

# BETTER TIMES

Produced for A.A. members, by A.A. members in the GTA



# STEP FOUR

*"Made a searching and fearless moral inventory of ourselves."*

**Step 4** is all about self-examination and reflection.

Scary? **Yes**, as we have to take an honest look at character defects and negative behaviors that have led us to cause pain and suffering.

From this step seeds of **hope** can take root and **grow**.

Alcoholics  
Anonymous

APRIL 2023



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*Driving drunk - but not drunk driving - is for me, a deadly way of navigating my journey of recovery. By white knuckle driving and seeing only what is right ahead of me on the road, fearing that should I lose sight of the destination, I will surely end up in the ditch of relapse.*

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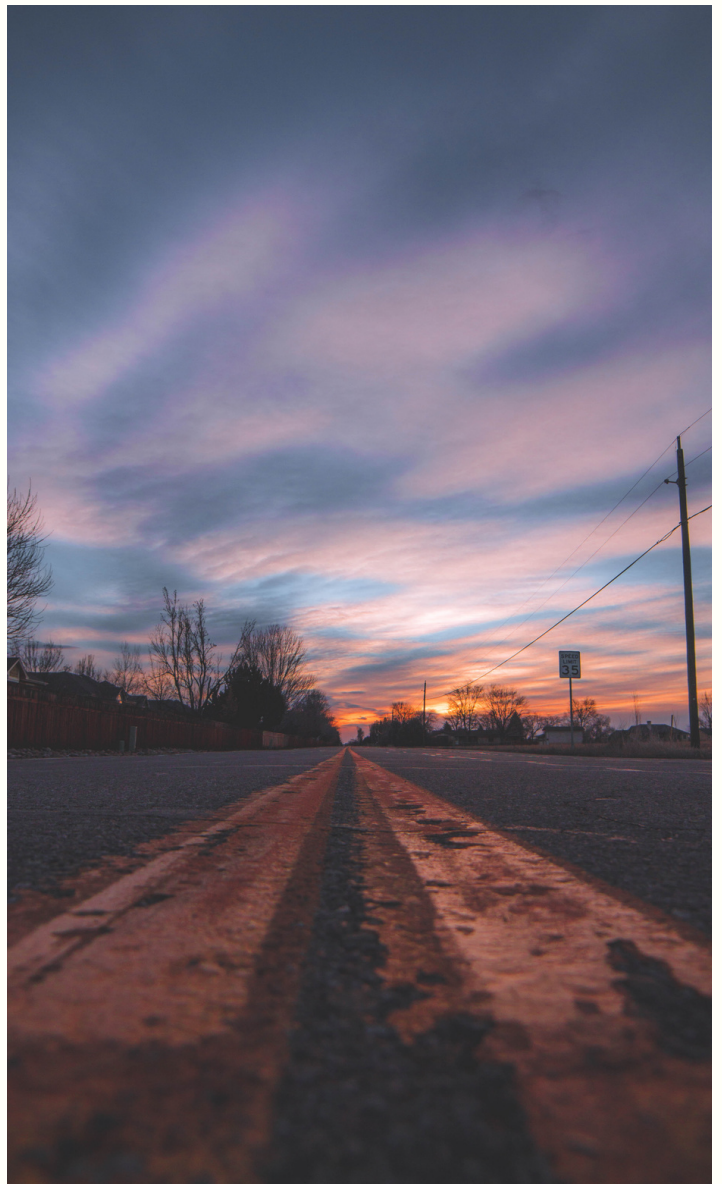
## Learning Faith and Paying Attention to the Road Ahead

WRITTEN BY DAVID R.

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November 28th, 2019, was for me, my day of reckoning. On that day, while standing on a bridge, looking down into the abyss, I heard a voice, soft at first, then rising and building to a crescendo. The voice was relentless and the message clear.

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The voice said to me *"Not today, do not step forward today, instead you must step back, because if you do not you will never see and learn all that is planned for you."* Or something to that effect.

Viktor Frankl once said, *"To maintain hope in spite of tragic experiences, one must learn the courage and tenacity to strive for a future goal, no matter how bleak."* But how, I thought, could I achieve anything with the tragedy that had become my life? A tragic life of my own making? I had lost everything. I had lost family, friends, material things galore, and most of all, I had lost myself to my love of drinking.

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Today in retrospect, with a clear mind and armed with a new sense of agency and a rediscovered ethos, I find it interesting to look at the rear-view mirror and realize that you cannot lose what you freely threw away.

With help of my faith, my sponsor, and a certain blue book, I now know that when I had opportunities to prioritize the things that I had sworn to love and devote myself to - my marriage and my relationships with family and friends - I did not.

I share this not with a sense of grief, or shame or even melancholy but simply to state that with the help of many of these same people, I have come to understand that I am an alcoholic.

But as long as I understand this and live a life of purpose according to some steps that I have been taught, I can and have begun the process of looking to the road ahead - for a more hopeful future. A future that is filled with love from those who have stood by my side, taken my hands and placed them firmly in theirs.

Notwithstanding always being mindful of the blind spots and the rear view mirror, I often remind myself and others that not everything in the looking glass or rear view mirror is a car crash; there were many successes along with the failings. For me, I can work toward future goals because my life is no longer a bleak tragedy.

I tell myself and others to do more of the things that bring us joy and less of the those that brought disaster and chaos.

That and don't drink, go to meetings, and be of service to others.

