

# BETTER TIMES

Produced for A.A. members, by A.A. members in the Greater Toronto Area  
**JULY 2020**



## THE WHAT AND WHY OF AN INTERGROUP OFFICE:

The Seventh Tradition states:

***“Every A.A. group ought to be fully self-supporting,  
declining outside contributions.”***

While contributions cover each group's rent and other expenses, the Seventh Tradition is essential at every level of A.A. service.

It is both a privilege and a responsibility for groups and members to ensure that not only their group, but also their Intergroup Office remain self-supporting.

**Please consider a donation in support of our 7th Tradition**  
[www.aatoronto.org/about/7th-tradition](http://www.aatoronto.org/about/7th-tradition)



## THE WHAT AND WHY OF AN INTERGROUP OFFICE *cont'd*

Back in 1946 when only a handful of intergroup/central offices were fully operative—including those in California, Colorado, Illinois, Maryland, New York and Ohio—A.A. cofounder Bill W. observed in the June issue of the Grapevine, “Heaven has surely reserved a special place for every one of them.” Even as he was writing, service centers were opening in Massachusetts, Michigan, Mississippi, Wisconsin and—Canada’s first—Alberta.

Both Bill and his fellow A.A. cofounder Dr. Bob saw that “to save whole areas from turmoil, small offices had to be set up, telephones installed, and a few full-time secretaries hired.... If they weren’t, the man coming in the door couldn’t get a break.” (Twelve Steps and Twelve Traditions, p. 161) The early service centers were plagued by a lack of money, space, help and an abundance of conflicting opinions, but still they persevered.



The **birth of AA** started with the **use of Technology**. Bill W used this phone looking for alcoholics

As Jan D., formerly manager of the Edmonton, Alberta, Central Service Office, has pointed out, “Nothing in A.A. today is original. Everything we know and do to help the suffering alcoholic find sobriety came from our predecessors, whether the Oxford Group or intergroup/central office workers who came before and shared freely of their spiritual experiences and common sense gained the hard way.”



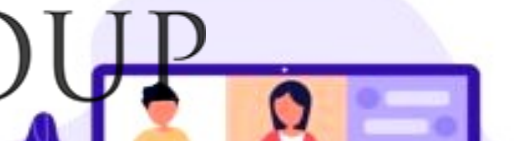
Many, if not most, service offices in A.A.’s early days, such as those in Chicago and Los Angeles, grew out of a phone number, listed as belonging to A.A., that plugged into a member’s home. Some—in New York City, Newark, New Jersey, and Toronto, Ontario, to name a few—were outgrowths of clubhouses that had been hubs for A.A. activities. Sometimes the clubs served as distribution points for A.A. literature, then began providing other services as well.

Bill W. acknowledged in *Alcoholics Anonymous Comes of Age* (p. 23) that “A.A.’s first organized service center” sprang up in Chicago, where an A.A. named Sylvia utilized her \$700 monthly alimony checks (a very large sum at a time when Bill and Lois were living on \$55 a week) to rent an apartment in the suburb of Evanston, also the locale of the area’s first A.A. meeting in 1939. So busy was the phone that Sylvia’s non-alcoholic personal secretary Grace Cultice rapidly evolved into an A.A. “girl Friday”.





# GROUP

An illustration featuring a laptop screen showing a video conference with five participants in a grid layout. To the left of the laptop is a potted plant with large green leaves. To the right is a white mug with steam rising from it. The background is a light blue gradient with a large, faint, light blue shape behind the laptop. The word 'GROUP' is written in large, black, serif capital letters at the top left.

The history of the organization of Spanish-speaking groups in the GTA was presented by Gregario A. The Spanish groups comprise District 16 within Intergroup.

Area 83 delegate to the General Service Conference, Rob M., reported back from his virtual attendance at the conference that usually takes place in New York.

General Service Office (GSO) staff member Jeff W. spoke, representing A.A.'s head office in New York. He elaborated on the current activities of A.A. World Service, and delivered an explanation of why Inter-group falls outside of the GSO structure. Intergroups actually predate the GSO, and have evolved with a greater focus on facilitating the service activities of A.A.'s membership.

"I asked all the committees this year that they focus more on what's involved in service," said committee chair Bert J. He was pleased with how the day went despite lower attendance. "Our role is not to teach or instruct, just to transmit what A.A. is and how to be involved."

