

BETTER TIMES

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



LOVE

&

TOLERANCE

Alcoholics
Anonymous

FEBRUARY 2022



202-234 Eglinton Avenue East
Toronto, ON M4P 1K5
416-487-5591
www.aatoronto.org

SERVICE COMMIT- TEES

ACCESSIBILITY

accessibility@aatoronto.org

ARCHIVES

archives@aatoronto.org

COOPERATION WITH THE PROFESSIONAL COMMUNITY

cpc@aatoronto.org

CORRECTIONAL

corrections@aatoronto.org

FINANCE

finance@aatoronto.org

INFORMATION AA DAY

infoAAday@aatoronto.org

ONTARIO REGIONAL CONFERENCE (ORC)

orc@aatoronto.org

OPERATING

oc.chair@aatoronto.org

PUBLIC INFORMATION (PI)

pi@aatoronto.org

TREATMENT

treatment@aatoronto.org

TWELFTH STEP

12step@aatoronto.org

WINTER SEASON OPEN HOUSE

wsoh@aatoronto.org

COMMUNICATIONS

communications@aatoronto.org

Carla T. Chair
Marvyn W. Op. Comm. Liaison
Elizabeth H. Secretary
Kyle M. Webmaster
Dee S. Alt. Webmaster
Dave R. Writer/Reporter
David R. Assistant Editor
Darren G. Editor

MEDALLIONS



NAME	YEARS DRY	DATE	GROUP	CELEBRATION
Gord H.	35	Feb 27, 1987	Bloordale Group	Feb 27

Got a story, article, poem about the Big Book?
Send to bettertimes@aatoronto.org
for our Big Book edition in March!

Alcoholics Anonymous
Area 83 Eastern Ontario International

SERVICE OPPORTUNITIES

[Better Times Volunteers](#) **we need writers!**

[Phone Greeters](#)

[12 Step Committee Members](#)

[Bilingual Member Resource](#)

[IT Sub-Committee Members](#)

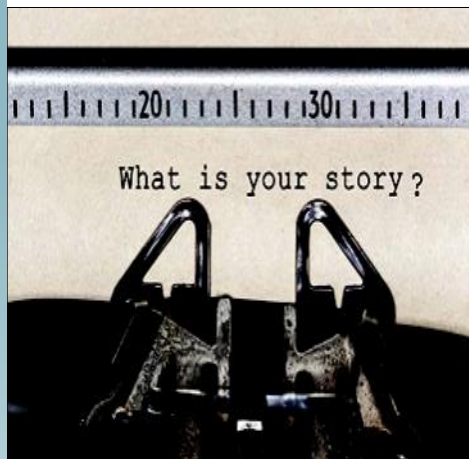
[Self-Support Chair](#)



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-meeting/>



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: communications@aatoronto.org Letters or articles to the Editor (200-500 words) for *BETTER TIMES* at bettertimes@aatoronto.org

ROCKETED

into a 4th Dimension

AA PROGRAM

FRIDAY MARCH 18, 2022

7:00 pm Billy N. Palm Beach Gardens, FL

SATURDAY MARCH 19, 2022

9:00 am	Pushan V.	Mumbai, India.
11:00 am	Trish LaN.	Vancouver (Class B Trustee)
	Nancy McCarthy	Missouri (Class A Trustee)
1:30 am	Family Panel	Scott C. (AA) Meredith C. (Al-Anon)
		Wyatt C. (Al-Ateen) Los Angeles, California
3:30 pm	Ash S.	Austin TX.
5:00 pm	Paul McQ.	Rockaway Beach, NY.
7:30 pm	CeCe G.	Atlanta, GA.

SUNDAY MARCH 20, 2022

11:00 am	Brian D.	Harrisburg, PA.
1:00 pm	Gratitude Countdown	
1:15 pm	Don C.,	Colorado Springs, CO.
	Closing	

AL-ANON PROGRAM

FRIDAY MARCH 18, 2022

6:30 pm	Wally C.	Nova Scotia (Delegate)
	Barb M.	Nova Scotia
8:00 pm	Anne K.	Saskatchewan

SATURDAY MARCH 19, 2022

9:00 am	Thérèse L. S.	Quebec (Trustee)
10:30 am	Jazlyn W-L	Ontario (Alateen Speaker)
12:30 pm	Amy C.	Ontario
2:00 pm	Barb E.	British Columbia
	Owen H	British Columbia (Delegate)
4:00 pm	Carol H.	Manitoba
6:00 pm	Sandra & Greg J.	Newfoundland and Labrador

