

BETTER TIMES

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



WE CHOOSE RECOVERY

A ROAD PAVED WITH CONNECTIONS TO HAPPINESS

STATUS QUO

Chaos
Carnage
Darkness
Despair
Loss
Pain
Suffering

RECOVERY

Balance
Calm
Contentment
Freedom
Hope
Light
Love
Serenity
Spirituality

Alcoholics
Anonymous

SEPTEMBER 2021



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www.aatoronto.org

MEDALLIONS



NAME	YEARS	DRY DATE	GROUP	CELEBRATION
Linda J	35	Sep 13, 1986	Erin Mills Group	Sep 13
Sharon S	5	Sep 22 2016	Erin Mills Group	Sep 27

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Alcoholics Anonymous

Area 83 Eastern Ontario International

PANEL 71 DELEGATES REPORT



SERVICE OPPORTUNITIES

[Phone Greeters](#)
[Bilingual Member Resource](#)
[2022 Virtual ORC Chair](#)
[IT Sub-Committee Members](#)
[Self-Support Chair](#)
[Finance Committee Member](#)
[2021 Winter Season Virtual Alkathon](#)



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 your letting us know [here](https://www.aatoronto.org/update-or-change-a-meeting/): <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 AA 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

WAITING TO BE HELPFUL

Early in the transition to virtual meetings my sponsor asked me to check out a meeting he was chairing because the speaker from Maryland tended to deliver a message that was grounded in the [Big Book](#) of [Alcoholics Anonymous](#).

It didn't take long for the speaker to start firing golden quotes and jargon that made this alcoholic snap out of the rest I had on yesterday's laurels. The speaker said something to the effect of "if my recovery is not being inconvenienced, then my recovery triangle is falling short". A few days later I reached out to someone I know on the [GTAI 12 Step Committee](#) to inquire about becoming a phone greeter. That member took my info, advised me to avoid sarcasm on the phone and passed my details on to the 12 Step Chair, who in turn registered me for a training hour and virtual shadow shift.

A couple weeks later I was being offered to fill in as a spare and have since settled into a regular biweekly shift on Monday evenings. My service side of the Three Legacy Triangle is once again being propped up by actual responsibility that involves interaction with others. On each of my phone greeting shifts I'm prepared to answer the line in a calm manner, wanting only to be helpful, and sourcing a consistently updated greeter materials package that the 12 Step Committee sends to my email. My shifts are conducted from home, as calls to Intergroup are forwarded to my phone.

This "inconvenience" to my recovery isn't all that bad! My participation in Alcoholics Anonymous has been revamped with this service commitment. Recovery begins when one alcoholic talks with another alcoholic (pg. xxii of the Big Book) and I'm engaged in my own journey again. — **Joe A**, [One Paragraph at A Time](#)

24/7 365 days a year the GTA A.A. phones are answered, usually by the same 12 people !

PLEASE SIGN UP FOR A SHIFT

It's not a lot to get a lot and to give a lot to the still suffering alcoholic

Contact 12step@aatoronto.org

Visit aatoronto.org

Call 416-487-5591



**GREATER TORONTO AREA
INTERGROUP**

GTA GROUPS BEGUN IN SEPTEMBER:

Sept. 17, 1964 [Long Branch Group](#)

Sept. 13, 1974 [Rexdale United Group](#)

Sept. 16, 1990 [Sunday Scarborough Group](#)

Sept. 17, 1983 [Frontrunner's Group](#)



*How A.A.s work together to help
the alcoholic who still suffers*

HANDLING A.A. SERVICES AT THE LOCAL LEVEL

[Central/Intergroup offices](#) provide vital local services and Twelfth Step opportunities. All areas function independently and handle local A.A. services in the manner best suited to local needs. While G.S.R.s, D.C.M.s, area committees, area assemblies, and the General Service Conference are concerned with matters affecting A.A. as a whole, Central/Intergroup offices and answering services fill a different need. They handle local services only — such as coordinating local Twelfth Step calls, providing meeting lists, and in some places furnishing public information speakers for non-A.A. groups and for A.A. meetings in institutions.

Central offices and general service area committees are complementary, rather than competitive, A.A. operations. They exist to help insure A.A. unity and to fulfill A.A.'s primary purpose of carrying the A.A. message to the alcoholic who still suffers. In 1990 the [General Service Conference](#) stressed the importance of communication and recommended that delegates establish and maintain contact with offices in their areas to share Conference information and assure that Central/Intergroup offices have a voice in the Fellowship through their existing service structure.

