

# BETTER TIMES

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



# EMOTIONAL SOBRIETY

Physical sobriety is the act of not drinking.  
Emotional sobriety is about freeing yourself  
from being controlled by your emotional state..

*"Here we begin to practice all Twelve Steps of the program  
in our daily lives so that we and those about us may find  
**EMOTIONAL SOBRIETY.**" - Bill W. 12 & 12 (Step 12, p. 106)*

Alcoholics  
Anonymous

OCTOBER 2022



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[www.aatoronto.org](http://www.aatoronto.org)

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# MEDALLIONS

NAME	YEARS	GROUP	CELEBRATION
Alex Y	1	<a href="#">Bloordale Group</a>	October 2nd, 2022
Nina L	10	<a href="#">Sisters In Sobriety</a>	October 12th, 2022
Jim J	1	<a href="#">Friendly Group</a>	October 24th, 2022



## SERVICE OPPORTUNITIES

Check out the following service opportunities. Express your interest by sending an email. It's that simple to give back what has been so freely given to you and me!

[Information Technology \(IT\)](#)  
[Finance](#)  
[Winter Season Open House](#)

[Twelfth Step & Phone Greeters](#)  
[Operating](#) (formerly Executive)  
[Communications](#)

**The Winter Season Open House** has been held by Toronto Intergroup since 1944 and open to all. The Open House will be seeking a limited number of volunteers, friends and family of program members to participate or help out. If you are interested in making a contribution or lending a hand contact [wsoh@aatoronto.org](mailto:wsoh@aatoronto.org) or talk to your Intergroup Representative for more information.

## MEETING CHANGES

This pandemic has brought about incredible changes and quickly; please don't forget that our website and meeting list updates are dependant on you letting us know [here](https://www.aatoronto.org/update-or-change-a): <https://www.aatoronto.org/update-or-change-a>

## BETTER TIMES *needs stories*

Opinions expressed in *BETTER TIMES* are those of the authors and don't necessarily reflect those of the [GTA A.A. Intergroup](#). The Editor reserves the right to edit for length, content and grammar in accordance with layout and quality purposes. Submit group news, medallions, other event notices to: [webmaster@aatoronto.org](mailto:webmaster@aatoronto.org). Letters or articles to the Editor (200—500 words) for *BETTER TIMES* at [bettertimes@aatoronto.org](mailto:bettertimes@aatoronto.org)

## FEATURE *your group*

Feature your group in *BETTER TIMES*. Let A.A. GTA know what you've got going on. Times, location, philosophy, history so that next time we need a meeting we can come to you. Contact [bettertimes@aa.org](mailto:bettertimes@aa.org) for more information. All group spotlight articles must have a group conscience prior to publication.



# SOBRIETY IS SEXY

By Una Bg

I met my ex-husband in a drunken haze at a party 33 years ago. Alcohol was a forever presence in our relationship, entertaining, winding down, arguing—you get the picture. Intimacy always involved beer and wine, except when we were trying to conceive and while I was pregnant and nursing. Sober sex was awkward, uncomfortable and not a feeling that I could relax and enjoy. I needed to always be numb, tipsy, to feel confident with my body, nudity and just the whole ordeal. Alcohol did allow me some liquid courage but in the hangover the next day I always had a sense of shame and I felt dirty. I was never comfortable with that level of intimacy without a few under my belt. Pardon the pun. My relationship with sex and booze was not compatible to sustain a healthy loving partnership.

Now I know it takes two to tango and for the breakdown of a marriage. There were many other factors that influenced the ending of the marriage, after I had been sober for 5 years. The dance steps of the marriage had changed. My ex had lost his drinking buddy and I was dancing to a different channel, the 12 step [A.A.](#) channel. Resentments began to flourish and we grew further apart. Intimacy is critical in a loving, honest and healthy relationship and we had zilch.

When I got sober and read the chapter in the Big Book [The Family Afterwards](#), the one reference that resonated with me was on page 134: "A word about sex relations. Alcohol is so sexually stimulating to some people that they have over indulged. Couples are occasionally dismayed to find that when drinking is stopped men/women tend to be impotent. Unless the reason is understood there may be an emotional upset."

Emotional upset, are you kidding? All my emotions were upset as I'd never felt them before as a sober person. I was scared, vulnerable and the last thing on my mind was sexual intimacy, unless it involved me, myself and I (too much information but I need to be honest here). The marriage ended in 2020. I had consigned myself to living as a celibate as the thoughts of sexual intimacy made me cringe, literally.