SUNDAY MARCH 20, 2022

9:00 am	Carole D.	New Brunswick
10:30 am	Lorraine F.	Alberta (Trustee)
12:00 pm	Cheryl B.	Prince Edward Island
	Jordan B.	Prince Edward Island
	Reta K.	Prince Edward Island

Ontario Regional Conference
March 18 - 20 2022
zoom: tbc pw: tbc

FINDING A HIGHER POWER

It is said in Step 2 "Came to believe that a Power greater than ourselves could restore us to sanity". This is not suggested without careful thought from the creators of the program and "came to believe" is indeed something for many that comes over time yet it is paramount in advancing through the steps of [Alcoholics Anonymous](#). Without such a Higher Power present in our lives, our recovery becomes self-focussed and strays from the nature of the program before we even get started. For this reason, progress from [Step 2](#) to Step 3 takes time as we search for what this Higher Power means to us. For some this may come easy as it is found in the 'traditional' sense of a God whom they already believe in; for others it becomes the spirit of their home group and for some it is an indefinable energy they feel outside of themselves and they are convinced it is a guiding force in their lives and recovery. At times when we search for our Higher Power we may find that searching in and of itself is a form of spirituality. The finding of a Higher Power can be a double-edged sword, as you start to feel this amazing outside energy that fills spaces you never knew were there. There is also a feeling of loneliness at times as you struggle to know the new you, a person hidden inside all along under a dark cloud of addiction. You start to question what you are REALLY here for, what your purpose is away from a self-centered focus and how you can work with your Higher Power. As [Step 3](#) states we "made a decision to turn our will and our lives over to the care of God as we understood Him". It can seem like a bit of a paradox as we do so much internal soul searching to arrive at a place where we hand it over to a power greater than ourselves. Further into the steps we ask a lot of this Higher Power: to listen to and help us understand the exact nature of our wrongs, to remove our defects of character; to seek through prayer and meditation and to improve our conscious contact with God as we understood Him. Most importantly, [Step 12](#) mentions "Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics and practise these principles in all our affairs. Finding a Higher Power stretches beyond working the steps of A.A. successfully, Step 12 is a life-long commitment we must embrace always and connect with to maintain our sobriety in a peaceful and fulfilling way.

True recovery
is in bringing our lives to a
place beyond
just the feeling of
no longer needing
alcohol

True recovery is in bringing our lives to a place beyond just the feeling of no longer needing alcohol, but a feeling of peace, control and spiritual connection. Finding a Higher Power is a dramatic shift in life for many, especially those who had questioned the very existence of this throughout their pre-recovery life. To follow the program of A.A. as intended it is indeed a conditional journey with Higher Power at the very heart of our recovery. Any person who is truly successful in completing the 12 steps of A.A. must have this Higher Power present in their lives; It does take time and yes it can be lonely and un-

settling but when we search outside ourselves for maybe the first time in our lives we see it every day once we are able to look closely enough. We see it in appreciating a sunrise more than we ever have; we see it looking at our children with a heightened sense of pride and love; we see it in appreciating a walk down a wooded trail in awe of the beauty around us. We see it in learning to make amends to those we have done wrong or in releasing the pain from a resentment with those who have treated us unfairly. Most important to me is in learning to forgive before we can forgive ourselves and this comes from a real connection to something beyond us all. For me personally there is a Higher Power at work here; in many ways I struggle to understand but some things are not explainable.. We just know in our hearts and our minds they are there. I have come to believe there is something FAR greater than myself who is paving the way and guiding my actions and thoughts and helping find a sense of peace through my recovery. I have found a Higher Power of my understanding through the program of A.A. and the steps and actions it suggests throughout. Progress in recovery through the principles and traditions set out through A.A. are indeed conditional upon this necessary spiritual progress. For this I am very grateful. —Patrick W



"LOVE AND TOLERANCE
OF OTHERS IS OUR CODE"