Source: [pamphlet 45](#)

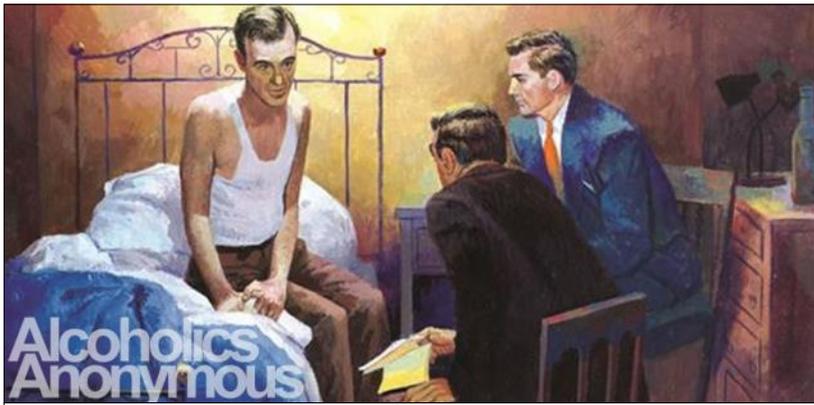
**Our common welfare should come first;
Personal recovery depends upon AA unity.**

UNDERSTANDING TRADITION NINE



Alcoholics Anonymous, as such, ought never be organized;
but we may create service boards or committees directly
responsible to those they serve.

Z	H	B	T	Q	Q	M	Z	J	C	W	R	T	V	V	F	S	Z	T	T	Tradition
V	C	F	V	Q	R	J	J	P	P	L	E	P	Q	X	N	H	W	Q	J	Nine
S	R	P	B	M	V	F	Z	F	A	O	S	Q	G	R	U	N	F	A	V	Alcoholics
W	U	Y	H	L	M	J	Q	G	N	C	I	P	O	S	S	B	O	D	N	Organized
T	H	Q	T	T	W	R	M	Q	T	M	S	K	O	K	P	G	S	Y	R	Fellowship
C	C	W	N	I	F	M	F	A	R	M	T	U	M	Z	E	O	P	A	R	Service
W	I	J	L	A	L	Y	I	A	K	A	R	H	V	C	W	P	Q	U		Anonymous
W	T	R	C	Q	T	A	E	U	D	A	N	L	I	R	I	K	E	H	Y	Boards
T	F	V	C	H	I	I	U	W	I	U	C	Z	B	V	A	B	P	P	B	Serve
I	M	R	I	P	U	V	O	T	T	H	E	Q	N	E	L	Y	R	E	F	Committees
K	J	X	E	P	I	E	G	N	I	D	N	A	T	S	R	E	D	N	U	Special
G	C	J	E	C	H	H	I	V	O	R	U	F	U	S	U	H	B	A	W	Nation
H	T	Z	D	A	O	E	S	M	N	B	I	O	Q	E	I	Z	C	L	V	Church
S	N	O	A	P	A	V	Z	W	Y	O	M	P	S	E	C	V	P	T	L	Government
P	E	L	L	S	S	M	E	N	O	Y	A	H	S	T	X	G	X	I	H	Give
H	M	D	C	G	S	E	M	R	N	L	M	O	T	T	L	Y	O	E	Z	Stubborn
G	N	T	O	K	O	U	C	O	Y	T	L	I	B	I	D	J	R	S	M	Spirituality
N	R	I	H	P	C	C	N	I	W	I	S	E	K	M	P	T	G	S	F	Recovery
F	E	M	O	F	I	A	J	V	S	O	O	R	F	M	R	O	A	A	H	Resistance
H	V	E	L	O	A	T	U	S	O	Z	C	E	P	O	I	Z	N	X	Y	Understanding
H	O	R	I	T	T	C	Q	Q	M	W	H	M	M	C	N	B	I	I	M	Member
E	G	S	C	E	I	N	T	E	R	G	R	O	U	P	C	S	Z	R	O	Principles
V	T	M	S	W	O	X	E	S	E	I	Y	C	B	T	I	F	E	W	B	Association
Y	H	E	V	K	N	C	B	G	D	E	I	W	S	M	P	P	D	M	B	Newcomer
S	L	X	F	M	I	Y	V	L	V	R	M	E	V	Q	L	P	R	P	V	Oldtimers
C	V	R	N	V	J	Q	B	R	O	S	A	N	Q	N	E	S	A	E	H	Twelfth
L	S	A	R	N	A	R	E	B	M	E	M	O	A	V	S	O	B	V	I	Penalties
X	N	E	V	I	M	S	G	V	M	H	E	Y	B	N	C	C	L	I	D	Serve
K	S	T	U	B	B	O	R	N	Q	Q	D	N	I	N	E	E	V	G	B	Intergroup



