BETTER TIMES

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









the voice of the groups and committees ASSOCIATED WITH TORONTO INTERCROUP

February, 1989 Volume: 1 Issue #1

THE FIRST EDITION OF THE BETTER TIMES NEWSLETTER WAS PUBLISHED IN MARCH

OF 1996: however, like any new idea or project in A.A., it moved slowly and steadily through patience and careful consideration. It was born of love and service.

The first appearance of a newsletter to inform and inspire A.A.'s in the Toronto area was in February of 1989. The Newsletter at that time was called Inter-Action; a 4-page booklet. It was modest by today's standards and published quarterly. In addition to Editor's comments, it included group anniversaries, medallion announcements and group changes. It was offered for \$12 (20 copies issued each quarter).

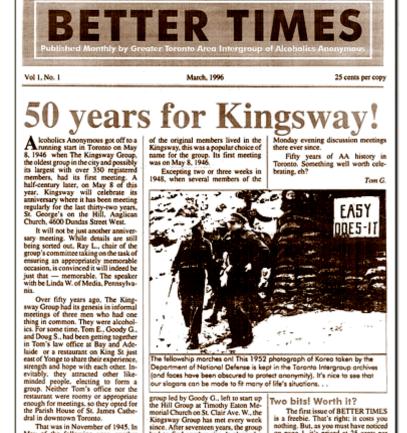
The genesis of the Newsletter as it appears today began in December 1992. Seven members met to discuss the likelihood of success of this idea. Through a two-and-a-half year journey, a membership survey, funding issues, and publishing roadblocks, a mock-up of the proposed newsletter was presented to the GTA Intergroup Operating Committee in October of 1995. The Newsletter at that time was considered part of the Public Information Committee.

The concept of a monthly newsletter for the membership was spearheaded by the late Tom H. of the Unionville Group. Through his service work with Public Information, it was evident that a monthly newsletter would be invaluable to the membership of Greater Toronto Area (GTA). This idea was endorsed by 85% of the membership at that time. Tom and his intrepid committee of seven envisioned that the first 4-page edition of the newsletter "would be in two colours on one side (pages one and four) and one colour on the inside pages".

The printing of the initial copies was left in the capable and committed hands of a fellow A.A., the late Dan McK. of the Half Century Group.

The first printing run was 3,000 copies. Cost for printing was under 20 cents per issue. Different pricing per copy was discussed; the original cost was proposed at \$1; however, as Tom states, "...I had a meeting with Dan ... in his opinion, the newsletter ought to be peddled for 25 cents!"

The March 1996 edition of the Better Times was circulated cost-free to the fellowship. This was a collective decision made in order to garner enthusiasm and win members' support. Tom H. shared in a letter to the Operating Committee dated March 25, 1996 that "Eighty-four copies of the second issue were snapped up by members of the March 24 Toronto Sunday Morning Men's Meeting" and the general consensus of the membership was positive.



monal Church on St. Clair Ave. W., the Kieggaway Group has met every week since. After seventeen years, the group had to find another site. It planned a second evening each week for a closed discussion meeting which Our Lady could not accommodate. St. George's on the Hill I Amelian Church could and

could not accommodate. St. George's on the Hill, Anglican Church could and

the Kingsway Group has had its Wednesday evening open meetings and

The first issue of BETTER TIMES is a freebie. That's right; it costs you nothing. But, as you must have noticed on page 1, it's priced at 25 cents per copy. And that is what it will cost for as to keep you informed on what's the news of AA hereabouts.

It is not a money-spinner amount, I hopefully, it should cover our costs

What do you think? Is it worth it?

al in downtown Toronto.

That was in November of 1945, in ay of the following year, another you had to be considered. At the sugsistion of one of the members, Tom G., be lived in the Kingsway area, the oup moved to Our Lady of Sorrows, harch on Bloor W., the "Blue Top harch" as it was known. As all three

BETTER TIMES

Published Monthy by Greater Toronto Area Intergroup of Alcoholics Anonymous

Vol. 1, No. 1 March, 1996 25 cents per copy

The front cover boldly proclaimed '50 Years for Kingsway!' The slogan of the month was You are no longer alone! The Editorial Committee at that time were comprised of solid A.A.'s who provided a wealth of skill-sets to the newsletter: Myles W. of Open Mind Discussion group who created our first version of aatoronto.org; Ann P. (Glenview Discussion) served as Editor, along with the support of Lynn B., Jim C. of North Toronto group; Tom G.; John H.; Otto S.; the late Kevin M. also of North Toronto group; and the late Dan McK.