Chris Z., [Port Credit Group](#)

# A.A.'s HELP LINE NEVER STOPPED SERVICE

The still-suffering alcoholic has not been without access to A.A. even for an hour during the COVID-19 crisis.

Thanks to the volunteers of the GTA [12-Step Committee](#), the 24/7 Help Line has stayed true to its name with continuous service maintained throughout the period when the office at 234 Eglinton Ave. has been closed.

"To my mind, it's the most important committee of all. This has to operate no matter what," said Laura V., a 12-Step Committee volunteer and member of the Mount Royal/York Group. "There's more people coming face to face with their alcoholism now than ever before."

The Help Line normally operates with two volunteers physically in the GTA Intergroup office during the day answering two phone lines, with calls forwarded to volunteers' private phones overnight. That schedule had to quickly adapt when the office abruptly closed in mid-March and for several weeks only one line was available. The challenge was to reorganize the volunteers, and to figure out what to tell the people who were reaching out to A.A. "The first two weeks were a mad scramble," said Laura. "A lot of the calls were asking how to do an online meeting."

In the first few weeks of quarantine, few people were completely sure how to organize online meetings. Laura described members of different groups and different districts sharing their meeting links, and what they learned as they went along, until the GTA Intergroup website could catch up with unfolding events and provide reliable information.

"Everyone just went ahead with what needed to be done," said Laura. "Typically, that's always the case with the phones. We have 40 or 50 people and they're all very dedicated. We always step up. We would have nightmares if the phones weren't being answered."

Laura said the phone volunteers are always aware of how difficult it can be for someone to reach out for help for the first time. If no one was there to answer the call, that's someone who may never make it to a meeting. She said that speaking regularly with these raw newcomers, and hearing their desperation, is a constant reminder to be grateful for being among those who have found the rooms of A.A. "I don't care if you have to strap them to a skateboard and wheel them in, we have to get them to a meeting. That's where the magic happens," said Laura.

The good news, with in-person meetings unavailable, is that the newcomer doesn't know anything else, so an online meeting is no hardship. "If they do say anything, I tell them that's all we've got," said Laura. "And I come back to the idea that we're actually lucky to live in a time when online meetings are available."

Working to overcome challenges in connecting one alcoholic with another, Laura said she's caught glimpses of what it must have been like for Bill W. when he was standing in the lobby of the Mayflower Hotel. He had to work hard to make that connection with Dr. Bob. Laura said she looks forward to a future edition of the Big Book containing a new story: "I Went to My First Six Months of Meetings Online".

Many of the 12-Step Committee volunteers are eager for the GTA Intergroup office to reopen and for the regular phone schedule to resume. At the same time, there are volunteers who are happy they haven't had to struggle against the never-ending road construction in the area of Eglinton Avenue East, or with parking in that area to get to the office. The committee now has experience operating the help line completely from outside the office, so greater flexibility in how the service is provided may be considered in the future, and could serve to attract new volunteers.

The 12-Step Committee doesn't keep statistics on calls, so there is no exact information available on trends in what types of calls are being received. Laura said she has a sense that the isolation imposed by COVID-19 quarantine has been hard for those still suffering. Now that most people have figured out how to access online meetings, she said she's been receiving calls from more and more people whose alcoholism is progressing rapidly, or who have been forced to confront a drinking problem in the absence of life's normal distractions. There may also be a trend for more young people to be open to investigating A.A. now that meetings can be attended conveniently from a mobile phone.

The 24/7 Help Line can be reached at 416-487-5591

ALCOHOL.ORG

The 12 Steps of Alcoholics Anonymous

Step

1	2	3
4	5	6
7	8	9
10	11	12

“ Having had a spiritual awakening as the result of these Steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs ”

Alcoholics Anonymous AA.Org

## RECOVERY DURING COVID-19

"My names Dave, I'm an alcoholic." If you would have told me last year that I wouldn't be physically going to A.A. meetings in 2020, I would have thought you were crazy.

However that is the reality we are in today. COVID-19 has drastically changed the way I live my life and also my A.A. program. Zoom has been a blessing for my recovery; I'm going to more meetings now than I ever did. With several time zones across North America, I can go to a meeting anytime of the day or night. Different time zones bring new messages of hope into my sobriety, and I love it. Sure in a perfect world I would much rather go to a physical meeting, and talk to people face to face, but that's not where we are at today.

