

BETTER TIMES

November 2010

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Editorial Ctte: Aaron K. (Chair), Sonja T. (Co-editor), David N. (Cartoonist), Jim H. (Circ.), Ciara C. (Desktop). Opinions expressed in *BETTER TIMES* are those of the authors and do not necessarily reflect those of Greater Toronto Area Intergroup. **How To Reach Us:** Submit group news, medallions, other event notices, letters to the editor or articles to *BETTER TIMES* (before the 10th of the month prior to the month of issue), by mail, fax or email. Only signed submissions with a means of contact will be accepted. For subscriptions call Alexx 416-487-8110.

You missed the Mississauga Fall Roundup! It's come and gone...

The theme for the 14th Mississauga Fall Roundup was Sunlight of the Spirit, but Mother Nature missed her cue. On the morning of Saturday October 2nd, Committee members ventured out into the drizzle and darkness to meet at St. Mary's Ukrainian Catholic Church (on Cawthra) at 7am to make the final preparations for the big event.

Those who attended were not disappointed!

The day started with Timbits and coffee and tea, and the luncheon menu included perogies, cabbage rolls, roasted red peppers and a variety of desserts (not that recovering alcoholics are much interested in food — my mouth is watering remembering it!).

Even better was the fact that over 200 individuals came and shared a day of spiritual sunshine, provided by the incredible speakers who spoke with honesty and passion of their experience, strength and hope — what they were like, what happened and what they are like now. There were 5 keynote presentations from Alcoholics, Al-Anons and a family panel.

Here are some of the comments that were sent to the Committee:

My first time attending and it was very enjoyable all around. Thank you very much to all the committee members for creating such an

incredible forum to hear the speakers' messages in. I have never listened from the Al-Anon's perspective before and that was so very telling.

– Dorothy A.

The fall roundup was great. You did a fabulous job. Thank you.

– Louise B. (Alcoholic)

Thank you and your committee for allowing us the opportunity to be a part of the Mississauga Round Up. Our family was thrilled to be of service...William and I felt all the speakers were fantastic...It was a really wonderful day with lots of recovery. We will definitely do our best to be at the next Mississauga Round up. The event was really well done.

– Judith W. (Al-Anon speaker)

I had a great time, your committee did a wonderful job and ALL of your speakers did a great job. I got a lot out of it and will always remember Mississauga as one of my favorites. Thanks again for all your hard work.

– Scott T. (AA speaker)

So next year, make sure you save the fall date as soon as you hear about it and join us at the 15th Mississauga Fall Roundup!!! Even better, be part of the event. You can submit ideas and sign up to volunteer through our website www.mississaugafallroundup.org.

Better Times is looking for a new Co-Editor!

Do you enjoy writing? Do you have any great stories ideas for Better Times? Looking to get involved in service?

Contact us for more info at bettertimes@aatoronto.org if you are interested in this great service position.

THANK YOU FOR YOUR SERVICE

Heartfelt thanks go out to Ciara C. and JoAnne L. For the past two years Ciara has worked her magic as the desktop publisher of Better Times, wowing us with her talents to add just the right graphics and make our contributions look good on paper. JoAnne has been a co-editor of Better Times for the past year, doing exemplary work as both an editor and a contributor, and keeping us on top of our deadlines.

We therefore require a new co-editor. Feel free to attend our next meeting on Saturday, November 13th at 1pm at 234 to learn more about this position, and to learn more about Better Times in general. This is a rewarding service position.

A Friendly Reminder

Gratitude time is in full swing again and your GTA Intergroup of Alcoholics Anonymous would like to thank you for your financial contributions. It is with a tradition of self-support that we are able to act together with a singleness of purpose, to help the still-suffering alcoholic.

We'd also like to thank all those in service. It is this legacy that shows us how far we have come, but can also starkly remind us of how close we still are to this cunning, baffling and powerful disease. Finally and most gratefully we'd like to thank all those in the fellowship. It is by sharing our experience, strength and hope with each other that we understand that with spiritual guidance we can relieve our obsession over alcohol one day at a time!