# ANNOUNCEMENTS

DISTRICTS 18 & 22

SUNDAY  
APRIL 30, 2023

18<sup>th</sup> Annual EAST TORONTO  
ARCHIVES BREAKFAST

**\$35** Advance tickets  
until April 26, 2023  
tickets not available at the door

**QSSIS Banquet Hall**  
3474 Kingston Road  
(just west of Markham Rd.)

free parking, fully accessible & ASL interpreters welcome

9 am - Coffee & Fellowship  
10 am - Buffet Breakfast  
11 am - Speaker Meeting  
**Guest Speaker** - David T. Welcome Group (51 years)  
12 pm - Prizes & Closing

FOR MORE INFORMATION & TICKETS  
PLEASE CONTACT YOUR GSR OR  
Bert J. 647-622-6127  
Eddy G. 416-536-7536  
Greg R. 416-669-1670  
John M. 416-277-4285

1170 Yonge St. City of Toronto Archives. Toronto's A.A. clubhouse between 1944-1960

## EAST TORONTO ARCHIVES BREAKFAST: IN PERSON EVENT

### SUBMITTED BY EATB COMMITTEE

Hi Folks,

The East Toronto Archives Breakfast Committee is looking forward to welcoming you to its 18th annual event on Sunday April 30.

This will be a collaborative effort by Toronto City East District 18 and Scarborough District 22, to be held at the QSSIS Banquet Hall located at 3474 Kingston Road, just west of Markham Road.



Tickets, at \$35 each will be available until April 26th (not available at the door) to provide some lead time for the QSSIS staff to plan and prepare. There will be raffles and door prizes, with all proceeds going to help cover the operating costs of the Archives Committees in the two Districts.

There's lots of free parking, with doors opening at 9 am for coffee, fellowship, and fun. Breakfast is scheduled to be served at 10 am, followed by an Open Speaker meeting at 11 am.

David T., the Archivist at Area 83 Eastern Ontario International, with 51 years of sobriety, will share his personal recovery journey, while also being able to draw upon his extensive knowledge of the history of AA locally, as well as within the broader Fellowship as a whole.

Please see our flyer or your District members for tickets and more information.

All are welcome to attend!



# ANNOUNCEMENTS



## CONTINUOUS SOBRIETY MEDALLIONS

<u>NAME</u>	<u>GROUP</u>	<u>DRY DATE</u>	<u>YEARS</u>
SCOTT M.	BLOOR DALE	APRIL 4, 1998	25

Submit group news, medallions, other event notices to:  
[webmaster@aatoronto.org](mailto:webmaster@aatoronto.org)

## HOT OFF THE PRESS!!!

The Story of Alcoholics Anonymous in Ontario

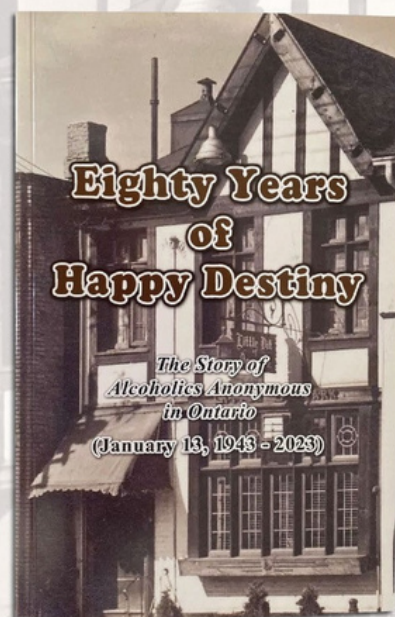
Eighty Years of Happy Destiny - January 13, 1943 - 2023

History and quotes from members who devoted their lives of sobriety to the A.A. Program.

**Available from Literature Department**  
**\$20.95 (includes GST)**

*Commemorative Edition*

The Story of Alcoholics Anonymous in Ontario  
 The First 80 Years



## SERVICE COMMITTEES

### ACCESSIBILITY

[accessibility@aatoronto.org](mailto:accessibility@aatoronto.org)

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### WINTER SEASON OPEN HOUSE

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### COMMUNICATIONS

[cc@aatoronto.org](mailto:cc@aatoronto.org)

## FROM THE ARCHIVES



### GTA Groups/Meetings Started in April

- April 2, 2011 - A Place of Hope Meeting
- April 4, 2009 - Saturday Night Main Street Meeting
- April 6, 2007 - Leslie Group
- April 9, 1956 - Pine Hills Group
- April 10, 1997 - 12 Tradition Group in Pickering
- April 12, 1992 - Back to Basics Group in Richmond Hill
- April 13, 2017 - Gay Sober Men Group
- April 19, 1992 - Meadowvale Fellowship Group
- April 21, 1957 - Welcome Group
- April 24, 1949 - Toronto Sunday Morning Men's Meeting

### Did you know.....

In April 1933, beer became legal & Dr. Bob went through a "beer experiment." Soon he was drinking over a case a day fortified with liquor. In his Big Book story, Dr. Bob says that this was when he began in the Oxford Group participating in it for over two years before meeting Bill W.

*On April 4, 1939, the first edition of "Alcoholics Anonymous" was first published. 4,730 copies were published at \$3.50 a copy.*

In April 1946, the Grapevine was legally incorporated as the second publishing arm of the Alcoholic Foundation (today General Service Board). Bill wrote Grapevine essays up to November 1949.

**TO DONATE AA/GTA ARCHIVAL ITEMS TO THE GTA ARCHIVES  
PLEASE CONTACT THE GTA ARCHIVIST EDDY G. at 416-536-7536.**