

BETTER TIMES



Produced monthly for A.A. members in the Greater Toronto Area **October 2019**

OCTOBER is GRATITUDE MONTH



“Though not costly, these service agencies are absolutely essential to our continued expansion — to our survival as a Fellowship. Their costs are a collective obligation that rests squarely upon all of us. Our support of services actually amounts to a recognition on our part that A.A. must every-where function in full strength — and that, under our Tradition of self-support, we are all going to foot the bill.” Bill W.



WORD search



SUBMIT A BETTER TIMES ARTICLE!!

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

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STEP 10 *Hidden word will appear next month*

K A G S R A P A P A A H L S L
C D D T O A C L I P T E A E E
E E U V S B A I P P B A N T A
H S S T E C E R D R A L O T R
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SELF
SOBER
WANDER
ACID
ANNUAL
BALANCE
DONE
HABIT
LEARN
PAST
PREPARE
SETTLE
SPIRITUAL
WELL

Last month's hidden word: COURAGE

- Opinions expressed in BETTER TIMES are those of the authors and don't necessarily reflect those of the Greater Toronto Area 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 communications@aatoronto.org
Letters to the editor or articles (2-500 words) for BETTER TIMES at bettertimes@aatoronto.org

HISTORICAL BACKGROUND OF SELF-SUPPORT

A.A.'s evolving Tradition of self-support was to move a long way from the financially desperate period, around 1938, when Bill and others around him wished silently and urgently that John D. Rockefeller would bestow the fledgling Fellowship with large donations.

In 1947, Bill said "Voluntary contributions or pledges of A.A. members ought to be A.A.'s principal support, and, eventually, its sole support." Although it was necessary in the beginning when A.A. desperately needed a little outside help (which, he noted, made possible the Alcoholic Foundation, the book *Alcoholics Anonymous* and the General Service Office) times had now changed. He sensed "a very powerful feeling, spreading among us that **A.A. ought not to be takers from society, any longer. Instead, let us be givers.**" Additionally, the news that every A.A. group had become self-supporting would create invaluable goodwill in the outside world.

The General Headquarters, predecessor to G.S.O., published a monthly newsletter for distribution to the Fellowship. In the February 1949 issue, the purpose of voluntary contributions was defined: 1. To meet the expenses of General Headquarters, which operated a plan of service to alcoholics the world over, in keeping with A.A.'s primary purpose (it was described as international Twelfth Step work); and 2. To meet those expenses of General Headquarters incurred in its operations as a coordinating center for all A.A. groups. The article emphasized the voluntary nature of the contributions; they were "not dues of fees." It also stated that such contributions would "be used for A.A. operating expenses only."

In September 1950, lack of voluntary contributions led Bill to issue to the Fellowship a five-page plea for support, including a request that the group secretaries call a special business meeting for the purpose of reading his (Bill's) written plea. "Without A.A.'s Services we'd often fumble that new man or woman just coming in the door; without our Services, we'd certainly spoil the main chance of those millions who don't yet know."

In November 1957, Bill wrote a Grapevine article entitled "Respecting Money," in which he juxtaposed outside contributions and self-support: "Our spiritual way of life is safe for future generations if, as a society, we resist the temptation to receive money from the outside world. But this leaves us with a responsibility—one that every member ought to understand. We cannot skimp when the treasurer of our group passes the hat. Our groups, our areas, and A.A. as a whole will not function unless our services are sufficient and our bills paid."

Ten years later, as if in conclusion, Bill wrote in the A.A. Grapevine, "Both these principles we understand: that A.A. wants no charity; that we support our own services. We understand—but we sometimes forget."

GENERAL SERVICE BOARD OF ALCOHOLICS ANONYMOUS., INC. • P.O. BOX 459, GRAND CENTRAL STATION, NEW YORK, NY 10163 • (212) 870-3400 • FAX: (212) 870-3003 • www.aa.org
F-19A

SELF SUPPORT

The Seventh Tradition states that Alcoholics Anonymous is self-supporting through our own contributions. The contributions help to cover the group's expenses. But the Seventh Tradition is more than simply paying for rent and other group expenses. It is both a privilege and a responsibility of individual groups and members to ensure that our organization, at every level, remains forever self-supporting and free of outside influences that might divert us from our primary purpose.

