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Chapter Six

INTO ACTION

We think
a power above you

Having made your personal inventory, what shall you do about it? You have been trying to get a new attitude, a new relationship with your Creator, and to discover the obstacles in your path. You have admitted certain defects; you have ascertained in a rough way what the trouble is; you have put your finger on the weak items in your personal inventory. Now these are about to be cast out. This required action on your part, which, when completed, will mean that you have admitted to God, to yourself, and to another human being, the exact nature of your defects. This brings us to the fifth step in the Program of Recovery mentioned in the preceding chapter.

make it definite as to the one statement

This is perhaps difficult -- especially discussing your defects with another person. *you think you have done well enough in admitting these things to yourself.* In actual practice, we usually find a solitary self-appraisal insufficient. *we will be more reconciled to discussing ourselves with another person.* We have good reasons why you should do so. The best reason first: if *we skip* this vital step, *we may not overcome drinking.* Time after time newcomers have tried to keep to themselves certain facts about their lives. Trying to avoid this humbling experience, they have turned to easier methods. Almost invariably they got drunk. Having persevered with the rest of the program, they wondered why they fell. *The answer is that they never completed their housecleaning.* They took inventory all right, but hung on to some of the worst items in stock. They only thought they had lost their egoism and fear; they only thought they had humbled themselves. But they had not learned enough of humility, fearlessness and honesty, in the sense we find it necessary, until they told someone else all their life story.

More than most people, the alcoholic leads a double life. He is very much the actor. To the outer world he presents his stage character. This is the one he likes his fellows to see. He wants to enjoy a certain reputation, but knows in his heart he doesn't deserve it.

The inconsistency is made worse by the things he does on his sprees. Coming to his senses, he is revolted at certain episodes he vaguely remembers. These memories are a nightmare. He trembles to think someone might have observed him. As fast as he can, he pushes these memories far inside himself. He hopes they will never see the light of day. He is under constant fear and tension -- that makes for more drinking.

Psychologists agree with us. Members of our group have spent thousands of dollars for examinations by psychologists and psychiatrists. We know but few instances where we have given these doctors a fair break. We have seldom told them the whole truth. Unwilling to be honest with these sympathetic men, we were honest with no one else. Small wonder the medical profession has a low opinion of alcoholics and their chance for recovery!

we must be entirely honest with somebody if we expect to live long or happily in this world. Rightly and naturally, we should think well before we choose the person or persons with whom to take this intimate and confidential step. If we belong to a religious denomination which requires confession, we must, and

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Opinions expressed in BETTER TIMES are those of the authors and don't necessarily reflect those of the Greater Toronto Area Inter-group. The editorial staff reserve the right to edit submitted articles for length, content and grammar in accordance with layout and quality purposes.

How to reach us:

Submit group news, medallions, other event notices, letters to the editor or articles to BETTER TIMES before the 7th of the month prior to the month of issue by mail, fax or email.

Submissions should be 200 to 500 words and may be made online at www.aatoronto.org or emailed to bettertimes@aatoronto.org. Only signed submissions with a means of contact will be accepted. Your anonymity will be protected.

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DON'T GET BAFFLED WORD SEARCH

STAR WARS WORD SEARCH



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

HAN SOLO
GALAXY
GEORGE LUCAS
THE FORCE AWAKENS
LUKE SKYWALKER
CHEWBACCA

LEIA
BOBA FETT
R2 D2
OBI WAN KENOBI
EMPIRE
LIGHTSABER

PALPATINE
SITH
JEDI
YODA
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MACE WINDU

BATTLE
BATTLESHIPS
DARTH MAUL
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Letter from the Editor



Greetings Friends!

Just a quick note this month as we have a fairly packed edition this June - which is great! My main message is a call for assistance in service to the Better Times and the Communications Committee! We are currently looking for folks with our new in-house printing initiative by way of a Printer Captain and team AND an Assistant Editor of the Better Times. Both positions are critical to the output and circulation of this newsletter and are not large commitments of time by any means but boy are they fun and a different way of giving back should your service commitments be lacking or needing a little "twist"!

Please feel free to contact me for details on either via our email address bettertimes@aatoronto.org

Thank you and see you next month!