I need to deal with my alcoholism on a daily basis; Zoom helps me do just that. What I really like about this new media is the ability to put way more discussion meetings into my recovery. It helps me balance the recovery side of the triangle. Just like physical meetings, I'm also seeing members from other groups I've never been to before. Even with the smallest amount of interaction, I find myself looking forward to seeing those people again. Once this virus stuff is over, I'd like to go to some of those groups whose members I had seen. I will share how they had helped me stay sane in a troubled time, just by being there.

Dave R, [Long Branch Group](#)

## STEP SEVEN SET ME FREE

Step Seven begins: "*My Creator, I am now willing that you should have all of me, good and bad.*" Why should I ask God to take over my good qualities in my Seventh Step Prayer? After all, I had been several months sober and there were many noble and honorable elements to my personality. WRONG! (A friend called this: alcohological thinking.) I was still using "pool room" language, criticizing others; maintained "justified" resentments; smoking two packs of Lucky Strikes a day, etc. I guess I sort of skipped those defects/shortcomings in Steps Four and Five—I **did not really know good from bad!** More was to be revealed the following months as I continued the maintenance steps—especially Step Ten.

As years passed, and I began living the true spirit of the maintenance steps, as they say: "More will be revealed" I was told to ask God to help me become aware these newly discovered personality defects and to use the *suggested* Step Ten directions to face and be rid of them.



## STEP SEVEN SET ME FREE

*cont'd*

In time, my ego deflated to where I could see that my bad language was not normal, and it made me appear rather dull witted. My critical judgement of others began to diminish as I realized I was only seeing what was wrong with me! Also, those repeating thoughts of anger began to give way to joyous prayer. Seven months later my nicotine addiction went south and has never returned. Let us put it this way; the selfishness, dishonesty, resentment and fear I learned about myself in Step Four, began to diminish when I put Step Seven into action! The "Seventh Step **prayer**" was only a beginning.

What a relief! That promise of a new freedom and happiness began to appear, but most importantly, that dreadful mental obsession finally began to disappear. I now realize that I had been trapped in a bondage of self for many years but putting Step Seven into action has set me free! Step Seven is a powerful tool! Thank you, God! Bob S., Fourth Dimension Big Book Study Group, Richmond IN

## TRAVELING AND A.A.

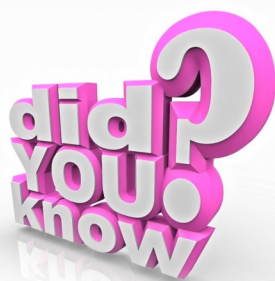
My name is Bert and I am an alcoholic. My sobriety date is September 1<sup>st</sup> 1985.

In May 2019 I was offered train tickets to Halifax and at the same time a sponsee was asking me if I would be able to drive for 2 weeks and my answer was if I have to drive to go to Halifax I would. That would prove to be the best travel of my life so far. On my road to Halifax, arriving around Drummondville, I called a friend in Quebec City. He invited me to dinner, followed by an A.A. meeting and an offer to stay overnight. We had a good night of fellowship, and the day after I continued my road toward New Brunswick where I stopped to meet up with a cousin. I used this time to do a ninth step with him. I continued my road to Miramichi where I met another A.A. member who invited me to go to a meeting and to stay overnight. Sure enough, I was asked to speak at the meeting and it was a pleasure and another night of great fellowship.

I went to the Halifax airport to pick up a friend from Toronto who I had plans to attend a convention with. While waiting, I turned and saw a girl; our eyes met and there was recognition as both being A.A. members from Toronto. We started chatting while waiting and when he arrived we continued our conversation. We enjoyed fellowship, meetings, meals and discovering the city. We had a blast doing those things together and made a lot of friends in Halifax. Driving back with the friend who was joining me originally, we decided to take the scenic route back to Toronto and we shared all the way and enjoyed every minute of the trip. Travel, Fun and A.A.