The monetary amount of each contribution is secondary to the spiritual connection that joins us in unity with A.A. groups around the world.

Service Material from the General Service Office

Card F-42

SELF-SUPPORTING

7 Ways Contributions to G.T.A. INTERGROUP Help A.A. members the Newcomer & the still-suffering Alcoholic!

- 1 Providing live telephone response for member information, and assistance to the suffering alcoholic, seven days a week.
- 2 Providing meeting facilities for Sub-Committees, and monthly Intergroup meetings for the groups in the GTA.
- 3 Maintaining and utilizing an active list of volunteers for Twelve-Step work.
- 4 Maintaining, publishing and distributing up-to-date meeting information, both in print and online.
- 5 Maintaining the central office, including rent, utilities, office equipment, management and administration staff.
- 6 Distribution of Conference -Approved Literature across the GTA.
- 7 Creating, publishing and distributing a monthly newsletter (the Better Times) on recovery in the GTA and abroad.



SELF-SUPPORTING WHERE the \$\$ is Spent at G.T.A. Intergroup

#	NAME	YEARS	DRY DATE	GROUP	MEDALLION
1	Chris B.	1	Aug. 15 2018	King City Group	Sep. 2 2019
2	Charlotte M.	15	Aug. 20 2004	Anniversary Group	Sep. 4 2019
3	Linda B.	1	Sep. 4 2018	Morning Discussion Group	Sep. 7 2019
4	Troy M.	1	Sep. 4 2018	Morning Discussion Group	Sep. 7 2019
5	Jim G.	1	Jul. 22 2018	King City Group	Sep. 9 2019
6	Margaret H.	10	Aug. 20 2009	King City Group	Sep. 9 2019
7	Sebastian F.	1	Aug. 19 2018	Prince Edward Group	Sep. 9 2019
8	Dora Mae M.	40	Sep. 8 1979	Golden Mile Group	Sep. 11 2019
9	Michael M.	20	Aug. 8 1999	Traditional Group	Sep. 13 2019
10	Ryan S.	1	Sep. 7 2018	Melrose Group	Sep. 14 2019
11	Sydney W.	1	Aug. 27 2018	Prince Edward Group	Sep. 16 2019
12	David John M.	1	Sep. 10 2018	Anniversary Group	Sep. 18 2019
13	Wilson Y.	10	Jun. 19 2009	Hill Group	Sep. 19 2019
14	Andrew A.	1	Sep. 23 2018	Prince Edward Group	Sep. 23 2019
15	John A.	1	Sep. 15 2018	Fifth Tradition Group	Sep. 24 2019
16	David L.	40	Sep. 22 1979	Golden Mile Group	Sep. 25 2019
17	Sharon L.	30	Sep. 22 1989	Golden Mile Group	Sep. 25 2019
18	Roy R.	35	Sep. 24 1984	Kipling Group	Sep. 26 2019
19	Brian McG.	1	Sep. 18 2018	Leslie Group	Sep. 28 2019
20	Eric H.	1	Sep. 20 2018	Leslie Group	Sep. 28 2019
21	Larissa P.	1	Sep. 13 2018	King City Group	Oct. 7 2019
22	John K.	1	Sep. 27 2018	Fifth Tradition Group	Oct. 8 2019
23	David H.	5	Oct. 14 2014	Fifth Tradition Group	Oct. 15 2019
24	Sheila F.	45	Oct. 17 1974	Keep it Simple Group	Oct. 20 2019
25	Catherine C.	5	Sep. 22 2014	Fifth Tradition Group	Oct. 29 2019
26	Joe S.	29	Oct. 24 1990	Birds of a Feather Group	

Sponsoring of events such as:

- Winter Season Open House
- Information AA Day
- Ontario Regional Conference (O.R.C.)