As a sober alcoholic, who attend meetings, follows the steps, involves themselves in service, my life began to change. In 2021 I moved, started to exercise daily, eat healthy. I lost weight and started to feel better about my appearance. My self worth, authenticity, sense of humour began to show outwardly. My insides started to match my outside. I began to know a new freedom and happiness. Self seeking, uselessness and self pity disappeared. My whole attitude and outlook on life changed. (Pg. 84 [Big Book](#)) And then it happened!!

I met someone in recovery, a classic boy meets girl on A.A. campus scenario. At 60 years of age I wanted to explore a side of myself that had extinguished years ago. I wasn't even sure that it ever existed. I decided to jump in with two feet. With great sponsorship, fantastic A.A. fellowship and therapy, I was ready to dip my toe in the proverbial water. It felt more like the ocean but you see my point. Was I going to sink or swim and where was my life jacket?

It turned out that the honesty, vulnerability and humility that this program gives me allowed me an opportunity that I had never experienced before—a sober, loving, attentive sexual experience and healthy intimacy, with my head still above water.

Sobriety is sexy.

—Una BG, [The Hill Group](#)

**A.A. Speaker**

**Tom B**



**Listen**

**Emotional Sobriety**

**01:11:04**

*The GTA Archives Committee invites you to attend the*

# **38<sup>th</sup> Annual GTA Archives Breakfast**

***Sunday November 6<sup>th</sup> 2022***

Oasis Convention Centre  
(1036 Lakeshore Rd. E., Mississauga)

**9am-1pm, Tickets \$35**

**9am** – Coffee | **10am** – Breakfast | **11am** - Open Speaker Meeting  
Door Prizes, Raffle Tickets



**Guest Speaker**  
**Al R Fellowship Group, Toronto**

### **Contacts for Tickets:**

Glenn G. Chair	647-572-5687	Bill C. Dist. 10	416-268-5455
Amy L. Sec.	905-767-8405	Charlie D. Dist 14	905-715-1664
Eddy G. Archivist	416-536-7536	Francine D. Dist 08	416-829-8259
David T. Ass't Arch	613-868-9243	John M. Dist. 18	416-277-4285
David G. Treas.	416-536-5601	Gord H. Immediate Past Chair	
Patty A. Dist.10	647-226-8857		416-414-8374

"Whenever a society or civilization perishes there is always one condition present; they forgot where they came from."  
- Carl Sandburg.



# Emotional Sobriety

By Bill Wilson  
Co-Founder of A.A.



I think that many oldsters who have put our [A.A.](#) "booze cure" to severe but successful tests still find they often lack emotional sobriety. Perhaps they will be the spearhead for the next major development in A.A., the development of much more real maturity and balance (which is to say, humility) in our relations with ourselves, with our fellows, and with God.

Those adolescent urges that so many of us have for top approval, perfect security, and perfect romance, urges quite appropriate to age seventeen, prove to be an impossible way of life when we are at age forty-seven and fifty-seven.

Since A.A. began, I've taken immense wallops in all these areas because of my failure to grow up emotionally and spiritually. My God, how painful it is to keep demanding the impossible, and how very painful to discover, finally, that all along we have had the cart before the horse. Then comes the final agony of seeing how awfully wrong we have been, but still finding ourselves unable to get off the emotional merry-go-round.

How to translate a right mental conviction into a right emotional result, and so into easy, happy and good living. Well, that's not only the neurotic's problem, it's the problem of life itself for all of us who have got to the point of real willingness to hew to right principles in all of our affairs.

Even then, as we hew away, peace and joy may still elude us. That's the place so many of us A.A. oldsters have come to. And it's a hell of a spot, literally. How shall our unconscious, from which so many of our fears, compulsions and phony aspirations still stream, be brought into line with what we actually believe, know and want! How to convince our dumb, raging and hidden Mr. Hyde' becomes our main task.

I've recently come to believe that this can be achieved. I believe so because I begin to see many benighted ones, folks like you and me, commencing to get results. Last autumn, depression, having no really rational cause at all, almost took me to the cleaners. I began to be scared that I was in for another long chronic spell. Considering the grief I've had with depressions, it wasn't a bright prospect.

I kept asking myself "Why can't the twelve steps work to release depression?" By the hour, I stared at the St. Francis Prayer: "it's better to comfort than to be comforted." Here was the formula, all right, but why didn't it work?