The Better Times Committee

“Laughter In Our Sobriety”

It has been my privilege to provide the cartoon feature, “Overheard At A Meeting” for the Better Times since July, 2001. At that time, Ann P. was the editor and Miles W. was the desktop publisher. They were introduced to me at the ORC Conference that year and I was “hired” right away!

The humour for me began when other cartoonists applied for the same job inquiring what the position paid! (Ha! Surely you jest!) Right away it was clear they weren't in the fellowship. However, I did insist that I have four issues of Better Times mailed to me in lieu of payment for the cartoon work! One to send to each of my three children and one for my files.

This brings me to the laughter so obvious in our fellowship which to my mind is very necessary to our sobriety and even spiritual in its character. Why even in the big, BIG book it speaks of “laughter being the best medicine.”

Upon my entrance into Alcoholics Anonymous I was not full of laughter, but more like “the snake that didn't have a pit to hiss in.” However, that all changed as I worked on my defects and enhanced my attributes. I was advised to take stock of the good in me as well as the shortcomings.

I love my sober life and the laughter heard at meetings and the good-natured ego deflation from fellow AAs with one another. This encourages me to not take myself too seriously except for my adherence to the twelve steps and the AA program.

My freedom in sobriety allows me to enjoy life, even facing my responsibilities with a happy, open-minded sense of humour. There is nothing in my way, now that I am sober and growing emotionally one day at a time.

In closing, allow me to express my gratitude for all those who contribute ideas to the monthly cartoon. Please keep 'em coming and I hope you continue to enjoy the humour!

Thank you for your support and I sincerely hope you try to keep a lot of laughter in your sobriety. I thank my Higher Power and you for this in mine.

David N., Anniversary Group



2010 Winter Season Open House

The committee is excited once more for this upcoming event. It is sentimental to a lot of people since it is held on Christmas day when many are with their families. There are also many people who don't have that luxury and so it is our pleasure to have you all come in and enjoy the day with us while we celebrate one more day of sobriety. Please join us in this good cause.

At the moment we need committee members and lots and lots of volunteers. If you can cook a turkey or a ham please contact Vlad @ 647 992 8592. We will supply the turkey, cooking pan and directions on how we want it cooked so that all turkeys will look the same. A driver (who is a volunteer) will drop off the bird 2-3 days prior to Dec. 25th and the same driver hopefully will pick up the turkey early in the morning of the 25th. This year will be no different from last. Same schedule, doors open at 9 am. There will be 4 closed meeting for AA members, including one open meeting and one gratitude meeting near the end of the day, and a whole room donated to Alanon and Alateen.

Breakdown will take place around 4 pm. It is said that we are powerless over alcohol and that we should keep on fighting for our sobriety, especially in the early stages of our recovery. It is also written on p.132 of the Big Book “we insist on having fun in life, we are not a glum lot!”

With that said, December 25th will be a fun-filled day for us all. Please call Vlad if you want to volunteer: 647 992 8592.

Winter Season Open House 2010 Committee

Holiday Meetings and Closures

Will your meeting be open or closed over Christmas and New Year's? Will your group be hosting a Candlelight or Gratitude meeting in December?

Let us know and we will list it on www.aatoronto.org, as well as in our Holiday insert with the December issue of Better Times. All announcements will be posted on the GTA website; however only those received by December 10th will be included in the printed insert.

Please send your listings to bettertimes@aatoronto.org

haveyouheard

Recent Medallions:

Lucio D.	1	Back to Basics	October 1
Bill M.	5	One Day at a Time	October 10
Jeff H.	20	Keep It Simple Group	October 10
Gerry H.	35	Prince Edward Group	October 11
Dave H.	1	Unionville Group	October 13
Gabrielle M.	10	New Anchor Group	October 14
Stella M.	15	Park Royal Group	October 15
Gary O.	5	Prince Edward Group	October 18
Steve T.	35	Unionville Group	October 20
Joe W.	5	Back to Basics	October 22
Fran G.	1	Fellowship Group	October 25
Mike D.	10	Fellowship Group	October 25
David Q.	1	Beaches Group	October 26
Joshua H.	15	Primary Purpose Group	October 27
Mike M.	1	Unionville Group	October 27
Jamal H.	1	Tuesday Night Disc.	October 28