Yours in Service, Maija

Intergroup Chair June update

What's happening at your Intergroup office? Since January, the new committee is working to improve the functionality of the office.

Insurance

We are working toward reducing the expenses and one of the largest one is the insurance. For this reason, we are changing our insurance company and this will save a huge sum to the Intergroup and the groups as well, as this insurance plan we are working on will permit to the group to apply for an insurance that will cover their activities under one umbrella: A group with multiple locations will not need to have two policies to cover the location where they have meeting. One policy

would be portable and cover automatically any activities the group is holding. The application for the groups will be available at the intergroup office or at the general meeting beginning this month.

Procedures and guidelines

With the help of the Advisory committee, we are revising the guidelines and procedures so they will be current to the reality. We noticed there was some discrepancy with what it is written and what is happening and we try to correct those items.

Better Times

As of the April issue, we are printing in-house, saving almost \$1,000 a year

in printing fees. We added a saddle to the photocopying machine as it has the capacity to perform that task; with the help of volunteers it is feasible every month (please sign up for printing servicee duty with our editor, Maija)

Executive committee

The Executive committee is in need of members to serve the office and different committees as liaison. We should be 10 members at the table and currently we are six. If you know some people interested in serving the fellowship, requirement is two years of continuous sobriety.

YILS,

Bert Jean, InterGroup Chair

DID YOU KNOW... that in June 1944, Marty M. and partner Priscilla discussed with Bill W. about printing an AA magazine? They were joined by Lois K., Chace H., Bud T. and Kay M. (known as the "6 ink-stained wretches") and published the first issue of AA Grapevine in June.

Concept 12

This month and next we will break down Concept 12 and the first 3 warranties of AA.

General Warranties of the Conference: in all its proceedings, the General Service Conference shall observe the spirit of the A.A. Tradition, taking great care that the conference never becomes the seat of perilous wealth or power; that sufficient operating funds, plus an ample reserve, be its prudent financial principle; that none of the Conference Members shall ever be placed in a position of unqualified authority over any of the others; that all important decisions be reached by discussion vote and whenever possible, by substantial unanimity; that no Conference action ever be personally punitive or an incitement to public controversy; that though the Conference may act for the service of Alcoholics Anonymous, it shall never perform any acts of government; and that, like the Society of Alcoholics Anonymous which it serves, the Conference itself will always remain democratic in thought and action.

This Concept consists of the General Warranties of the General Service Conference. It is cast in stone; that is, although Bill leaves the door open for alterations and changes in the other Concepts and points out that the rest of the Conference Charter “can be readily amended,” these General Warranties — like the Twelve Steps and the Twelve Traditions — be changed only by “written consent of three-quarters of all AA groups” in the world! Why? Because “these Warranties indicate the qualities of prudence and spirituality which the Conference should always possess... These are the permanent bonds that hold the Conference fast to the movement it serves.”



The Warranties also express spiritual principles which apply to all other AA entities as well. Let us, then, consider these principles one by one:

Warranty One: “The Conference shall never become the seat of perilous wealth or power.” The Seventh Tradition protects us against the accumulation of too much money. So long as we refuse to take outside contributions and limit individual member’s donations, “we shall not become wealthy in any perilous sense.” And if we live by Tradition Two — that “our ultimate authority is a loving God” and that “our leaders are but trusted servants; they do not govern” — then we are safe from perilous power.

Warranty Two: “Sufficient operating funds, plus an ample Reserve, should be its prudent financial principle.” Although many of us as active alcoholics were free spenders, when it comes to supporting “AA service overhead, we are apt to turn

a bit reluctant.” Yet, in AA the cost of the service office is relatively low in terms of the number of groups served, and if the need for support is made clear, the contributions are forthcoming. The Reserve Fund should be one full year’s operating expenses of the GSO and the Grapevine. The Reserve Fund comes almost entirely from income from the sale of AA literature, which also is used to make up the deficit between group contributions and the cost of group services.

Warranty Three: “None of the Conference members shall ever be placed in a position of unqualified authority over any of the others.” This principle is discussed earlier in Concept IV, but “it is so important, we have made it the subject of this Warranty” — a “strong stand against the creation of unqualified authority at any point in our Conference structure.”

- Warranties 4-6 next month!