Suddenly, I realized what the matter was. My basic flaw had always been dependence, almost absolute dependence, on people or circumstances to supply me with prestige, security, and the like. Failing to get these things according to my perfectionist dreams and specifications, I had fought for them. And when defeat came, so did my depression.

There wasn't a chance of making the outgoing love of St. Francis a workable and joyous way of life until these fatal and almost absolute dependencies were cut away.

Because I had over the years undergone a little spiritual development, the absolute quality of these frightful dependencies had never before been so starkly revealed. Reinforced by what grace I could secure in prayer, I found I had to exert every ounce of will and action to cut off these faulty emotional dependencies upon people, upon A.A., indeed upon any act of circumstance whatsoever.

Then only could I be free to love as Francis did. Emo-

Continued Next Page

## Emotional Sobriety Continued

tional and instinctual satisfactions, I saw, were really the extra dividends of having love, offering love, and expressing love appropriate to each relation of life.

Plainly, I could not avail myself to God's love until I was able to offer it back to Him by loving others as He would have me. And I couldn't possibly do that so long as I was victimized by false dependencies.

For my dependence meant demand, a demand for the possession and control of the people and the conditions surrounding me.

While those words "absolute dependence" may look like a gimmick, they were the ones that helped to trigger my release into my present degree of stability and quietness of mind, qualities which I am now trying to consolidate by offering love to others regardless of the return to me.

This seems to be the primary healing circuit: an outgoing love of God's creation and His people, by means of which we avail ourselves of His love for us. It is most clear that the real current can't flow until our paralyzing dependencies are broken, and broken at depth. Only then can we possibly have a glimmer of what adult love really is.

If we examine every disturbance we have, great or small, we will find at the root of it some unhealthy dependence and its consequent demand. Let us, with God's help, continually surrender these hobbling demands. Then we can be set free to live and love: we may then be able to gain emotional sobriety.

Of course, I haven't offered you a really new idea—only a gimmick that has started to unhook several of my own hexes at depth. Nowadays, my brain no longer races compulsively in either elation, grandiosity or depression. I have been given a quiet place in bright sunshine." — **Bill W**

## GROUPS BEGUN IN OCTOBER

Oct. 16, 1983 - [Acceptance Group- Oshawa](#)  
Oct. 23, 1983 - [Glenholme Group](#)  
Oct. 5, 1986 - [Bloordale Group](#)  
Oct. 21, 1987 - [Scarborough Thursday Noon Meeting](#)  
Oct. 1988 - [A Place to Share Group \(Women's\)](#)  
Oct. 25, 1998 - [Principals Before Personalities](#)  
Oct. 28, 1993 - [Living Sober Group- Thornhill](#)  
Oct. 6, 2002 - [Scarboro Monday Noon Meeting](#)  
Oct. 25, 2013 - [Sisters In Sobriety Group](#)  
Oct. 8, 2016 - [Ajax Freethinkers](#)  
Oct. 15, 1948 - [Hill Group](#)

Oct. 8, 1951 - [Friendly Group](#)  
Oct. 3, 1963 - [Don Mills Group](#)  
Oct. 13, 1965 - [Anniversary Group](#)  
Oct. 1, 1968 - [The New Life Group](#)  
Oct. 18, 1968 - [Parkway Group](#)  
Oct. 8, 1970 - [Chartwell Group](#)  
Oct. 15, 1970 - [Markland Wood Group](#)  
Oct. 15, 1975 - [Brampton New Life Group](#)  
Oct. 20, 1977 - [New Anchor Group](#)  
Oct. 10, 1983 - [Melrose Group](#)



# Your Journey

send your stories to  
[bettertimes@aatoronto.org](mailto:bettertimes@aatoronto.org)

# Is Our Inspiration



AA Grapevine Magazine

# Writing 'Funshop'

**Saturday October 22**

11 am – 1 pm ET (virtual)

*Presentations by...*

~Current **AA GRAPEVINE** Senior Editor

~A Past Delegate

who has had their stories published previously in Grapevine

A Q & A Session will be held

Where members can share their Experience Strength and Hope  
with writing stories, and/or ask Questions about writing for  
our "Meeting in Print"