BETTER TIMES / 5 are not mutually exclusive! Bert J. [Silver birch](#)





1. July 1934 Ebby T. was approached in Manchester VT by his friends Cebra G. & Shep C. who did considerable drinking with Ebby but were now abstaining from drinking. They informed Ebby of the Oxford Group in VT but Ebby was not quite ready yet to stop drinking.
2. July 1934 Bill W.'s 2nd admission to Towns Hospital (again paid by Lois's brother-in-law Dr. Leonard Strong). Bill met Dr. Silkworth for the 1st time. Dr. Silkworth explained the obsession and the allergy of alcoholism to Bill. Bill started drinking again almost immediately upon discharge.
3. July 4, 1935 Akron, Ohio attorney Bill D. (man on the bed) leaves St. Thomas Hospital in Akron, OH sober and becomes A.A. No. 3 (Big Book story Alcoholics Anonymous Number Three). Sister Ignatia & Dr. Scuden secretly treat Bill D. prior to his meeting Dr. Bob & Bill W. Bill D. was hospitalized 8 times in 1935 for his drinking. It took 5 days before he would say that he could not control his drinking. Bill D. was Ohio's Panel 1 Delegate to the 1st General Service Conference in 1951 & he spoke at the ORC in Toronto in 1953. Bill D. died September 17, 1954 with 19 years of sobriety.
4. July 1935 encouraged by T. Henry Williams, Ernie G. sobered up (A.A. No. 4, Big Book story The Seven Month Slip) contacted Dr. Bob & sobered up. He eventually married Dr. Bob's daughter, Sue, in Sept. 1941. Ernie was unable to maintain continuous sobriety and their marriage was a disaster.
5. In March 1935, at the urging of her friend Delphine Weber, Henrietta Sieberling organized a Wednesday night Oxford Group meeting at T. Henry & Clarace Williams home in Akron, OH. The meeting was started specifically to help Dr. Bob with his drinking. Dr. Bob eventually openly admitted his drinking problem but could not bring himself to stop drinking.
6. In March 1935, at the urging of her friend Delphine Weber, Henrietta Sieberling organized a Wednesday night Oxford Group meeting at T. Henry & Clarace Williams home in Akron, OH. The meeting was started specifically to help Dr. Bob with his drinking. Dr. Bob eventually openly admitted his drinking problem but could not bring himself to stop drinking.
7. July 15, 1938 in a letter to Mrs. Richardson, Chipman & Scott, of the Rockefeller Foundation, Bill invited them to his home on 182 Clinton St. NY for meetings of Alcoholics Anonymous. This was the first documented use of the name of the Fellowship.
8. July 27, 1938 Dr. Silkworth wrote a letter of support for use in fundraising for the book. It was later incorporated into the First Edition Big Book April 1939 without the doctor's name. The Doctor's Opinion started on page 1. & the basic text ended at page 174. Dr. Esther Richards of Baltimore was the one who suggested to Bill W. to get a number one physician in the alcoholism field to write an introduction.
9. July 14, 1949 in a letter to the Rev. Sam Shoemaker, Bill W. wrote "so far as I am concerned, and Dr. Bob too, the Oxford Group seeded A.A. It was our spiritual wellspring at the beginning".
10. In the Fall 1934, Roland H. took Ebby T. to NYC where he sobered up with the help of the Oxford Group at the Calvary Episcopal Mission. Rev. Sam Shoemaker was the rector at the Calvary Episcopal Church which was the Oxford Group U.S. Headquarters.
11. December 7, 1934, Bill W. decided to investigate the Oxford Group Mission at 246 E. 23rd St. He showed up drunk with a drinking companion he found along the way (Alec the Finn). Bill kept interrupting the service wanting to speak. On the verge of being ejected, Ebby came by and fed Bill a plate of beans. Bill later joined the penitents and drunkenly "testified".
12. July 28-30, 1950 the 15th Anniversary and 1st International Convention was held in Cleveland, Ohio in A.A.'s 15th year with an est. 3,100 in attendance. Dr. Bob made a brief appearance at the Convention for his last talk. Part of his now famous short statement was "There are two or three things that flashed into my mind on which it would be fitting to lay a little emphasis. One is the simplicity of our own program. Let's not louse it all up with Freudian complexes and things that are interesting to the scientific mind but have very little to do with our actual A.A. work. Our Twelve Steps, when simmered down to the last, resolve themselves into the words love and service." Also the Twelve Traditions were adopted unanimously by standing vote by the attendees.
13. July 4-6, 1955 the 20th Anniversary & 2nd International Convention was held in St. Louis. There were approx. 3,500 in attendance & the theme was "Coming of Age". The Three Legacies of Recovery, Unity & Service were turned over to the A.A. membership by Bill W. and its old-timers. This was the first time the General Service Conference was held outside of New York. The Conference became the Guardian of the Traditions and voice of the group conscience of the entire Fellowship.
14. In April 1957, the book A.A. Comes of Age is published guised as a 3-day diary of the 1955 Convention. It is a definitive history of A.A. up to 1955.
15. July 1955 the 2nd Edition of the Big Book "Alcoholics Anonymous" was published. Ed B. & Nell Wing (Bill W.'s 2nd Secretary) assisted Bill W. in its writing. 30 new personal stories were introduced.
16. July 1962 Grapevine, Editor Jack M. creates the cartoon strip Victor E. & appears first time in the Grapevine. Today, Victor E. is an A.A. icon.
17. July 2-4, 1965 the 30th Anniversary & 4th International Convention was held in Toronto with about 12,000 in attendance. The Responsibility Declaration written by Al S. was introduced at the Convention and taken by the crowd from 21 countries. Bill W. asked the crowd to stand, hold hands and recite the Responsibility Declaration: I am responsible. When anyone, anywhere, reaches out for help, I want the hand of AA always to be there, and for that I am responsible.