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DID YOU KNOW... that on June 11, 1935, Dr. Bob suggested that he and Bill start working with other alcoholics? They unsuccessfully tried to sober up Eddie R. described as an “alcoholic atheist.”

DID YOU KNOW?
that in June 1939, The New York Times reviewer writes that the Big Book is "more soundly based psychologically than any other treatment"?

ANNOUNCEMENTS

13th Annual East Toronto Archives Breakfast

Sunday, June 3 at 9 a.m.

SSIS Banquet Hall

3474 Kingston Road

Silverbirch group celebrates 60 years

Friday, June 8 at 8:30 p.m.

St. John Norway Church

470 Woodbine Avenue

Thornhill group celebrates 45 years

Wednesday, June 20 at 8 p.m.

Thornhill Presbyterian Church

271 Centre Street, Thornhill

TELEPHONE GREETERS WANTED

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.

Phone training is now the first Sunday of every month. To book an appointment, please call 416-487-5591 or contact the 12th Step Committee.



God as We Understood Him

Very few of todays two-million-plus AA members claim to possess a satisfying scientific definition of God. However, there exists undeniable evidence that God's power has released countless of its members from alcoholic obsession.

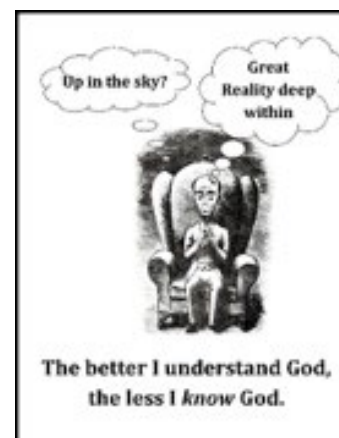
Steps Three and Eleven contain the phrase, "God, as we understood Him." When I was new, I found this insert both challenging and confusing; consequently, I soon found myself delving into books on theology, theosophy, philosophy and other mystical readings—but to no avail. I soon realized that I was no further along understanding God than when I started. Months of studying left me without any satisfying logical or scientific definition—what to do? After all, am I not supposed to "understand God?" If not, perhaps my sobriety would be in jeopardy! Confusing times!

But then, I came across a watershed idea from Bill W's Oxford mentor, Reverend Sam Shoemaker who wrote: "Step Two is not theological; it is evidential!" Of course, I could plainly see the evidence

of God's work by simply observing numerous members around AA tables with many years sobriety; they all claimed that contact with God, or a "Higher Power," was keeping them sober. It was evidential! I had been barking up the wrong tree! I no longer need search for a logical definition of God, but I still needed to improve my conscious contact with God. Step Eleven convinced me that I could begin to know God through prayer and meditation—then there would be no need of a logical or scientific understanding of Him.

I have come to believe that I need to contact (know) God from my deep innermost self (heart) and not from my ever-inquiring alcoholic mind. I had been searching for God from the wrong place all along! After all, doesn't the Big Book speak of the "Great Reality deep within?" (p. 55). So, in conclusion, I restate the cartoon above: "The better I understand God, the less I know God."

Bob S., Richmond, IN



Want to Contribute? The Better Times is always looking for content and would love to publish your stories! Your understanding of the Steps or Traditions, thoughts on the principles of the program or your stories of experience, strength and hope are most welcome!
Email your ideas to bettertimes@aatoronto.org

DID YOU KNOW... that in June 1939 appearance of Morgan R. on Gabriel Heatter's radio program gives AA-wide recognition? Before the show Morgan was kept under round-the-clock surveillance to make sure he didn't drink.

medallions & archives

DID YOU KNOW?
that in
June 1940, 100
attend first meeting
at first AA Clubhouse
"open every day" at 334-
1/2 West 24th St.,
NYC?

MEDALLIONS

Linda S.	25	Anniversary	May 30
Mildred F.	45	RoxGlen	May 31
Martin F.	25	RoxGlen	May 31
Lea G.	1	Richmond Hill	June 1
Kristen S.	10	Bayview	June 3
Elver P.	5	King City	June 4
Danny K.	1	Erin Mills	June 4
Linus L.	40	Erin Mills	June 11
Adam S.	10	Morning Discussion	June 17
Billie McM.	10	Keep It Simple	June 17
Tracey S.	20	Sisters in Sobriety	June 20
Agnes O.	10	Thorncliffe Park	June 29
Dan S.	5	Keep It Simple	July 1
Paul C.	25	Sobriety Plus	July 3
Don O.	5	Keep It Simple	July 8

Due to ongoing submissions, this list may not be current.
For the latest information, please visit www.aatoronto.org

WANTED

- Old books,
- brochures,
- flyers,
- photographs,
- CDs,
- DVDs
- & other materials
from AA in Ontario!