*All are welcome!*

**Zoom ID: 846 0565 2383**

**Password: 124827**

For more information



# The Path to Emotional Sobriety

E	Q	T	K	L	E	M	O	T	I	O	N	A	L	F	V	U	A	A	Q	EMOTIONAL
V	V	Q	O	E	C	N	A	R	E	L	O	T	P	U	M	R	H	I	P	SOBRIETY
B	I	T	T	A	A	A	T	E	M	P	E	R	A	M	E	N	T	U	O	ACCEPTANCE
S	J	N	R	F	G	S	O	B	R	I	E	T	Y	C	Q	N	I	A	B	LOVE
Y	L	S	S	E	N	G	N	I	L	L	I	W	K	B	U	Q	A	A	S	TOLERANCE
X	T	S	E	L	O	V	C	G	L	V	R	Z	X	S	A	H	F	T	H	PEACE
F	I	I	A	P	G	T	O	M	B	U	N	O	I	S	N	E	M	I	D	CONTENTMENT
C	A	S	R	Y	T	I	N	A	S	H	B	S	S	S	I	E	F	M	H	JOY
A	A	L	M	U	I	I	T	C	U	T	C	E	S	C	M	P	K	A	S	EQUANIMITY
S	C	E	L	J	P	I	E	I	J	Q	O	E	B	Q	I	Y	Y	L	A	BALANCE
E	C	W	N	I	R	C	N	N	W	Q	N	I	J	S	T	S	T	P	B	TEMPERMENT
J	E	N	V	P	B	I	T	U	D	D	V	A	F	I	Y	U	I	C	F	COMPASSION
C	P	M	U	E	E	L	M	D	E	K	F	E	V	O	L	S	L	G	M	PURITY
L	T	G	C	X	M	S	E	D	Y	Q	U	J	L	G	H	L	I	K	X	DIMENSION
E	A	A	C	C	O	U	N	T	A	B	I	L	I	T	Y	J	M	H	V	FORBEARANCE
C	N	K	L	R	P	I	T	O	U	X	T	E	C	A	E	P	U	O	C	FAITH
N	C	Y	H	F	M	V	B	U	W	C	B	G	B	S	M	Z	H	N	G	SANITY
A	E	O	Y	N	P	H	D	D	S	D	H	T	Y	C	J	S	L	E	T	WILLINGNESS
R	D	J	E	F	S	P	I	R	I	T	U	A	L	I	T	Y	E	S	K	INTEGRITY
A	W	P	D	X	A	C	H	I	Q	V	O	J	R	X	J	V	C	T	T	ACCOUNTABILITY
E	O	V	N	O	I	S	S	A	P	M	O	C	F	V	A	J	N	Y	V	FALLIBLE
B	L	A	J	Y	J	K	Z	O	F	P	V	Q	Q	Q	S	M	A	D	S	HUMILITY
R	I	J	U	G	R	I	N	T	E	G	R	I	T	Y	Z	Z	L	X	R	SPIRITUALITY
O	I	D	H	B	T	R	D	U	S	L	B	O	Q	H	O	S	A	E	X	HONESTY
F	X	M	N	X	X	G	A	Y	S	R	D	C	P	P	B	K	B	V	X	OPENMINDEDNESS

**PHONE GREETERS ARE NEEDED**

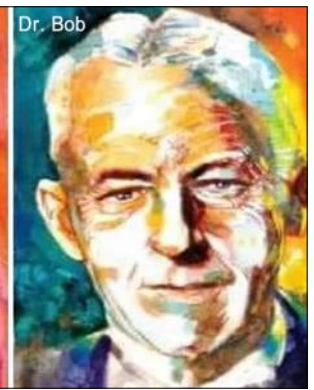
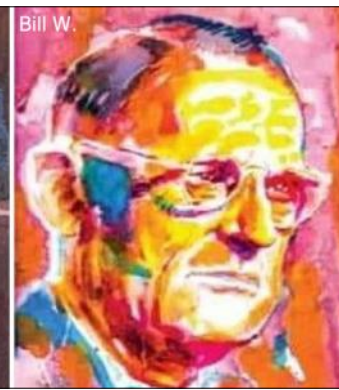
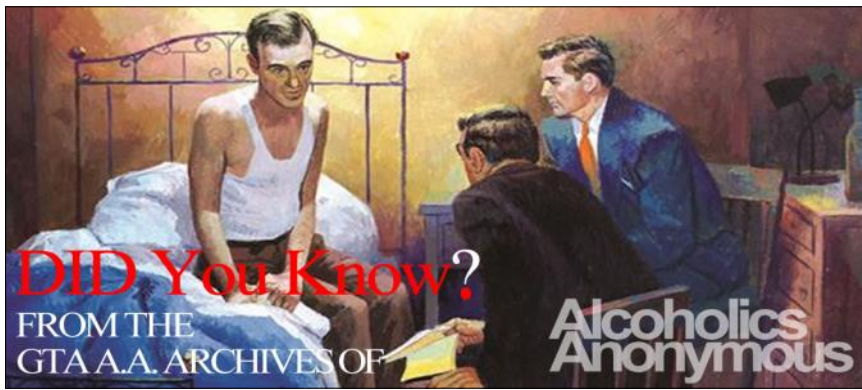
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**[12step@aatoronto.org](mailto:12step@aatoronto.org)**