Upcoming Medallions:

Andy C.	5	Bathurst Group	November 1
Dave K.	5	Unionville Group	November 3
Gail P.	10	Unionville Group	November 3
Cheryl S.	1	Unionville Group	November 10
Sonja T.	10	East York Group	November 16
Barb H.	5	Unionville Group	November 17
Bernadette	20	King City Group	November 22
Jeannine S.	10	Prince Edward Group	November 1
Ed H.	25	Twelve Steps Group	November 3
Patrick O.	5	New Anchor Group	November 4
Terry H.	1	Markland Wood Group	November 4
Mike R.	10	Prince Edward Group	November 8
Jessica A.	5	Shepherd Group	November 9
Kait T.	1	Stepping Stones Group	November 13

Norm P.	20	Golden Mile Group	November 17
Mike E.	1	Unionville Group	November 24
Bob C.	20	Chartwell Group	November 25
Helen F.	20	Chartwell Group	November 25
Max A.	1	Markland Wood Group	November 25
Michelle M.	1	Stepping Stones Group	November 27
Alexx V.	15	Stepping Stones Group	December 4

Discontinued Meetings:

973 (C) Thursday 7:30pm (CENTRAL): Meeting has been discontinued.

Augusta Discussion (O) Tuesday 5:30pm (CENTRAL): Meeting cancelled until further notice.

End of the Line Discussion (C) Wednesday 8:15pm (EAST): Meeting is cancelled until further notice.

Joyful Steps to Recovery (C) Wednesday 3pm (EAST): Meeting cancelled until further notice.

Willingness to Work (O) Thursday 8pm (SUBURBAN NORTHEAST): Meeting has been discontinued.

Meeting Changes:

Beaches Group (C & O) Tuesday 6:30 & 8pm (EAST): The Beaches Group has moved to St. Aidan's United Church, 70 Silver Birch Ave (Corner of Silver Birch & Queen St E, west of Victoria Park Ave.)

Noon Rap (C) Wednesday 12pm (CENTRAL): Meeting is cancelled on October 27, 2010 only.

Open Mind Discussion (C) Wednesday 7:30pm (EAST): Meeting will be cancelled November 24, 2010 only.

Start Again - Persian/Farsi (C) Sunday 10:30am (SUBURBAN NORTH): Effective October 17 the meeting time will change from 7pm to 10:30am.

Third Tradition (O) Monday 8pm (EAST): On November 1 the meeting will change location to J-Wing, 4th Floor, private dining room.

Recovery 12 Step (C) Saturday 11am (SUBURBAN NORTHWEST): Meeting is temporarily moving to Central Public School Arts & Recreation Centre, 24 Alexander St., Studio D, Brampton. Meeting room is on 2nd floor and is NOT wheelchair accessible.

Announcements:

69th Buffalo Fall Convention will be held October 29–31 at the Buffalo Marriott Niagara, 1340 Millersport Highway in Amherst, NY. This year's theme is "Together we can...". Speakers include Maire O'B. from Toronto. For registration information visit www.buffaloaa.org.

Fifty Years of A.A. through the Eyes of a Member will be held Sunday October 31. This is a viewing of Bobby D's personal AA archival collection. Location: Thompson Place, Auditorium (lower level), Overland Drive, Toronto.

63rd Annual Cornwall AA Conference will be held November 5–6 at the Ramada Inn, 805 Brookdale Avenue, Cornwall, Ontario. For more information visit ottawaaa.org.

26th Annual Archives Breakfast will be held November 7 at the Oasis Convention Centre, 1036 Lakeshore Rd. E. in Mississauga. Tickets are \$25 and include good food and good fellowship, raffles and door prizes. Tickets available from Archives Committee members.