1. Sept. 17, 1934 Bill W. entered Towns Hospital for the third time (again paid by Dr. Leonard Strong, husband of Bill's sister Dorothy). Dr. Silkworth pronounced him as hopeless and told Lois that Bill would likely have to be committed. Bill left the hospital a very broken man and sheer terror kept him sober. He found some work on Wall St., which restored his shattered confidence.
2. Sept. 13, 1937 Florence R. (story in 1st edition [Big Book](#) "A Feminine Victory") is the first female A.A. in New York. She helped Fitz M. start Washington Group. She returned to drinking in 1949. One night Fitz was called to identify her body at the Washington Morgue. She committed suicide.
3. Sept. 1938 Fitz M. (A.A. No. 8 and story in Big Book "Our Southern Friend") sister Agnes lends Bill W. and Hank P. \$1,000.00 to help get them through the Big Book project. Also Dr. Silkworth encouraged Charles Towns to loan \$2,500 to Bill and Hank. He later increased it to \$4,000.
4. Sept. 1938, Trustee, Frank Amos, arranged a meeting between Bill W. and Eugene Exman, Religious Editor of Harper Brothers publishing. Exman offered Bill a \$1,500 advance on the rights to the book. The Foundation Trustees urged acceptance of the Harper Brothers offer but Bill wanted book ownership to stay within the Fellowship. On suggestion from Exman, Hank P. persuaded Bill to form "Works Publishing Company" and sell stock at \$25 per value. 600 shares were issued: Hank and Bill received 200 shares each and 200 shares were sold to others. Later, 30 shares of preferred stock, at \$100 par value were sold as well. To modify the board, it was decided that the author's royalties (which would ordinarily be Bill's) could go to the Alcoholic Foundation. The newly formed Works Publishing Co. would later come to be known as [A.A. World Services](#) or A.A.W.S. Nell Wing, A.A.'s first Archivist, later wrote, "If it wasn't for Bill W. the Big Book would never have been written. If it wasn't for Hank P. it never would have been published". Hank is also credited with writing the Big Book's chapter 10 titled "To Employees".
5. Sept. 22, 1944 Dr. George Little transferred the distribution rights which he had obtained in August 1942 from the A.A. Office in New York for the sale of the Big Book in Canada to the Toronto A.A. Club. The Toronto A.A. Club opened on January 28, 1944 at 1170 Yonge St., ?new committee every 3 months?, office open everyday and meetings on Thursday nights.
6. Sept. 1956 to Dec. 1956 and Feb. 1957 A.A.'s popular slogan plaques were published in five Grapevine issues. Four slogans are from the Big Book: "But for the Grace of God" is from the chapter "There is a Solution" (pg. 25). "Easy Does It", "First Things First" and "Live and Let Live" are from the chapter "The Family Afterward" (pg. 135). "Live and Let Live" is also found in the chapter "To Wives" (pg. 118). The slogan "Think, Think, Think" is a bit of a mystery. Some say it originated in Cleveland in the mid-1940's; however, its actual source is unknown.
7. Sept. 19, 1975 Jack Alexander, author of early Saturday Evening Post articles on A.A., dies. The March 1941 article creates national sensation: A.A. membership will quadruple in one year from 2,000 to 8,000.
8. Sept. 30 - Oct. 2, 1977 the 1st Eastern Canada Regional Forum was held in Ottawa with about 500 in attendance. Dr. Jack Norris, a non-alcoholic and Chairman of the Board had introduced these in 1975 in order to make members more familiar with the operations of the General Service Board and the General Service Office.

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.

SEPTEMBER IS RECOVERY MONTH!

Tick Tock Tic Tock, Last call.

Have you ever noticed in addition to the sick huddled masses that inhabit bars, detoxes, hospitals, and treatment centres, these places all have another thing in common?

Clocks, they all have clocks to keep time. But time for what?

In the pub at 1:58 am it is precisely 120 tick tocks 'till last call.

Sometime later arriving at a detox, time shifts from 'till to since. I sit shaking, sweating, and rocking back and forth to the incessant Tick Tock of the black and white wall clock. It has the same mocking face as the one from school so many Tick Tocks ago. There, at school, it told me how long the teacher had been rambling on about some mundane subject of no particular interest.

But here in detox, it counts off how much time has passed since my last drink.