U	A	C	A	L	M	N	E	S	S	B	R	M	E	Q	O	B	F	I	H	Alcoholics
Q	N	C	L	Q	Y	U	M	U	C	O	N	C	E	P	T	S	E	M	B	Anonymous
N	X	S	Q	P	N	P	G	N	I	D	N	A	T	S	R	E	D	N	U	Tolerance
H	Y	Y	G	H	S	R	O	D	A	S	S	A	B	M	A	V	E	L	V	Kindness
A	T	A	B	N	M	L	G	C	M	T	Y	U	T	D	E	E	C	M	B	Society
L	E	J	N	D	I	D	Q	V	X	S	I	O	P	H	X	A	F	L	Y	Peace
A	I	S	F	O	A	M	K	D	N	D	D	G	O	U	P	X	R	S	T	Temperance
B	C	I	C	U	N	U	O	O	O	V	T	O	A	M	E	H	E	B	P	Viewpoints
X	O	V	T	V	O	Y	I	C	U	G	K	O	P	I	R	G	E	R	T	Religion
M	S	G	I	H	T	N	M	N	T	D	T	T	L	L	I	T	D	Y	R	Self-will
C	I	N	M	E	I	A	X	O	A	R	E	Q	E	I	E	U	O	V	A	Traditions
F	L	O	S	P	W	K	S	E	U	M	O	F	C	T	N	J	M	E	D	Humility
X	Q	I	O	Q	E	P	K	L	P	S	D	H	W	Y	C	E	Y	L	I	Love
K	T	G	H	P	E	N	O	E	C	P	D	Z	S	I	E	N	I	M	T	Understanding
O	W	I	D	T	E	R	R	I	P	C	D	J	R	K	E	S	Z	S	I	Calmness
T	O	L	S	D	K	A	L	Q	N	A	T	T	I	T	U	D	E	S	O	Joy
X	R	E	M	A	N	O	O	E	I	T	F	H	I	I	Q	O	Z	G	N	Happiness
P	E	R	Z	C	H	H	V	G	Y	E	S	Q	A	Q	F	A	D	A	S	Freedom
R	Q	X	E	O	O	U	E	G	T	H	C	T	A	J	P	L	R	L	O	Sponsorship
T	M	I	C	Q	A	A	O	G	L	I	S	A	E	D	Y	I	F	F	J	Experience
E	X	L	K	S	P	N	P	B	H	R	V	D	E	V	H	Q	J	D	I	Steps
J	A	L	I	L	L	I	W	F	L	E	S	F	T	P	X	U	E	T	W	Concepts
A	Z	E	N	B	G	S	P	I	H	S	R	O	S	N	O	P	S	S	N	Surrender
O	W	J	D	X	C	N	W	S	U	R	R	E	N	D	E	R	Y	C	R	Reasonable
P	F	Q	N	X	W	R	W	T	O	L	E	R	A	N	C	E	I	D	F	Shortcomings
H	S	S	E	N	I	P	P	A	H	W	L	N	O	B	Y	Y	E	Z	I	Opinions
F	R	Y	S	X	S	R	E	A	S	O	N	A	B	L	E	E	Z	T	J	Attitudes
F	I	O	S	L	U	Y	G	R	Z	C	M	H	W	Y	M	Q	X	R	Q	Ambassadors

GROUPS BEGUN IN FEBRUARY:

Feb. 1962 — [Newmarket Group](#)

Feb. 5, 1986 — [Fifth Tradition Group](#)

Feb. 11, 1983 — [Fellowship Group](#)

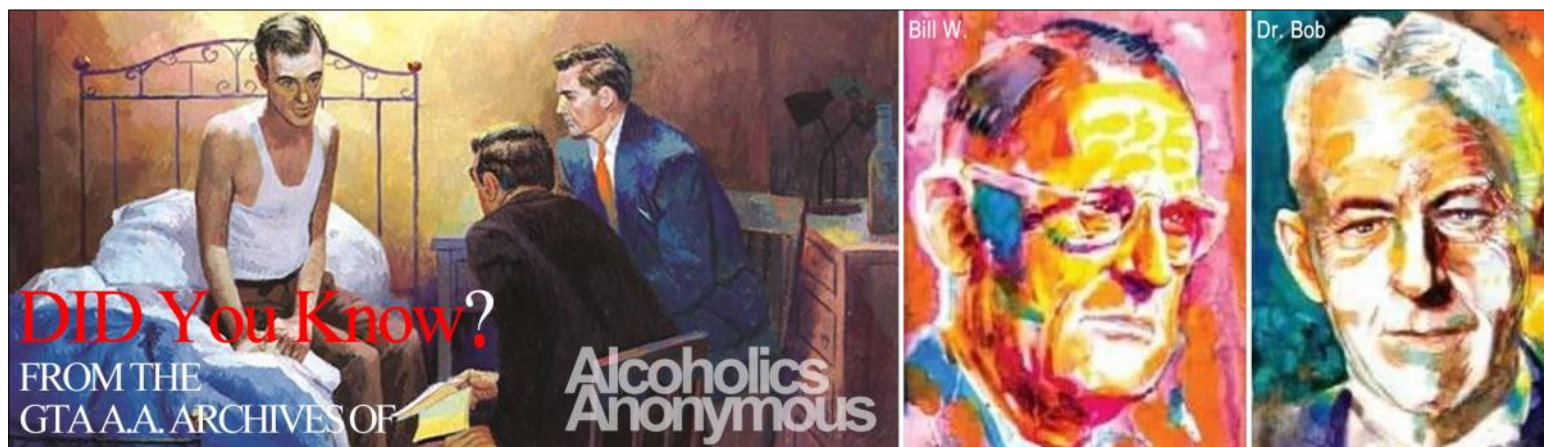
Feb. 17, 1969 — [Liverpool Group](#)