**Thank you GTA Archivist Eddy G.**

**416-536-7536 call to donate A.A. items.**

# WORD search

## STEP SEVEN

We humbly asked Him  
to remove our  
shortcomings.

### GREATER TORONTO AREA INTERGROUP

234 Eglinton Ave. E. #  
202

Toronto, ON M4P 1K5

416-487-5591

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

### A.A. COMMITTEES

#### Accessibility:

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

#### Archives:

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

#### Correctional Facilities:

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

#### Cooperation with the Professional Community:

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

#### Finance:

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

#### Operating Committee:

[oc.chair@aatoronto.org](mailto:oc.chair@aatoronto.org)

#### Ontario Regional Conf.:

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

#### Public Information:

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

#### 12th Step:

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

#### Communications Comm.:

Dave P. Chair  
Marvyn W. Liaison OC  
Randy C. Secretary  
David C. Webmaster  
Aaron M. Alt. Webmaster  
Chris Z. Writer/Reporter  
TBA Assistant Editor  
Mary M. Editor

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

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

## 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](mailto:bettertimes@aatoronto.org) \*

## Help rid us of these shortcomings...

U E T I S O P P O F W O H J F Q Y O O X  
J L N S F T G V U C O U F L J X L L K F  
Z Q Y R T O R Y C Z M S X A E V O M E R  
A U G L E C F U A I N F R B I F F T Y T  
S A L E P L N F L M X E C N A I L E R J  
F A S P N H G I Y Y T K K V V I U K P U  
R C Z U Y U T O T P M O S A B K O B H G  
E R P B K Y I R M S J Z L A I M N M X Z  
E K S E V F C N M F N U T E X T H D T O  
D H P U R P O S E W E I J Z R M O P X S  
O G N F W S L P J S L K M Q Y A I T G J  
M B S K H Z P W R G N O I T A D N U O F  
H F L A W S B E O G B G O V M J O C G A  
I D E K T Q T P C R Y F R U I G R F E E  
G A U A J C V Y R T O L U F E S U U W V  
H X X U A P T K L I I G U A V M H S V P  
E P C R I I H H Z Y N V I R F W A U U R  
R I A H R B J A C I N C E Q H Q P O T I  
E H P U N B G C D L P F I Q O B P I J D  
C X C M H T Z L D A I S S P Z N Y C K E  
C E A B Y D I D A N M V P L L H F E L V  
S S X L K U F M I H X J I G O E S R J L  
S H O Y B Q U A L I T Y R N Y K Q P V P  
Q B E N O R R F Y A I A I Z G Y V D Z T  
V G Y T S E N O H Z X X T W H X R P V H  
P O W E R Q E S L A F D U W Y D C E Z H  
V H G W M H M N Y I M U A A X F G Q N P  
V K Y E E J B W C A C W L Q N Z Y R W Y  
G U E P A T I E N C E X R P R I M A R Y  
B V N P F Y N D O Q P V J L O X E N F N

## STEP 7

BUILDING  
CHARACTER  
DAILY  
EGO  
FALSE  
FLAWS  
FOUNDATION  
FREEDOM  
GENUINE  
HAPPY  
HIGHER  
HONESTY  
HUMBLY  
HUMILITY  
INSTINCTS  
ISM  
LIVING  
OPPOSITE  
PATIENCE  
PERSPECTIVE  
POWER  
PRECIOUS  
PRIDE  
PRIMARY  
PRINCIPLE  
PURPOSE  
QUALITY  
RELIANCE  
REMOVE  
SECURITY  
SPIRITUAL  
TOLERANCE  
TRULY  
USEFUL  
VALUES

\* Opinions expressed in *BETTER TIMES* are those of the authors and don't necessarily reflect those of the GTA Intergroup. The Communications Committee members reserve the right to edit submitted articles for length, content and grammar in accordance with layout and quality purposes.