10 minutes? 30? 60? Then the sun rises as I stir from blackout Unconsciousness.

Tick Tock still on ticks the clock...

How long? How long have I been out? No, that's not the question rattling around in my still foggy head, my mind has only one thought, perhaps two.

What is that foul smell? Then more important, how long since my last sip? **48 hours**, I have been out for 2 full days. No clock can help me now, I now need a calendar for counting.

Days become weeks which slip into months.

The poet, the scribe, that really nice guy, the fellow at the end of the bar, the one who regales them with tales of the grand life he leads away from the pub—in truth, the fake, the liar, and cheat whose grand days are long past as is his time in some fairytale limelight. He is in fact, right where he needs to be, for his stitch in time and nine lives are almost up.

As seconds turned to minutes, then hours to days and weeks slide into months, then finally a year, I became obsessed with just how fast glacial went supersonic as the time flew by to land me right here.



In recovery we measure time in chips and medallions, we offer them as reminders of the time that has passed since we last sipped our last sip.

I remember once asking a brother in arms, when do we stop counting?

His reply rang as loud and true as an alarm clock going off in my head.

We never cease counting; we only change the time frame: from seconds to minutes, to hours, days, and months and for those of us who continue to count we hopefully do so in years of precious recovery.

While penning this thought another crossed my mind, this

one too was all about time. It has been 641 days, 8 hours, 53 minutes and some odd number of seconds since I last sipped.

But who's counting?

—David R.

GUEST SPEAKER: DISTRICT 22 SCARBOROUGH 43rd VIRTUAL SERVICE DAY
MARY M. SEPTEMBER 25th 2021 MEETING ID: 853 9263 4979 PASSCODE: 808085
EDITOR virtual doors open at 9 am for fellowship, Event begins 9:45 to 3 pm

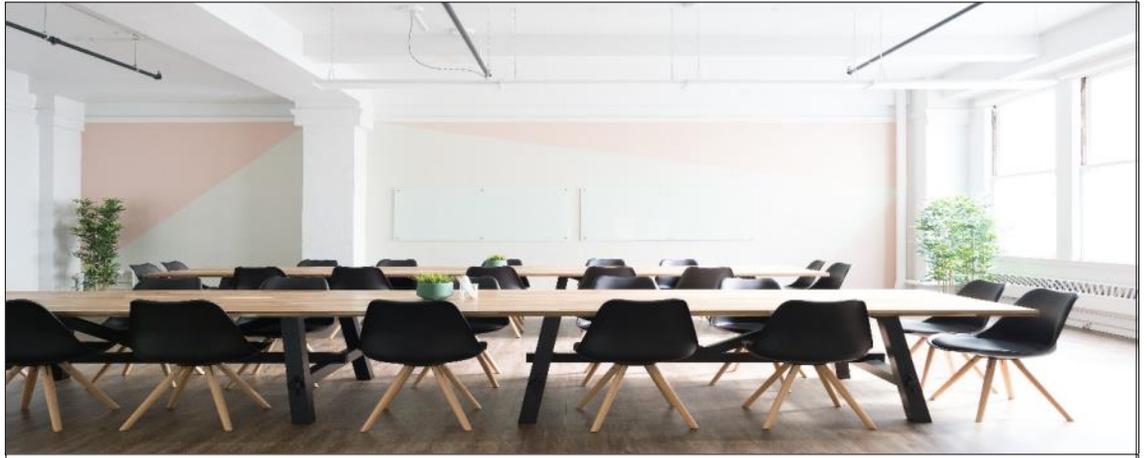
BETTER TIMES

Service Commit-

tee Spotlights:

Archives, Public
Information,
Accessibilities,
Correction,
Grapevine,
Cooperation with
the Professional
Community,
Treatment and
Self-Support

“SERVICE OPPORTUNITIES IN A TIME OF CHANGE”



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WHAT DOES SERVICE MEAN TO YOU?

Find out at the District 22 Scarborough 43rd annual Service Day

“Twenty percent of the people in Alcoholics Anonymous do eighty percent of the work”. In the rooms this adage gets bandied about, not in an arrogant or patronizing manner, but simply one of experience. In a world clamouring for fairness, how fair does the above statement really seem?



25th Anniversary Mississauga Fall Roundup

The Spirit of the Heart

Carla R. – AA - Los Angeles, CA
Doug R. – AA - Los Angeles, CA
Carol P. – Al-Anon – Mississauga, ON
TBA - Alateen Speaker

October 2, 2021 9 am – 12 pm EDT

Zoom id: 998 7450 4181

Password: roundup

www.mississaugafallroundup.org

Long-time members in the Fellowship speak fondly of seeing that the three legacies of the A.A. triangle— Recovery, Unity, and Service—are being met in their respective lives.