**Or call**  
**416-487-5591**





- On Oct. 20, 1928 Bill signed a pledge in the family Bible: "To my beloved wife that has endured so much, let this stand as evidence to you that I have finished with drink forever." On Thanksgiving, Bill signed another pledge in the family Bible: "My strength is renewed a thousand fold in my love for you." In January 1929, Bill signed yet another pledge: "To tell you once more that I am finished with it. I love you." On September 30, 1930, Bill wrote his last promise to stop drinking in the family Bible: "Finally and for a lifetime, thank God for your love." After that he gave up making promises in despair.
- In October 1942, with the help of San Francisco [A.A.](#) members and Clinton T. Duffy (Prison Warden), the first A.A. prison group was established in a maximum-security prison at San Quentin Penitentiary. It generated much favorable national publicity. State and federal prison groups quickly spread across the country.
- In October 1954, the "Alcoholic Foundation" changed its name to [General Service Board](#) of Alcoholics Anonymous. The original idea of an all-purpose Foundation was abandoned.
- In 1944 the book *The Lost Weekend* by Charles R. Jackson was published to rave reviews. It described 5 days in the life of an alcoholic and became a favorite in A.A. for its realistic portrayal of alcoholism. Jackson was a popular speaker at public A.A. meetings.
- In October 1958, CBS-TV's Playhouse 90 premiered J.P. Miller's *Days of Wine and Roses*. It starred Cliff Robertson (as Joe Clay) and Piper Laurie (as Joe's wife Kirsten). The story centered on Joe's testimony at an A.A. meeting. The ending found him in recovery but his wife continued to drink and abandoned Joe and their daughter. A.A. cooperated actively in its production.
- On Oct. 24, 1973 the 1st Archives Committee meeting established at GSO with Nell Wing (GSO Archivist) in charge.
- In Oct. 1988, ["The Language of the Heart"](#) was published by the A.A. Grapevine. It contained, among other things, the Grapevine essays Bill wrote to explain the Traditions to the membership.
- On Oct. 27-28, 1984, the [Eastern Ontario Area Assembly](#) was again held at the 401 Inn in Kingston, Ontario for 2 days and has continued with the 2-day sessions. On Saturday, Information Service Day is also held.



**OLD GTA MEETING BOOKS ARE NEEDED FOR THE GTA ARCHIVES**  
**TO DONATE A.A. GTA ARCHIVAL ITEMS, PLEASE CONTACT THE**  
**GTA ARCHIVIST EDDY G. at 416-536-7536**



# Demystifying

AA World Service's

## COMPREHENSIVE MEDIA PLAN

A strategic plan to connect and communicate A.A.'s program of recovery in the spaces we occupy.

- A free online event hosted by Area 83, Eastern Ontario
  - A four-part series of panel discussions with General Service Office staff and those working with the plan
  - English-French Interpretation will be provided
  - To Register please visit: [here](#)
- Meeting codes will be sent later in an email*



**Wednesdays**  
**7:00-8:30 EST**

### **November 16**

*"Carrying the Message"*  
An Introduction to the Comprehensive media plan

### **November 23**

*"Is A.A. Advertising?"*  
Google Grants & More

### **November 30**

*"A.A. on Social Media"*  
LinkedIn, Instagram & YouTube

### **December 7**

*"Apps, Websites, & Content Creation"*



GREATER TORONTO AREA  
INTERGROUP

# Winter Season Open House 2022

*This year's event held on*

**December 25th, 2022**

*Venue Roncesvalles United Church*

*240 Roncesvalles Avenue Toronto*

*Join us for a day of fun, food, fellowship, A.A.  
and At Anon Meetings*



*Calling on*

## Volunteers!

**We have Service Opportunities for...**

Greeters, Set-Up, Kitchen Help, Food Prep,  
Servers, Turkey Cookers, Meetings Support, and  
Tear-Down

**contact Tony Z. 416-836-7511**

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