Funding of volunteer groups to provide:

- Twelve-Step work in Treatment and Correctional Facilities
- Information for the public and professionals
- Distribution of information to AA members
- Preservation and Displays of Historical items and information

Assistance to members
with Special Needs

If you used to count your blessings:

HOW WILL YOU MAKE YOUR BLESSINGS COUNT TODAY?

Learning daily to spot, admit, and correct these flaws is the essence of character-building and good living. An honest regret for harms done, a genuine **gratitude** for blessings received, and a willingness to try for better things tomorrow will be the permanent assets we shall seek. From: *Twelve Steps and Twelve Traditions* page 95

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



In October 1959, Gratitude Month began by requesting money from the members of the Toronto Fellowship

Members contribute a fraction of what we used to spend on booze to A.A. instead. Our money pays the rent at our local meeting, buys coffee and literature, the basics. If a group is big enough, moneys are distributed to other levels of service such as District, Intergroup, Area, and General Service Office (G.S.O.).

As October is Gratitude Month, PLEASE consider making an extra contribution to our G.T.A. Intergroup which is the service body that maintains our local website www.aatoronto.org prints meeting books, prints this publication *Better Times*, plans and organizes the Ontario Regional Conference (O.R.C.) www.aaorc.ca, Info. A.A. Day, and the Winter Season Open House, and operates the 24/7 helpline (416) 487-5591 among other things.

Visit www.aatoronto.org in October to see a DONTATE NOW button

THE TENTH STEP PROMISES

The Big Book offers an array of promises associated with each of the Twelve Steps, but for me, the rewards starting on the bottom of page 84 and continuing throughout that paragraph are by far the most vibrant and exciting. These are my favorites:

“And we have ceased fighting anything or anything – even alcohol.” When I am living in the spirit of the Step Ten directions and resolutely turning my thoughts to someone I can help, I become much less reactionary with those who disagree with me. Being right, takes a back seat to developing a continuing friendly relationship. The first shot is not fired because the battle never begins.

“For by this time sanity will have returned.” I feel as though the word “sanity” overflows from the first promise; if I am unable to differentiate the true from the false in the matter of drink, I am indeed suffering from alcoholic insanity. However, if I can see and act on the obvious truth in the matter of that next drink, I am living in a sane manner. The Big Book often uses the expression of insanity interchangeably with the phrase “mental obsession”. Jim’s Story (p. 37) is case in point.

“If tempted, we recoil as from a hot flame” During first sober year or so drinking thoughts would spawn deep-seated horror. If I would – as is often suggested – Think the drink through, the dismal memory of those horrible hallucinations coming on, the music exuding from the walls, and the jail door slamming shut filled me with terror. The dread of being fired, once again, would come on strongly. But as time passed, I learned to stymie these unpleasant thoughts before they become solidified. Actually, I believe I have developed a reverse Pavlov in the matter of drink.

“It just comes! That is the miracle of it.” This miracle happened for me! Thoughts of drinking no longer exists in my emotional vocabulary. This marvelous “release” took place in my second year of sobriety and I have not been plagued by the mental obsession since—thank you God!

“Instead, the problem has been removed. It does not exist for us.” These two phrases probably represent the most important single promise in the Big Book: a release from the insanity of taking that first alcoholic drink! Of course, this exciting promise is obviously concerning the mental obsession before the first drink. I will never be an ex-alcoholic—just one shot and I am shot! We are not told that the problem (obsession) has been eradicated, destroyed or beamed to outer space. It simply promises that it has been removed. That obsession/allergy will forever lurk, just waiting for me to fall below a fit spiritual condition. “That is how we react so long as we remain in a fit spiritual condition.” I have found that living in the spirit of maintenance steps 10, 11 and 12 to the best of my ability, I have remained close enough to a fit spiritual condition that I haven’t had to drink since my very first meeting in 1975.