In her Editorial, Ann P. shared about the so-called good times that alcohol rendered us (or so we thought) followed by the inevitable bad times; hangovers, shame and remorse; she mused that "... we found A.A. ... found what was to be infinitely better times." And thus the legacy of the Better Times was born.

From 2000-2001, I was a member of the GTA Intergroup Operating Committee and had the opportunity to serve as liaison to the *Better Times* committee which had become a full-fledged committee. It was an interesting experience, as the meeting was held at the home of Myles W. and Ann P. There they graciously provided editing and technical set-up for publishing the newsletter.

I enjoyed the service experience so much that I stayed on the committee after my service term with the Operating Committee was over. There were some disgruntled members at that time who weren't keen on the committee meeting off-site and not at the Intergroup office. I remember these members were welcomed by both Myles and Ann to attend a committee meeting at any time.

One of those disgruntled members came to our committee meeting and ended up joining the Better Times committee! One ponders on the words in the <u>Big Book</u>, p.568): contempt prior to investigation.

The powerful piece for me has been engaging in the oral tradition of A.A.'s experience, strength and hope. Tangible through my service over the years with *Better Times*, through committee endeavours such as story submissions and featured cartoons. When I see a new edition of the newsletter, I swear I can hear both Dan McK. and Claude L. of District 14 bellowing at each and every monthly General Meeting (circa 1998) "Get yer Better Tiiiimes!"

I miss those days, but I carry them in my heart moving forward in sobriety, both in my personal recovery and my service work. This is, as I understand it, the spirit of love and service. **Happy 25th birthday, Better Times!** Alexx V., <u>St. Clements Group</u> Gratefully acknowledging the assistance of David T., Archives interim Chairperson; Marvyn W., Operating Committee Vice-Chairperson





OPPORTUNITIES

ORC A.A. and Al-Anon Zoom Moderators:

A.A. Zoom volunteer form Al-Anon zoom volunteer form

2 Operating Committee Members

Self-Support Chair

IT Sub-Committee Members

Finance Committee Member



"Carry the Vision"

Ontario Regional Conference

of Alcoholics Anonymous

March 19 - 21, 2021

www.aaorc.ca for more info

No Registration Required*

AA Program ID: 896 002 3291 password: orc2021

room cap 1,000 Zoom captioning enabled

Friday March 19

7:00 pm EDT - AA Open Meeting- Lee Y, Sherwood, AR Saturday March 20

9:00 am EDT - AA Open Meeting - Rachel F, Miami, FL
11:00 am EDT - Family Panel - Lori & Clif G, Oklahoma City, OK
1:30 pm EDT - AA Open Meeting - Peter M, Boca Raton, FL
3:30 pm EDT - AA Open Meeting - Gemma B, Los Angeles, CA
5:00 pm EDT - AA Open Meeting - Jeff V, Fargo, ND
7:00 pm EDT - AA Open Meeting - Diana M, Largo, FL

Sunday March 21

11:00 am EDT - AA Open Meeting - Clif G, Oklahoma City, OK 1:00 pm EDT - AA Open Meeting - Deb H, Akron, OH

*Alateen Preregistration at www.AAORC.ca

Here's what some of our ORC Committee members have to say about volunteering:

For me its a great way to give back to a society that has helped me more than any cheque I could sign. Robbie V.

An opportunity to give back and to be of service. The fellowship of others is so important, particularly now, when we can feel isolated and alone. A new way to stay connected! An honour to be part of. Sue P.

In early sobriety, I thought A.A. was just this one weekly meeting in the church basement. But my sponsor took me to district meetings, area assemblies and pointed me to conferences like the ORC. It is how I experienced that there is no A.A. if we're not there. We're it! This is our "Great Responsibility", carrying the message in different shapes and forms. I just love to see the whole herd together. A pandemic can't stop us! Wim D.