Winter Season Open House will be held December 25th at the Emmanuel-Howard Park United Church, 214 Wright Ave. We will have Closed A.A. Meetings, an Open Speaker A.A. Meeting, Al-Anon/Alateen Meetings, and a Gratitude Meeting. For more information visit www.aatoronto.org.

archivesalley

The General Service Conference ... Third Legacy

Knowing the history of the Third Legacy is befitting as the 2009-10 term ends for Area 83 Eastern Ontario. On October 23, 2010 the GSRs for the Area will be electing the new delegate and other officers. How did this service entity come to be? In the "50 Years of AA in Ontario" Tom H. writes, "When it was finally decided to have a general service conference, the arduous task of coming up with the structural and procedural plans that would make it a reality began. How would damaging, political infighting be kept out? How many delegates would be needed? How would they relate to the trustees? What were their powers and duties? Suffice it to say that Bill W. with immense input from A.A. headquarters personnel, did come up with a plan and then he stormed the country telling

members about it. [Bill] presented it to the Regional Conference in Toronto on March 3rd and 4th, 1951 and it was unanimously accepted by those in attendance from the State of New York, the State of Pennsylvania and the Province of Ontario.

In the new scheme of things, the two states and the province of Ontario became entities unto themselves after adopting Bill W.'s plan for the Third Legacy. It now became necessary to elect a delegate for Ontario to attend the General Service Conference to be held in New York the following month, April 1951. After a close and exciting race, Adam C. a Toronto member was elected as Ontario's first delegate for a term of two years ending December 1952. In 1953 he was unanimously chosen as the first Canadian to serve on the Board of Trustees, from January 1953 until April 1957. The huge task of establishing areas and districts throughout the province of Ontario to fit into

these new A.A. plans, was in the hands of Adam C. on his return from the Conference in New York. During his first year in office, with the capable and dedicated help of his committee, they got this job done, in spite of the enormity of it all, and most of what was accomplished then remains in place today.

The second delegate for Ontario to the General Service Conference was Art L. Elected at the Ontario Regional Conference held at the Royal York Hotel in the spring of 1953, he served in this capacity for the 1953-54 term. He created and edited the first newsletter "All Around Ontario" and devoted much of his effort to improving unity at the area and group levels. This, too, is reflected in the solidarity that exists today throughout Ontario A.A. Ontario's third delegate to the General Service Conference of Alcoholics Anonymous, was Whit. H....

Continued on next page

September '10: Intergroup Report

Finance Report: Don M. (Hill), Finance Chair – Finance Report for August 2010

	Income	Expenses	Net Income
August	\$12,019	\$14,277	-\$2,258
Comp. to Budget	-1,323	-1,686	363
Year to Date	\$233,795	\$220,405	\$13,391
Comp. to Budget	14,146	-27,943	42,190

Prudent Reserve as of July 31, 2010 – Book value + accrued interest: \$238,011.

Notes: ORC impact on Income Statement has been adjusted and now is only reflected as surplus in income and an overrun in net income; accounting for HST has increased sales by 2% for books and 5.2% for all other sales. Offsetting this impact COGS and expense accounts have increased by 2.5% for books and 3.9% on all other purchases; RBC DS statement for August 31, 2010 has not been received so investment accounts have not been updated.

MOTION TO SUSPEND REGULAR BUSINESS: Elections need to be held because of three resignations from the Executive Committee. New Executive Committee members (by acclamation) are: Kristof P. (High Park), Joy D. (Welcome) and Murielle K. (Lakeshore).

SUBCOMMITTEE REPORTS

Access Ability: Phil M. (Bloordale), Executive Committee Liaison – Committee continues with its initiatives to list accessible location directions for meetings in the GTA, in addition to getting groups to list if they allow ASL Interpreters at their closed discussion meetings.

Archives: Gord H. (Bloordale), Archives Chairperson – Met with Jack R. from Michigan, who was a Trustee on the General Service Board, who presented us with three leather-bound books, a 12 & 12, a Big Book, and a Grapevine book. These items will be on display at the Intergroup office. On Oct. 3, "AA Through the Eyes of an AA Member: Bobby D.", an amazing collection of information from meetings for almost 50 years, will be held from 12-4 at 1 Overland Dr. (Lawrence & Donway.) The 26th Annual Archives Breakfast will be held on Sun. Nov.7 at the Oasis Convention Centre, 1036 Lakeshore Rd E., Mississauga. Coffee at 9am; 2 longtime speakers (Bev T. of London and Ted S. of Toronto). Tickets only \$25.