Bob S., Fourth Dimension Big Book Study Group Richmond Indiana

SLEEPING BEAST WITHIN

Spiritually fit its eyes will remain shut.

Morning prays and meditation, my God keeps me safe.

Each day but a blessing, freedom is Gods grace.

The road before me lies many a struggle in life’s rat race.

I surrender to God each moment of each day for his will not mine be done.

My state of mind has been restored from insanity, my new perception made clear.

God has released me from all my worries and fears .

My rewards of my gratitude have been understood, for God gives me what I need not what I want.

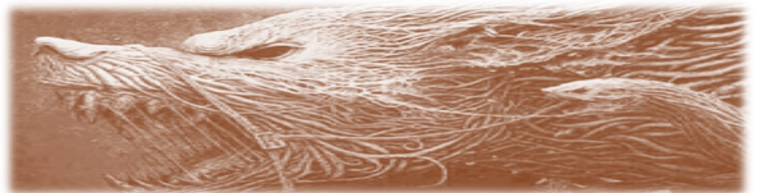
My best decisions of my past took me down, yet what God puts before me making me humble and my state of mind sound.

Time now for the night and to give thanks and praise for another day of sobriety, my thoughts have been kept clear and away from the haze.

Tomorrow I will awake and do it all again for I must keep the eyes closed of the beast.

Recovery is had when I do what is right, yet the enemy will wait in the wings and will never be quite deceased.

Donny M., Strength in Recovery Group



MEDITATION and THE ELEVENTH STEP

All of us have been guilty of issuing empty heartfelt proclamations on the morning after swearing never to touch alcohol again. But when 4 p.m. rolls around we weaken. It doesn't matter how earnest and sincere our pledge to sobriety has been. Our conscious minds are no match for the cunning, baffling, reckless impulses lurking in our subconscious. How can we learn to tame these demons and take away their power? The Eleventh Step might provide us with some answers.

The conflict between our conscious and sub-conscious minds is an important chapter in our struggle to get better. We can talk endlessly about what we want to do and what we wish to accomplish to our friends, family, therapist or the family dog if they are in a mood to listen, but that will only scratch the surface. The root of our problems with anxiety, depression and/or obsessiveness lies hidden in our subconscious minds where it's been percolating for years if not decades. This, for a large part is why we drink and why it takes time and effort to turn this around.

In my own case, meditation has made a huge difference. It seems to have an effect on some of my more elusive issues in my mind at the subconscious level. I noticed one day I had stopped biting my fingernails. My breathing was deeper and more relaxed. I stopped having scary dreams. None of these changes were as a result of my own conscious efforts.

Meditation is part of my daily routine. In order for it to make a difference in your own life, it's important to commit to it. This may be one of the biggest hurdles you face. Most people find it hard to put aside the time during a busy day. I believe that people who find it challenging to slow down and focus consistently for a mere ten to fifteen minutes a day to practice meditation may, paradoxically, have the most to gain from it.

The act of meditating itself is very simple. There are countless videos and websites on the internet that can walk you through the basics. As with anything you learn online, I think it's important to read or watch from a variety of sources to get a balanced view. I tend to stay away from sites that have overly religious or divine nuances. I don't mind chanting the name of some Hindu deity as a mantra but I'd rather make up my own. Sometimes I use the word Amygdala which is a part of the brain where emotions are processed and is central to how we handle stress. I like the irony.

Depending on your personality, meditation may not be your cup of tea. The rehab institute I attended in Toronto a few years ago held regular classes in relaxation, breathing, yoga and physical exercise as well as meditation. I believe that with dedication and commitment, any one of them can become an important factor in recovery.

John F., Beaches Group

SOBRIETY... Priceless!