To donate AA and GTA archival items to the GTA Archives,
please contact the GTA Archivist Eddy G. at 416-536-7536.

Old GTA meeting books are needed for the GTA Archives.

From the archives with GTA Archivist Eddy G.

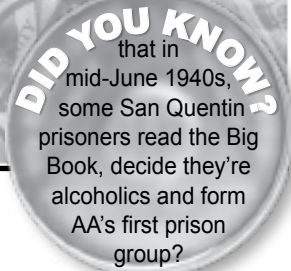
Recent items donated to the GTA Archives:

- Large Big Book (soft cover) Third edition, fifth printing, 1992, with signatures from Joe McCoy & Charlie Parmley 1-14-95, Big Book Alive 95 (held in Toronto). Donated by the Silverbirch group.
- Foundation 33 Group, 1988-1989 "Sandwich Volunteers" (1 page). List of members' names & phone numbers for each week of the month from Dec. 1988 to Sept. 1989. Donated by Rod MacL., Rexdale United group.
- Prayer card: Ken B. member of the 12 Steps Group. Sober one year. Donated by the 12 Steps group.
- Prayer card: Dick E. member of the SOS group. Sober for 47 years. Service includes 15 years at the Seaton House meeting, 10 years at the Maxwell Centre meeting & 3 years at the Gateway Salvation Army meeting. Donated by Russell J. (Hill Group). Ken & Dick will be sadly missed.
- History of the White Oaks group, Oakville 1958-2018 (2 pages) Donated by the White Oaks group.
- ICSAA Toronto 2018 Aug. 24-26 button. (ICSAA-International Conference of Secular AA) Donated by Joe C., Beyond Belief group.
- IAR Minutes Feb. 26, 2005 (2 pages) and
- IAC-IAR Committee meeting. Sun., Mar. 13, 2005, (2 pages) Re: Hospitality Room (at Royal York Hotel) & Dance (at Sheraton Hotel) during the 2005 International Convention held in Toronto (IAC- International Advisory Committee) and
- Committee list: names, phone & email (1 p.), Some random thoughts (1 p.). Donated by Paddy A., Frontrunners group.
- Alcoholics Anonymous (Big Book) Australia, 2nd edition. Donated by John H., formerly from Thursday East End group.
- Scarborough 1st Annual Roundup flyer: Sat., Oct. 20, 2012, and
- 9 Grapevines: Sept. 2017, Oct. 2017, Nov. 2017, Dec. 2017, Jan. 2018, Feb. 2018, Mar. 2018, Jan. 2001 & Mar. 2016. Donated by Peter P., New Anchor group.

Eddy G., Archivist

FROM THE ARCHIVES

DID YOU KNOW... that in June 1947 The Preamble was first put into the Grapevine & became established as an AA introduction? Written by Tom Y.



Interview with a Cooperation with the Professional Community Committee member Kelly B. of the Danforth group

I'm a member of the Intergroup Chair of the Cooperation with the Professional Community (CPC) Committee. My name is Kelly B. and I am also a member of the Danforth group in Toronto.

1. What is the purpose of the CPC Committee and what is its role in helping the still suffering alcoholic?

The purpose of the committee is to establish connections with professionals who may come into contact with practising alcoholics. For example, we make the effort to distribute literature to doctors' offices, pharmacies, police precincts, etc. We also introduce ourselves to human resource departments and offer information, lunch and learn opportunities and to host information sessions.

2. What kind of commitment is expected in volunteering on this committee?

To be a District Chair, one has to have a certain length of sobriety, I believe it's one year, but it's based on each District's Policies and Procedures to determine the exact length. The committee commit-

ment is two years. The committee meets monthly where we establish each District's activities and discuss action items and upcoming events.

3. When are the meetings?

We meet the second Monday of every month at 234 Eglinton Ave East.