Feb. 18, 1980 — [Start Today Group](#)

Feb. 20, 1974 — [Kennedy Park Group](#)

Feb. 22, 1948 — [Lakeshore Group](#)





- In February 1939, Tom Uzzell completed a pre-publication manuscript of [Alcoholics Anonymous](#) reduced in size from the original (supposedly by paring the wording in the personal stories). Estimates of how many pages he pared from the raw manuscript vary widely. At this point, the manuscript consisted of 164 pages that included 20 of 29 planned stories. 400 "photo-litho" copies were sent out for review. Bill W. reputedly labeled the manuscript title as "Alcoholics (sic) Anonymous" and each copy was stamped "Loan Copy" to protect the coming copyright. Bill credited N.Y. member Joe W. for getting the N.Y. group to favor the name "Alcoholics Anonymous" for the book.
- In February, 1939, Dr. Harry Tiebout became the first psychiatrist to endorse A.A. and use A.A. principles in his practice. In summer 1944 Bill began twice-a-week treatment with Dr. Tiebout for debilitating episodes of depression. Some members were outraged and castigated Bill for "not working the program", "secretly drinking" & "pill taking". Bill endured the attacks in silence.
- In February 1940 Larry J. persuaded Allan C. Bartlett, editor of the Houston Press, to run a series of 6 articles about [A.A.](#) that he wrote with an anonymously byline. They were extremely well-written and generated much favorable publicity for A.A.. Larry was a newspaperman and a Cleveland, Ohio member who nearly died from delirium tremens and had a lung ailment which required him to spend much time in a oxygen tent. Larry set out from Cleveland by train to live and work in Houston. While on the train he read the [Big Book](#) and had a spiritual awakening. He wrote the series of articles after arriving in Houston. The articles became an early A.A. pamphlet called "A.A.". Larry who was sponsored by Cleveland A.A. founder Clarence S., had never previously attended an A.A. meeting. Larry went on to start A.A. in Texas. Early members of the Houston group went on to carry the message to other cities in the US. The GSO Archives scrapbooks of newspaper clippings show that A.A. in Fort Worth & Dallas area started in 1941.
- In February 1940 the Alcoholic Foundation office moved from 17 William St. Newark, N.J. to 30 Vessey St., Room 703, in New York City. Its mailing address was Box 658 Church St, Annex Post Office. Ruth Hock became A.A.'s first national Secretary.
- In February 1943 during WW11 gasoline rationing the Office of Price Admin. recognized the "importance and social significance of the work done by A.A." and granted A.A. the right to use cars for [12th Step work](#) in emergency cases.
- On Feb. 12, 1945, the N.Y. office sent a letter to the groups notifying them that because of paper rationing needs for the war effort, the War Production Board reduced the weight of the paper to be used for the Big Book. Wartime rationing reductions in paper also caused the N.Y. office to sharply cut the overall size of the book by trimming margins to a minimum. There were two wartime printings in limited quantity.
- On Feb. 2, 1954, Bill W. declined an honorary Doctorate from Yale University.

