construction.

### New Meetings:

**Beaches Group** (C) Tuesday 6:15 pm (EAST): Meeting located at Bellefair United Church, 2 Bellefair Avenue.

**Eventide Thursday Night** (C) Thursday 7:30pm (CENTRAL): Meeting GLBT friendly. Format is: speaker, meditation & discussion.

### Announcements:

**Winter Season Open House** will be held Christmas Day at Emmanuel Howard Park United Church. More information to follow. The committee is currently looking for volunteers, contact Vlad G. at winter@aatonto.org.

**New Years Eve Diamonds & Ice Celebration** will be held December 31 from 7:30pm to 1am, at the All Saints Anglican Church, 12935 Keele St in King City. Special Prime Rib & Ham hot buffet dinner will be served, followed by dance. Tickets are \$30 (must purchase **BEFORE Dec. 18**) plus non-perishable food item at door. For tickets call Sidona C. at 905.727.6011

**32nd Annual Spiritual New Year's Eve Dance & Pot-Luck Buffet** will be held December 31 at 8pm at Holy Rosary Parish Hall, 356 St. Clair West. For more information go to [www.aatonto.org](http://www.aatonto.org)

**Pine Hills Clean & Sober New Year's Eve Dance** will be held December 31 at 8pm at St. Paul's United Church, 200 McIntosh St., Scarborough. Tickets are \$10 and **must be purchased in advance**. Call Clay R. 416-438-0060 for ticket availability.

**18th Annual Toronto Winter Round Up** will be held Saturday January 23rd at 9am, at the York Reception Centre, 1100 Millwood Road. This year's theme is "Willingness... Our foundation for life" For more information visit [www.torontowinterroundup.com](http://www.torontowinterroundup.com)

**Midtown Group** will be celebrating their 30th anniversary on Sunday, January 24th at 8:30pm. All are welcome to join us to celebrate!

**Ontario Regional Conference 2010: Celebrating Sobriety** will be held Mar. 19–21, 2010 at the Fairmont Royal York, Toronto. For more information see the ORC page at [www.aatonto.org](http://www.aatonto.org).

**For information on Candlelight/Gratitude Meetings and open and closed meetings over the holidays, please see the 2009 Holiday insert or visit [www.aatonto.org](http://www.aatonto.org).**



## Things We Cannot Change

The Better Times will be printing its annual memorial insert of those members who have passed away in 2009 with our February 2010 issue.

If you know someone who has passed, email us their information (name, nickname, length of sobriety, favorite expressions and a summary of their experience, strength and hope) to [bettertimes@aatonto.org](mailto:bettertimes@aatonto.org).

Submissions must be in by **January 10th, 2010**.

# November '09: Intergroup Report

**Chair's Opening Remarks:** Florence B. (Noon Rap), Chair – Good to see so many members committed to service. Florence stated that there will be a new rep orientation session to be announced at a later date.

**Finance Report:** Bruce L. (Back to Basics), Finance Chair – Finance Report Summary for October 2009:

	Income	Expenses	Net Income
<b>October</b>	\$35,546	\$14,072	\$21,474
<b>Comp. to Budget</b>	-2,079	- 1,816	-263
<b>Year-to-Date</b>	\$214,545	\$141,964	\$72,581
<b>Comp. to Budget</b>	43,170	- 36,155	79,325

Income under budget due to lower than expected gratitude and group donations. Literature sales above budget. Expenses slightly under budget in most categories. Year-to-date surplus explained by ORC contribution, increased donations and gratitude and literature sales. Year to date expenses are lower than expected due salary costs, delayed audit billing, 2007 property tax rebate and 2008 refund.

2010 Budget is almost ready for presentation. Looking for 2 members for 2010 – 5 yrs of continuous sobriety and some business/accounting experience would be helpful. Send service resumes to the Operating Committee c/o 234.

**Questions:** Margaret T. (Bayview) asked what the Prudent Reserve figure is; Bruce replied the figure is nine months' operating budget. David (Welcome) had a concern regarding tax receipts for Gratitude donations breaking anonymity. Bruce explained a small amount of receipts were sent out in two-window envelopes which showed 'Alcoholics Anonymous – Toronto Intergroup' (our legal charitable name). This was corrected immediately and one-window envelopes now used.

## SUBCOMMITTEE REPORTS

**Access Ability:** Phil M. (Bloordale), OC Liaison – Committee attending the 'People In Motion' (agencies helping people with disabilities) event in June 2010. Will be working in tandem with the CPC committee on this venture and, as per non-profit status, will be receiving a discount on attendance fees. Committee

has recently given out 2 Braille Big Books (available through the Lit. Dept. at 234).