**ALL MEDIA INQUIRIES ARE TO BE SENT TO THE OPERATING COMMITTEE CHAIR**

[oc.chair@aatoronto.org](mailto:oc.chair@aatoronto.org)





NAME	YEARS	DRY DATE	GROUP
Em M.	5	May 29, 2015	<a href="#">Prince Edward Group</a>
Jim A.	30	May 15, 1990	<a href="#">Erin Mills Group</a>
Maryanne L.	20	May 28, 2000	<a href="#">St. Clements Group</a>
Krysten	1	Jun 11, 2019	<a href="#">Ajax Freedom Group</a>
Jake N.	1	Jun 12, 2019	<a href="#">Last Road of Recovery</a>
Katie W.	1	Jun 26, 2019	<a href="#">Melrose Group</a>
Renata P.	5	Jun 29, 2015	<a href="#">Sisters in Sobriety</a>
Donald L.	1	Jun 30, 2019	<a href="#">Last Road of Recovery</a>
Andrew B.	1	Jul 2, 2019	<a href="#">Erin Mills Group</a>
Jim S.	15	Jul 6, 2005	<a href="#">Erin Mills Group</a>
Lisa S.	1	Jul 7, 2019	<a href="#">Last Road of Recovery</a>
Mark V.	1	Jul 10, 2019	<a href="#">Last Road of Recovery</a>
Debra S.	1	Jul 12, 2019	<a href="#">James Bond Group</a>
Tyler S.	6	Jul 14, 2014	<a href="#">Richmond Hill Group</a>
Alexei U.	8	Jul 15, 2012	<a href="#">Richmond Hill Group</a>
Marvyn W.	15	Jul 18, 2005	<a href="#">Mississauga Group</a>
Fonta V.	1	Jul 27, 2019	<a href="#">Richmond Hill Group</a>
Juan P.	1	Jul 26, 2019	<a href="#">Erin Mills Group</a>
Mike B.	4	Jul 28, 2016	<a href="#">Richmond Hill Group</a>
Michael O.	36	Jul 29, 1984	<a href="#">Richmond Hill Group</a>

# GROUP SPOTLIGHT

The One Paragraph at a Time Group is a spin-off from the Fifth Tradition Group. The Fifth Tradition Group was shutting the doors on its closed Sunday-night meeting at the end of 2015. Four A.A. regulars to the meeting, Ken S., Mike G., Edwin L., and Joe A. appreciated the format, agreed to a new lease with the church, and created a new group to maintain this meeting's format on Sundays at 7 pm. The founding date for One Paragraph at a Time is January 3, 2016.

You get a comfortable feeling with the group. Although we are a small group of nine members, we often get over 20 people at meetings, both newcomers and long-timers from other groups. I think the format at our meetings is also good for the newcomer, as we read one paragraph at a time and then share on it.

Our meeting format is a closed Big Book discussion. One paragraph is read by a member and everyone at the table has a chance to share on the paragraph. Usually, three or four paragraphs are read during the hour. Our medallions remain a closed meeting with the regular format.

Our group members hold regularly rotating service positions. Pre-COVID 19, nongroup members would come early to help with setup, and might also do readings at the beginning of the meeting. We financially support the A.A. service structure with small contributions to GSO, District 22, Area 83, and literature purchased from Intergroup. We have sent a rep to Kingston for Area Assembly the last two years.

We have business meetings every two months, and on occasion, the voice of the minority has swayed the group conscience to either table or re-work a proposed motion.

Pre-COVID 19, our group met at the Wexford Heights United Church at 2102 Lawrence Ave. East where there is ample parking. We are a short Lawrence 54 bus trip, five stops, from Kennedy subway station.

Rick O., [One Paragraph at a Time Group](#)