From 2019 through 2020, I listened to dozens and dozens of speakers before inviting an amazing lineup to join us in Toronto for the 2021 ORC. Of course, none of us realized it would happen over Zoom and not in a beautiful downtown hotel. But great speakers are great speakers so I'm excited about this year's virtual ORC, while also looking forward to a time when we can all meet again in person. Sandy D.

Over the years, the ORC has been a time to hear great speakers, reconnect with old friends and make new friends. I loved riding up and down the escalators of the Royal York and seeing so many friends I have connected with over the years. While we cannot be together in person this year, I am excited to be a part of the virtual ORC. Our hope is to keep the spirit of the ORC alive until we can all meet again in person, whenever that might be. Lisa W.

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Women in **A.A.**



INTERNATIONAL WOMEN'S DAY March 8th and a nod to the women of

ALCOHOLICS ANONYMOUS

See <u>aa.org</u> pamphlet 5 (P-5) Women in A.A. https://www.aa.org/assets/en_US/p-5_WomeninAA.pdf



Common belief is that Marty Mann was the first woman in A.A. but it was actually "Lil", who relapsed and later got sober outside A.A. The first woman who attained any length of sobriety (although later relapsed) was Florence R., author of the chapter "A Feminine Victory", In the first edition of the book Alcoholics Anonymous.

Ms. Mann was, however, the first lesbian member of Alcoholics Anonymous at a time when gay and lesbians were not accepted by society, and the first woman who attained long term sobriety in A.A. She organized the National Committee for Education on Alcoholism (NCEA).



Nell Wing - tells of her 20 years as Bill W's personal secretary.

In 1947, she started working in the office of the Alcoholic Foundation (now the General Service Office), and in 1950 became Bill W's secretary.

1993 published a memoir called "Grateful to Have Been There".



RUTH HOCK became A.A.'s first national secretary.

"Ruth Hock, our nonalcoholic secretary, typed away as I slowly dictated the chapters of the text for the new book." *Bill W.*



Helen Wynn worked her way up over a period of years to become the managing editor of the Grapevine and left in 1962.

March 1941

Cleveland forms the fellowship's first women's group and also the first black women's group.

March 18, 1944

The first reported women's prison group meets at Clinton Farms in Clinton, New Jersey.



Sylvia Kauffman—The Keys of the Kingdom

Chicago, Illinois
Page 304 in 2nd and 3rd Editions and 268 in the 4th
Date of Sobriety: September 13, 1939
Helped start AA in Chicago

REFLECTIONS ON TRADITION

THREE I have recently been doing some thinking about our Tradition 3:

TRADITION THREE

The only requirement for A.A. membership is a desire to stop drinking.

I think this is a most welcoming and all encompassing axiom of A.A. At a recent meeting I attended, people felt a sense of belonging that some have never felt elsewhere. The desire to belong to a group is a human characteristic fundamental to our sense of self and well-being. However, it does seem to say that if we are members of a group, there are some people who are not members of the group. This could be said to promote exclusivity and further along the "we vs. them" paradigm. This gets to be a little bit painful for me as there are so many clubs in the world that seem to be exclusive.

We alcoholics have all suffered some sort of trauma in our lives whether it be physical, emotional, or intellectual etc. Often traumatized people's coping mechanisms include addictive behaviours such as alcohol, drugs, gambling, sex, shopping, eating hoarding and more. These disguised addictive behaviours are really survival coping mechanisms gone bad.

I recently attended a gathering where shelter residents were invited. It was meant to be a drop in for coffee and conversation with light snacks. About 10 volunteers arrived, the food and snacks were plentiful, conversation started and we were all given red aprons to wear to welcome these visitors. After a few minutes of wearing these aprons we realized that we as volunteers were part of a group to which our visitors (they) would not belong!

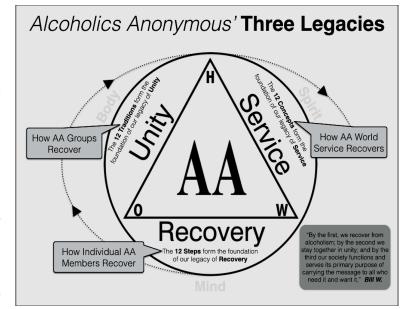
We wanted to make our visitors feel welcome and this would not help us accomplish our goal. We all took off our aprons! Unfortunately, we only had one visitor that day but it was an interesting lesson learned and perhaps a lesson for us that all people in the world need to be more compassionate and It seems these days everywhere you look there is exclusivity. In our own neighbourhood inhabitants of the shelter stick out like a sore thumb.