OLD GTA MEETING BOOKS ARE NEEDED FOR THE GTA ARCHIVES

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

ALCOHOLICS SELDOM RECOVER ON THEIR OWN

I think there would be a lot of us alcoholics who could identify with the thinking "I got myself into this mess; I can get myself out of it". However the [Twelve and Twelve](#) has a different perspective on this. In [Step One](#) it talks about it being "a statistical fact that alcoholics seldom recover on their own". I see this in the rooms all the time; people pay a high price for wanting to go it alone. In the beginning I did. I arrived late for meetings. I sat at the back of the room and left as the Lord's Prayer was being recited. I had no idea of fellowship, or what it could do for me. I was a loner. That's how I lived my life; I wasn't a joiner!

I can still remember the day I surrendered. My bail officer was reading me the riot act. I was told that I had to go to meetings until my court case was heard. That was 14 months away; my rebellious streak was broken right then and there. Leaving her office I can

distinctly remember deciding to give [Alcoholics Anonymous](#) an honest attempt. After that, I did join a group, and I became active in that group. From that point on, my sobriety began to grow by leaps and bounds. I found my first sponsor in that group. Slowly over time I began to take direction, and a number of those suggestions became "musts" if I wanted to stay sober.

My personal recovery
depends upon A.A.
unity

It is no coincidence that the first word in the first step is "we". I cannot do this alone. The fellowship has become one of the cornerstones of my sobriety, and a big part of why I love A.A. The meetings last for an hour or so, but the

fellowship is 24/7. Pandemic or no pandemic, my personal recovery depends upon A.A. unity. What am I prepared to do for that unity? I pick up the phone and call or text members; I stay in touch. That's what the fellowship does. If there is one thing I've learnt in A.A, it's that the fellowship will never let you down. God works through people, all you have to do, is be willing to let that happen.

—Dave R, [The Dogs](#)



72nd GENERAL SERVICE CONFERENCE

Check out the 2022 Pre-conference Agenda Sharing
[Dashboard](#) and your [Invitation](#) to participate

(Sharing Sessions will be held March 20–April 11, 2022)

GROUP SPOTLIGHT

MEADOWVALE FELLOWSHIP

The banner that greets all alcoholics and friends of the Meadowvale Fellowship Group in Mississauga proudly declares the group's name [Meadowvale Fellowship](#) and its inauguration date is April 19, 1992. There is more than enough evidence to prove that our group was in existence prior to that date.

Firstly, the author of this spotlight Peter B. recalls attending this meeting in the early days of his sobriety in late 1989, early 1990. Secondly, the July 1990 [GTA Meeting](#) booklet shows a meeting being held in the same location and at the same time—8:30 pm on Saturdays.

The reason for this apparent discrepancy is simple; prior to April 1992, the meeting was a service meeting, and officially registering meeting with [Toronto Intergroup](#) was a natural progression for the group recognize how much [A.A.'s](#) needed a meeting on a Saturday evening.

Prior to 1992 the group struggled to attract members, and we owe great debts of gratitude to Charlie C. and Sharon McM. who frequently held the meetings all by themselves. It was a standing joke with the group that the last person in the door on a Saturday evening would have to

speak and the second last person would be the chair for that night! Sadly, Charlie passed on before he had the chance to see the group mature and solidify but passed the reins on to Sharon and Al C. who proved to be more than adequate replacements.

Since 1992 the group has grown, not so much in terms of the number of members, but more in terms of attendees at meetings—we are grateful to members from other groups in Mississauga and further afield who

turn out on a Saturday evening to support us, to speak, and even to chair meetings. We appreciate your help more than we can say.

Our group enjoys its sobriety and we take to heart Bill W's words in the [Big Book](#): we are not a glum lot!"

There is always plenty of good-hearted cheer in the group. We meet Mondays at 7 pm for a Big Book closed

discussion and Saturday at 7 pm for a closed discussion followed at 8:30 pm with an open speaker meeting. Please visit [aatoronto.org](#) - [Meadowvale Fellowship](#) for Zoom coordinates.

—Peter B. updated by Gayle B.



Phone Greeters Needed 24/7

Please Sign Up for a shift

Contact: 12step@aatoronto.org

Visit: aatoronto.org

Call: 416-487-5591

DID YOU KNOW?

On February 10 1922 Harold E. Hughes was born on a farm near Ida Grove, Iowa. After his recovery from alcoholism, he became Governor of Iowa, a United States Senator, and the leading dark horse for the Presidential Democratic nomination in 1972, before he announced he would not run. He authored the legislation which created the National Institute on Alcohol Abuse and Alcoholism in the U.S. and other U.S. legislation to help alcoholics.