**Archives:** Roy R. (Trial & Error), Chairperson – Archives Breakfast was a resounding success: 250 people in attendance, and more than 250 members bought tickets. The event cleared over \$3,000, which will be given to GTA's general operating funds. Roy extended a big thank-you to all who attended and assisted in making this event such a success.

**Correctional Facilities:** No report given.

**CPC:** Victoria B. (Steps to Serenity), CPC committee member – Committee working on how to communicate more effectively with computer programming. Intend to utilize part of budget to purchase info DVDs from GSO to distribute to the professional community. Working on getting pamphlets/info packages out to members of the clergy, correctional facilities, youth facilities, and various health facilities.

**Question:** Larry (Beyond Belief) inquired whether the CPC DVDs are available on the Web; Florence will get in touch with GSO New York regarding this item.

**Info AA Day 2010:** Jim A. (Leslie), DCM Dist.18 – Event will take place May 29, 2010 at Lansing Church. Theme is 'Growing Through Service' and graphics and tickets will be made available in March. In response to a question Jim outlined the event: service panels will address attendees during the morning, followed by a potluck lunch, the Area Delegate's address, and a GSO Speaker will also give a talk.

**ORC 2010:** Jim B. (Sat. Morning Disc.), 2010 Chair – 'Celebrating Sobriety' will be held March 19–21 2010 at the Fairmont Royal York Hotel. Registrations are beginning to roll in. Event placards, registration flyers and greeter volunteer forms made available to reps. Inquiries please call 416-487-2677 or email orc@aatontario.org. Early bird draws for early registration. Question from the rep for the Port Credit group over discrepancies in the pricing of the hotel rooms; Jim will inquire and clear up the matter. Deadline for resumes for 2012 ORC Chair is end of Dec. Please send service resumes to the Operating Committee c/o 234.

**Public Information:** Vivien C. (Fellowship), incoming P.I. Chair – P.I. Workshop re: Speaking at Non-AA

Meetings has been deferred until the New Year.

**Treatment Facilities:** No report given.

**Twelfth Step:** Jim O. (Markland Wood), Chairperson – 12 Step Annual Holiday Party will be held Dec. 13, 1–4 pm at 234. 12 Step Workshop went well – another will be held in the new year. 12 Step Committee needs volunteers! Regarding new phone system: there have been concerns regarding the fact that when calls come in to 234, the caller's name & number show up on the phone. It is the responsibility of the greeters to maintain caller's anonymity. When greeters dial out, name shows up as '234' on receiver's phone.

**Website/Better Times:** Aaron K. (Yorkville), Chairperson – Would like to thank all the past contributors for their articles and announcements. Please give us notice of meetings that are cancelled or confirmed to be open for the holidays. Go to the website for a list of Candlelight/Holiday Meetings, notices and updates. Deadline for Jan. issue, which is out Dec. 15, is Dec. 5.

**Winter Season Open House 2009:** Vlad G. (Mississauga), 2009 Chair – We've got 11 turkeys to be cooked and 11 cooks that volunteered. There are 4 drivers available, and have 4 people to chair closed meetings. We only have 2 people cooking hams. Looked into finding how to get there by bus, as subway will not run that early. Spread the word about event since it is sponsored by Intergroup and it is a very good way to stay sober and do service. Marvyn W. (Mississauga) asked for donations of desserts/sweets/fruit for the event.

**UNFINISHED BUSINESS:** Updated Procedures & Guidelines (changed as per the Referendum) will be up on website Nov. 27. Members look the document over, and refer any questions/concerns via e-mail on the site to the Operating Committee.

**NEW BUSINESS:** A question from the Floor regarding the Regent Park Christmas event was deemed an outside issue as per our Traditions.



## Archives Alley: Every Day Is Christmas (cont'd)

Continued from page 3

*"Lord, make me a channel of thy peace; that where there is hatred, I may bring love; that where there is wrong, I may bring the spirit of forgiveness; that where there is discord, I may bring harmony; that where there is error, I may bring truth; that where there is doubt, I may bring faith; that where there is despair, I may bring hope; that where there are shadows, I may bring light; that where there is sadness, I may bring joy. Lord, grant that I may seek rather to comfort than to be comforted; to understand, than to be understood; to love, than to be loved. For it is by self-forgetting that one finds. It is by forgiving that one is forgiven. It is by dying that one awakens to eternal life."*

The lesson that St. Francis leaves us is clear and no example could be brighter. "Freely ye have received; Freely give" and... a Merry Christmas!

Máire O'B, GTA Intergroup Archivist