We have all been given the most priceless gift of all, sobriety. But it did not come cheap, the price some of us have paid is huge. To stay sober takes time and continual effort. The same applies to making sobriety possible, as described by the responsibility declaration;

*I am Responsible. When anyone, anywhere, reaches out for help,
I want the hand of A.A. always to be there. And for that: I am responsible.*

That hand of A.A. can be more than the welcoming handshake. It can be the hand on the steering wheel that takes a newcomer or a long-timer who no longer drives, to a meeting. That hand can be the one that picks up the phone when the still suffering alcoholic calls the helpline. That hand can be the one looking up a meeting for a newcomers first meeting or a vacationing member looking for their first Toronto G.T.A. meeting. That helping hand can be making coffee, setting up, cleaning up a meeting. Also taking a meeting behind the walls or holding a microphone as a G.S.R. or D.C.M. at an Assembly.

All these activities are really done with the theme of being self supporting. There it is the 7th tradition, and money was not mentioned once. Self supporting is not just "Show me the Money". It is also about time. Time is for 12th step work, AND, for making 12th step work possible. Time well spent sharing resources and effort for the benefit of others and A.A. as a whole.

Many years after coming; I saw something that made it all click for me. My phone was on a counter between my watch and my wallet. This metaphoric trinity of communication, time and resources. When I made my first call to A.A. in early April 1995, the phone was answered by a volunteer member (the watch/giving of your time) at 234, (the wallet - \$\$ for rent/phone bill). There is balance of resources needed for A.A. to continue to bring recovery to those who not only need it but want it today, and for the child born today who may need us later. No one is helped if we don't volunteer whether it be time or money. October is gratitude month. Give what you can, in terms of time and money, in that order. If you need an easy way to remember the key elements of self support, think of Pink Floyd; Instead of getting *Comfortably Numb* on the *Dark Side of the Moon*, Give a little *Time* and *Money*. SOBRIETY ROCKS!

Jim A., Attitude Adjustment Group

FROM THE ARCHIVES; Did you know?

- that on Oct. 3, 1945 the A.A. Grapevine was adopted as the national publication of A.A. with 3,000 subscribers?
- that on Oct. 17, 1935 Ebby T., Bill's boyhood friend who introduced him to the Oxford Group, moves in with Bill & Lois?
- that in Oct. 1937 A.A. meetings weekly at Bill & Lois home at 182 Clinton St. Brooklyn, the first NY A.A. group?
- that in Oct. 1937 Dr. Leonard Strong, Bill W.'s brother-in-law, begins a series of letters to his friend, Rev. Willard S. Richardson of the Rockefeller Foundation seeking money for the new recovering alcoholic's group that will become A.A.
- that in late Oct. 1939 Akron, Ohio alcoholic members withdrew from the Oxford Group (met at T Henry & Clara Williams home) and held meetings in Dr. Bob's house.
- that in Oct. 1940 Bill W. went to Philadelphia to speak to Curtis Bok, one of the owners of the Saturday Evening Post? In Dec. Jack Alexander was assigned by the Post to do a story on A.A. His article was published March 1, 1941 which helped A.A. membership jump from 2,000 to 8,000.
- that on Oct. 23, 1949 New York area's first female member, Florence R., starts drinking again, does not recover & commits suicide?
- that in Oct. 1951, the Lasker Award is given to A.A. in San Francisco by the American Public Health Association?
- that in Oct. 1954 The Alcoholic Foundation changed its name to General Service Board of Alcoholics Anonymous?
- that in Oct. 1958 Playhouse 90 TV aired "The Days of Wine and Roses? A.A. cooperated in its production. The story centered on Joe's testimony at an A.A. meeting. The ending found him in recovery but his wife continued to drink.
- that on Oct. 24, 1973 the 1st Archives Committee meeting established at GSO with Nell Wing (GSO Archivist) in charge? Meet 3 times/year.
- that on Oct. 5, 1988 Lois Wilson widow of Bill Wilson and co-founder of Al-Anon Family Groups dies at the age of 97?
- that in Fall, 1964 the first Area Assembly for Eastern Ontario was held outside of Toronto in Belleville?
- that from 1951-1963 the Assemblies took place during the ORC at the Royal York Hotel? All Delegates & Committees were elected there.
- that on Oct. 27-28, 1984 the Eastern Ontario Area Assembly was again held at the 401 Inn in Kingston for 2 days and has continued with the 2 day sessions?
- that on Oct. 25-26, 1986 Dennis D. was elected as Eastern Ontario Area Delegate Panel #27? It was the first time an American was made a Delegate in a Canadian Area. He was from Bombay, N.Y.
- that on Oct. 15, 1948 the Hill Group started at Timothy Eaton Memorial Church in Toronto?