These same long-timers stress the importance of keeping an “uncomfortable” service commitment that ultimately lands them into the middle of Alcoholics Anonymous as opposed to the lonesome fringes, just outside the Fellowship.

There is plenty of space for success and personal growth when an alcoholic adds to the calendar, opens the service manual, works with a service sponsor, and gets involved with some of the acronyms that are often heard but seldom understood.

Quick, what do CPC, PI, CF, ADCM, DCM, GSR, and ALT, mean to you?

—Joe A., [District 22](#)

WEEKS AND HOURS AND MINUTES

When I first heard that September is recovery month my initial thought was every month is recovery month. Every week and hour and minute too. But of course recovery month is a day of international awareness, and for all recovery communities, not just A.A. My own personal recovery month is January when I sobered up in a basement apartment in Halifax with a neglected cat and dog and a family who were no longer speaking to me. Each January I celebrate the miracle of my own personal recovery, and perhaps in September we celebrate what Carl Jung called “the aggregate of recoveries” throughout the world.

Bill Wilson wrote that A.A. has no monopoly on recovery but for those like myself it is hard to imagine recovering in any other way. For A.A. gave me not only freedom from alcohol but freedom from myself, from a lifetime of negative emotions and narratives of superiority and self loathing. Yet perhaps a global perspective on a recovery achieved by a variety of different methods and practices is part of the September celebration of A.A.’s love and tolerance for Jung’s “aggregate of recoveries”. For myself it is the miracle of a drunk raised up through the practice of the [12 Steps](#) from the ashes of a hopeless and meaningless existence that I celebrate in September, and January and every other month of the year.

—Darren G [Last Stop: Freedom](#)

HOW I FOUND ALCOHOLICS ANONYMOUS AND SOBRIETY

I had been struggling with my alcoholism for some time. I knew that I could not stop drinking and that it was causing me problems. I had attempted numerous ways of trying to stop; well perhaps that is not correct: I had been trying various ways of what I now know to be “how to drink like a normal person”. I do not recall much of the events of my last drinking bout except that it was over one evening and I had a blackout of some period of hours. I do recall arriving home and meeting my wife who had been crying about the situation with me. I mumbled something about I am never going to drink again and promptly passed out in bed. A phrase I had uttered hundreds of times before.

Now, this was when the miracle of my Spiritual Awakening took place. I awoke and had an overwhelming

Now, this was when the miracle of my Spiritual Awakening took place, I awoke and had an overwhelming urge to visit my friend Bill, who was a member of Alcoholics Anonymous.

I cannot explain why this happened on that day, other than I truly believe it was the intervention of my Higher Power.

Needless to say, I followed the urge and went to see Bill. He 12th Stepped me and took me to my first meeting. That was over forty one years ago and I have been sober ever since.

All thanks to my Higher Power, the [12 Steps](#) of Alcoholics Anonymous and the Fellowship that I have been a recipient of all these many years. I mentioned that my coming to Alcoholics Anonymous is a miracle. I say this because I had made no conscious decision to attend A.A. until that morning. The second reason is that the urge and obsession to drink was removed. I cannot explain what happened in any other way.

The people who I met that night put their arms around me and told me that things would be alright if I just did what was asked of me. As instructed I got a sponsor, which I immediately did, and together wedded the Steps without delay as instructed in the [Big Book](#). I was told relief would come by getting rid of those things which troubled me; as promised, relief came. I learned the importance of certain things which I practice today: I have a sponsor, practice the Steps, make daily contact with my Higher Power, stay in touch with other members of the Fellowship every day, help others where possible.

—Tom McN [Keep It Simple \(Brampton\)](#)

2021 SEPTEMBER						
SUN	MON	TUE	WED	THU	FRI	SAT
			1 Gratitude	2 Gratitude	3 Gratitude	4 Gratitude
5 Gratitude	6 Gratitude	7 Gratitude	8 Gratitude	9 Gratitude	10 Gratitude	11 Gratitude
12 Gratitude	13 Gratitude	14 Gratitude	15 Gratitude	16 Gratitude	17 Gratitude	18 Gratitude
19 Gratitude	20 Gratitude	21 Gratitude	22 Gratitude	23 Gratitude	24 Gratitude	25 Gratitude
26 Gratitude	27 Gratitude	28 Gratitude	29 Gratitude	30 Gratitude		