Neighbourhood residents are unhappy about their presence in their midst. Feelings get to be so hard towards shelter residents and their behaviour when really, they are traumatized human beings deserving of compassion, just like we all are.

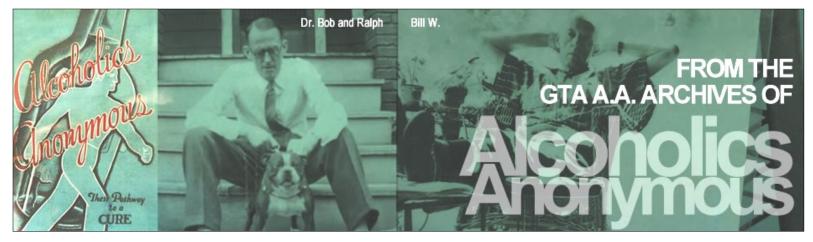
I am so grateful that I have been welcomed with open arms into the rooms of A.A. My wish for our fellowship as a whole is to be as welcoming to all people and to care for them as we alcoholics care for each other.

Humbly submitted by Martha K.,

Morning Discussion group







In March 1935, at the urging of her friend Delphine Weber, Henrietta Sieberling organized a Wednesday night Oxford Group meeting at T. Henry and Clarence Williams home in Akron, Ohio specifically to help Dr. Bob with his drinking. Dr. Bob eventually openly admitted his drinking problem but could not bring himself to stop drinking. Oxford Group meetings continued at the Williams house until 1954.

March 21, 1966 Ebby T. who was sober 2 months through the Oxford Group when he carried the message to Bill W., died at age 69 of emphysema with 2 1/2 years of sobriety. Bill W. loyally referred to Ebby as his sponsor throughout his life.

March 1941 The Saturday Evening Post article on A.A. by Jack Alexander creates national sensation: A.A. membership will quadruple in one year from 2,000 to 8,000. Bill's and other member's pictures appear full-face in the article. The photo caption read, "A typical club house discussion group". Around 6,000 appeals for help were mailed to the NY office as a result of the article. The NY office asked groups to donate \$1.00 per member for support of the office. This began the practice of financing the NY office operations from group and member donations.

March 29, 1950, a 2nd Saturday Evening Post article was written by Jack Alexander entitled The Drunkard's Best Friend

March 1941 the 2nd printing of the Big Book was produced. The wording of Step 12 was changed. The term "spiritual experience" was changed to "spiritual awakening" and the term "as the result of these steps" was changed to "as the result of those steps". Also Appendix II, "Spiritual Experience" was added to the book. This was done because many members thought they had to have a sudden & spectacular spiritual experience similar to the one Bill W. had in Towns Hospital. The appendix emphasized that most spiritual experiences were of the type that the psychologist William James called "educational variety." In 1956 the wording of Step 12 changed again in the 2nd printing of the 2nd edition Big Book. The term "as the result of those steps" was changed back to "as the result of these steps".

The Herbert Spencer quote was added to Appendix II in the second edition Big Book. It first appeared in the story "An Artists Concept" by Ray C. (who also designed the Big Book's "circus color" dust jacket). Also the story "Lone Endeavor" (of Pat C. from Calif.) was removed. It had been ghost written by Ruth Hock. Pat, who claimed to have sobered up from a manuscript copy of the Big Book, was invited to NY shortly after the book was printed and arrived in NY quite drunk.

THE FOLLOWING GTA GROUPS STARTED IN MARCH

March 1981	Aurora group	40 years old
March 6, 1987	Lighthouse group	34 years old
March 7, 1971	Trial & Error group	50 years old
March 8, 1971	King City group	50 years old
March 11, 1986	Shepherd group	35 years old
March 17, 1949	Sunnyside group	72 years old
March 17, 1960	Port Credit group	61 years old
March 17, 1981	St. Patrick's group	40 years old
March 17, 1984	St. Andrew's group	37 years old
March 19, 1970	Golden Mile group	51 years old
March 29, 1984	Recovery group	37 years old

WHAT'S IN A TITLE?