Eddy G.— GTA Archivist

35th ANNUAL GTA ARCHIVES BREAKFAST

On Sunday November 3rd at the Oasis Convention Centre, located at 1036 Lakeshore Rd. E. in Mississauga, the GTA Intergroup Archives Committee invites you to our 35th Annual GTA Archives Breakfast.

9 am - Coffee & Tea will be served and members will have the opportunity to partake in fellowship, look at the Archives Displays from the GTA repository, Toronto Districts with special appearances from Hamilton and London Archives. "The History of AA, a Canadian Perspective" a movie produced by the GTA Archives Committee will also be showing.

10 am - Buffet Breakfast

11 am - Open Meeting This year our guest speaker will be Grant A. from the Lakeshore Group in Toronto. Grant will share his experience, strength and hope weaving in the gems he's heard from the old-timers that helped him along on his journey of over 47 years in A.A.

On August 6, 1981, Tommy H., then Alternate Delegate of Eastern Ontario Area 83, convened a meeting on behalf of the Ontario Provincial Committee to discuss the development of an Archives Repository: a place to gather, preserve and protect our A.A. history. Present at the first meeting were Al B., Bob D., Whit H. and Neil McV. Today this repository is located at the GTA Intergroup Office.

The Archives Sub-Committee first met to organize the GTA Annual Breakfast Meeting on October 22nd, 1985 and present were Tommy H., Pat B., Orville G. and Don MacD. The First Archives Breakfast took place on Sunday December 1st, 1985 with the purpose of generating funds for A.A. archive-related projects without tapping into funds that are earmarked for other A.A. purposes.

The GTA Archives Breakfast celebrates the rich history of the Fellowship, acknowledges the dedication of "Passing It On" among those who have gone before us and to bring awareness that our colourful history resides in the documents, stories and experiences in our archives. To conserve and preserve these is to insure we never forget where we came from.

We would like to Thank everyone for all the support the Archives Breakfast has received over the years. Once again, we are inviting you to come and join us for our Traditional Annual GTA Archives Breakfast Event. We hope to see you there!

Tickets are \$25.00 and are available from members of the GTA Archives Committee – see our flyer for names and phone numbers.

BETTER TIMES / 7

The GTA Archives Committee invites you to attend the

35th Annual GTA Archives Breakfast

Sunday November 3, 2019
Oasis Convention Centre
(1036 Lakeshore Rd. E., Mississauga)
9am-1pm, Tickets \$25
9am - Coffee | 10am - Breakfast | 11am - Open Speaker Meeting
Door Prizes, Raffle Tickets



Come join us for a fantastic breakfast, fellowship, and hear what it was like from one of our long-timers

For Tickets Contact:
SecretaryGTAarchives@gmail.com

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



GROUP SPOTLIGHT: Thorncliffe Park Group

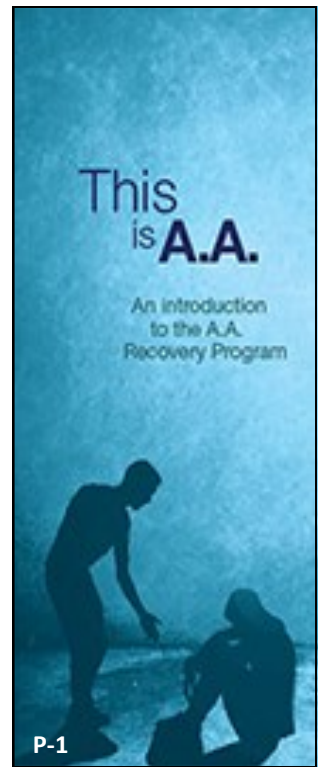
Thorncliffe Park held its first meeting on January 6, 1984, making it 35 years old in 2019. It consists of one open meeting every Friday night at 8:30 p.m., and one closed discussion meeting each Monday night at 7:30 p.m., using *The Twelve Steps and Twelve Traditions* as source material.