Website/Better Times: Aaron K. (Yorkville), Chairperson – Desktop publisher needed as Ciara C. is rotating off the committee, and we would like to thank her for her 2 years of excellent service. If you are interested in this position or know someone who might be, please contact us at bettertimes@aatoronto.org.

Correctional Facilities: Sarah M. (Don Mills), Executive Committee Liaison – Don Jail (Dist.18) will be relocating to Mimico in the next two years, so will be under the jurisdiction of a new district. GSO is looking for groups to correspond with long-term inmates through the "Behind the Walls" initiative.

ORC 2011: Steve A. (Markland Wood), 2011 Event Treasurer – Dates are March 18-20, 2011 at the Royal York Hotel. Theme is *The Great Fact*. Registration Fee is to remain \$30. Posters and flyers are to be ready by mid-Oct. Online registration will be available for 2011.

Over the summer, there was a Motion/Request from the Floor for a single-day registration price. Here are some comments:

- The ORC is packaged as a 3-day event, not a 1-day roundup
- There are too many fixed costs based on 3 days(such as hotel, audio/visual, and guest speakers to chance a potential drop in registration revenue
- Logistics of registration, etc.
- Too many unknowns. Yours in Service, Steve A.

Public Information: Vivien C. (Fellowship), Chairperson – District 22 Service Day was held last Saturday. About 30-40 attended, most of whom had done service before. We have been invited to attend 3 information fairs (Sept.29, 30, and Oct.9). Oct.18 at 7:30 is our next Workshop, 'Speaking at non-AA Meetings'.

Treatment Facilities: Elaine H. (Streetsville), Chairperson – Big initiative is the "Bridging the Gap" program. Greg reported he had attended a "Bridging the Gap" Workshop in Minneapolis. The problem in the past with this program was the volunteer hard copy forms. It was suggested for better effectiveness to use a whole, web-based program for these volunteers (those wanting contact/those wanting to volunteer can do so online). 'Bridging the Gap' needs committed, dependable volunteers for this service work.

Twelfth Step: Tom S. (Saturday Morning Discussion), Chairperson – With expanding electronic capabilities for communication, Intergroup is stepping up to the plate technologically to keep up. Joint session between Districts and Intergroup was helpful in coordinating mutual understandings of needs and approaches to problem solving. Redirecting calls appropriately, continuing with 12th Step contacts, keeping secure up-to-date volunteer lists, as well as remote system access capabilities are just a few of the topics the committee is reviewing in order to provide improved service delivery.

Info AA Day 2011: Gord H. (Bloordale) – Date is May 28, 2011 and the theme will be 'Pass It On' in keeping with the traditional focus on Service.

Winter Season Open House 2010: Sarah M. (Don Mills), Executive Committee Liaison: There are currently 6 committee members, and there are 2 more positions that need to be filled. We have 5 turkey cooks (we need about 13 in total). The church has been secured for both Christmas Eve day and Christmas Day. This year we will be doing something different – we are going to have real potatoes instead of the boxed flakes. There are so many volunteer positions available, so please come out and help!

UNFINISHED BUSINESS

John mentioned 2 items:

- The Finance Committee now has new members, so the committee is now set for 2011; and
- Call for resumes for 2013 ORC Chair: please send service resumes to the Executive Committee c/o 234 by Dec.31, 2010.

To see the complete minutes go to www.aatoronto.org.

OVERHEARD AT A MEETING!

I KNEW I HAD HIT ROCK BOTTOM,
WHEN **THINGS** STARTED TO GO **DOWNHILL**
FASTER THAN I COULD **LOWER**
MY **STANDARDS!**



Archives Alley

Continued from previous page...from Sarnia, Ontario. He was the unanimous choice of those attending the Ontario Regional Conference in 1955 and his term was 1955-56.

Whit H. attended the convention commemorating the twentieth anniversary of A.A. at St. Louis, Missouri, on July 1955. He was present at that milestone event when Bill W. read the resolution that delivered the twenty-year stewardship of Alcoholics Anonymous from the hands of Bill and A.A.'s old-timers into those of its members. This was when A.A. took full responsibility for the management of its own affairs."

(50 Years of AA in Ontario, pp. 42-43)