From 1943 to 1949 references to anniversary and conference was used.

In 1950 the A.A. Conference name was used.

In 1951 the Regional Conference name was used.

In 1952 the Ontario A.A. Conference name was used.

Ontario Regional Conference (ORC) name was used for the first time in March 1953

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SUBMIT A BETTER TIMES ARTICLE!!

Please send us in your own words, your ideas, your journey, your experience, strength and hope in 200-500 words to bettertimes@aatoronto.org *

TRADITION three

"For our group purpose there is but one ultimate authority - a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern."

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Tradition Only Stop Desire Sober Addiction Three Declare Membership Anonymous Yourself Drinking Regulations Protective Intolerance Patience **Teachers** Newcomer Alcoholics Intimate Friends Determination Principal Stigmatized Dilemma Confidence Sacrifice Admission Relentlessly Providence Society

Opinions expressed in *BETTER TIMES* are those of the authors and don't necessarily reflect those of the Greater Toronto Area A.A. Intergroup. The editorial staff reserve the right to edit submitted articles for length, content and grammar in accordance with layout and quality purposes. Submit group news, medallions, other event notices to:

communicaions@aatoronto.org Letters or articles to the editor (200-500 words)

for BETTER TIMES at bettertimes@aatoronto.org



I stand by the door.

I neither go too far in, nor stay too far out.

The door is the most important door in the world It is the door through which men walk when they find God.

There is no use my going way inside and staying there, When so many are still outside and they, as much as I,

Crave to know where the door is.

And all that so many ever find

Is only the wall where the door ought to be.

They creep along the wall like blind men,

With outstretched, groping hands,

Feeling for a door, knowing there must be a door,

Yet they never find it.

So I stand by the door.

The most tremendous thing in the world Is for men to find that door - the door to God. The most important thing that any man can do Is to take hold of one of those blind, groping hands And put it on the latch - the latch that only clicks And opens to the man's own touch.

Men die outside the door, as starving beggars die On cold nights in cruel cities in the dead of winter. Die for want of what is within their grasp.

They live on the other side of it - live because they have not found it.

Nothing else matters compared to helping them find it, And open it, and walk in, and find Him. So I stand by the door.

Go in great saints; go all the way in Go way down into the cavernous cellars,
And way up into the spacious attics.
It is a vast, roomy house, this house where God is.
Go into the deepest of hidden casements,
Of withdrawal, of silence, of sainthood.
Some must inhabit those inner rooms
And know the depths and heights of God,
And call outside to the rest of us how wonderful it is.
Sometimes I take a deeper look in.
Sometimes venture in a little farther,
But my place seems closer to the opening.

So I stand by the door.

There is another reason why I stand there. Some people get part way in and become afraid Lest God and the zeal of His house devour them; For God is so very great and asks all of us. And these people feel a cosmic claustrophobia And want to get out. 'Let me out!' they cry. And the people way inside only terrify them more. Somebody must be by the door to tell them that they are spoiled. For the old life, they have seen too much: One taste of God and nothing but God will do any more. Somebody must be watching for the frightened Who seek to sneak out just where they came in, To tell them how much better it is inside. The people too far in do not see how near these are To leaving - preoccupied with the wonder of it all. Somebody must watch for those who have entered the door But would like to run away. So for them too, I stand by the door.

I admire the people who go way in.
But I wish they would not forget how it was
Before they got in. Then they would be able to help
The people who have not yet even found the door.
Or the people who want to run awa.y again from God.
You can go in too deeply and stay in too long
And forget the people outside the door.
As for me, I shall take my old accustomed place,
Near enough to God to hear Him and know He is there,
But not so far from men as not to hear them,
And remember they are there too.

Where? Outside the door Thousands of them. Millions of them.
But - more important for me One of them, two of them, ten of them.
Whose hands I am intended to put on the latch.
So I shall stand by the door and wait
For those who seek it.

'I had rather be a door-keeper **So I stand by the door.**