A long-time member of the group, Carlos R. was responsible for starting the group's Monday evening closed discussion meeting according to Thorncliffe Park's Secretary, Cary D. The Monday meeting is often quite small, with a loose and relaxed atmosphere. **Newcomers** are highly encouraged to attend, and the group's extensive library includes free detailed pamphlets dedicated just for you. (P-24 *A Newcomer Asks*) and (P-1 *This is A.A. - An Introduction to the A.A. Recovery Program*)

All meetings are held downstairs in the Thorncliffe United Church located at 16 Thorncliffe Park Dri. There is full wheelchair access with an elevator, and ample parking at the mall. Approximately half a dozen bus routes pass within a block or three of the church, departing from Pape, Donlands, Broadview and St. Clair Avenue subway stations. There is a park adjacent to the church with tennis courts, baseball & soccer fields, even a quaint swimming pool offering a spectacular view of our majestic downtown Toronto skyline.

PLEASE FEEL FREE TO JOIN US ANY TIME, ALL ARE WELCOME!

David P., Thorncliffe Park Group



Women's groups histories needed 80-year history project includes focus on A.A. for women

There are about 100 A.A. groups in Ontario that are only open to women. Serving a special purpose within Alcoholics Anonymous, the story of these groups will have its own place in the 80-year history of A.A. in Ontario that's currently being created. Jill B. of Sisters in Sobriety Group is a member of the archives committee tasked with compiling the new provincial history. Jill has taken on the job of reaching out to all women's groups to request their histories.

More from a meeting with Jill B. on behalf of the archives committee 80-year history project:

We already know a lot about the history of Ontario women in A.A. The first A.A. meeting in Canada, on January 13th 1943, included Dorothy C., our first female A.A. The first woman's meeting was held in Toronto in 1945. These stories were recorded in *50 Years: The History of A.A. in Ontario*, and touched upon again in the booklet *75 Years of A.A. in Ontario*, which was printed for last year's Ontario Regional Conference (O.R.C.). The 80-year history project will append what we already know.

"Now that we've got a lot of the basic material in place, we're looking to dig deeper into the areas that didn't get included in the first book". A list of all the registered women's groups within A.A.'s four designated areas in Ontario has been compiled and group histories will be requested from each.

"I may not get a lot of group histories back, but at least I'll get a flavour of the need for women's meetings in Ontario". An interesting trend has already been noted in that the majority of women's meetings are either during the day, or start early in the evening at 7 p.m. Another interesting detail is that her own home group, Sisters in Sobriety, operated as a service meeting for 20 years before organizing as a group in 2013. "It's little facts like these that are important to be noted".

More generally, the committee is interested in why groups started. There are many reasons women choose to attend women's meetings. "For some women it's because of abuse. They can't be open, honest, and vulnerable with men present. My own experience is the opposite. I needed to develop relationships with women because I didn't trust them. Everyone comes for their own unique reasons."

Jill is interested in connecting with anyone who would like to assist in gathering information on women's groups. Contacts are needed for any groups that have closed or that operate as service groups and don't appear in area meeting lists.

The committee working on the 80-year history meets on the first Friday of every month at the G.T.A., A.A. Intergroup office at 234 Eglinton Avenue East in Toronto. The book will be available for the official anniversary in 2023 and will be softcover. If you are interested in contributing, please send an e-mail to archives@atoronto.org, adding Jill in the subject line.

Chris Z., Port Credit Group