4. What do you like personally about this particular service role?

These service commitments are truly ground floor opportunities for learning and growth in sobriety and life. The work is an important part of carrying the message. It is the ultimate way to give back to Alcoholics Anonymous of my time and energy. In service, I've learned to interact with people on a new level. It's allowed me to learn how to communicate effectively and with compassion. I appreciate all what I've learned and continue to learn while in service.

5. How does one get involved?

In order to be on the committee, one has to attend their monthly District meeting and stand for the position of chair of

their chosen committee. A Group Service Representative will be given first choice of any chair opportunity available. If the position is declined by GSR, then anyone can stand as a Committee Chair. There are usually always service positions that need filling and anyone willing to fill them is welcome.

6. Do you have any special events coming up?

Besides being involved at most AA events including the Area Assembly, District Service Days, and Info AA Day, we are planning a "Bring a Professional Night" on June 11 at 7 p.m., at 234 Eglinton Avenue East. It's an information session for professionals that will include a panel discussion about how AA can be of service to their potential clients, patients and employees. I encourage anyone in AA to bring a non-AA professional to attend. Seats are limited and refreshments will be provided. I can be contacted if there are any questions or someone would like to reserve a spot.

Kelly B, CPC Chair, GTAAA Intergroup

WOULD YOU LIKE TO SEE YOUR TORONTO AREA GROUP
FEATURED IN AN UPCOMING ISSUE OF
BETTER TIMES?

Contact us
bettertimes@aatoronto.org

group spotlight

DID YOU KNOW?
that on
June 11, 1946,
the North Toronto
Group started in the home
of Mac H.? Today, it's the
2nd oldest group
in the GTA.

Silverbirch group celebrates 60 years

The Silverbirch group was founded on June 6, 1958, and the group's name has not changed over the years. Meetings were held once a week on Friday at 8:30 p.m. and the format was open speaker.

It is not known if the Silverbirch group originated as a spin-off; however, the Friday East End group, later changed to Thursday East End Group, was a spin-off from the Silverbirch. In 1977, members of the Beaches and Silverbirch groups started the End of the Line Discussion service meeting because neither group had a discussion meeting.

The only known original member was Henry.

In September, 1999, Spud of the East York group made book-ends and a chip box for the group in honour of Maurice O.'s one-year medallion. It is not known who made the table cloth and slogan board.

The group holds a picnic on the second week of August. A candlelight meeting is held during the Christmas season.

The group currently holds a Big Book closed discussion meeting at 7:00 p.m. followed by an open speaker meeting at 8:30 p.m.

There are 12 members in the group today. Membership, which has changed over

the years for the usual reasons, increased when the group moved in 2009.

There are no links with Al-Anon or Ala-teen.

The Silverbirch Group was once known as "the butter tart group" because members were in the habit of buying the "lunch" (as Frank called it) at the Value-Mart across the street. Butter tarts were a good deal and popular with the regulars.



Location

St. Aidan's Church
2423 Queen Street E.,
Toronto

Beaches Presbyterian Church
65 Glen Manor Drive,
Toronto

Bellefair United Church
2 Bellefair Avenue,
Toronto

St. John Norway Church
470 Woodbine Avenue,
Toronto

Date & Time

Open, Friday - 8:30 p.m.
(Jun 6, 1958 – mid-1989)

Open, Friday - 8:30 p.m.
(mid-1989 – mid-1991)

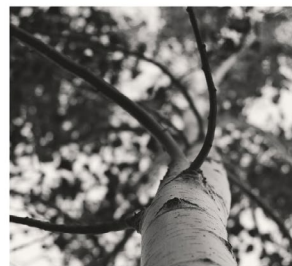
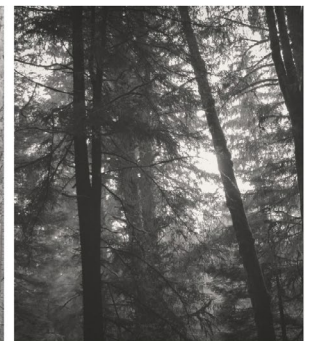
Open, Friday - 8:30 p.m.
(mid-1991 – Dec, 2008)

BB Study, Friday - 7:00 p.m.
(Feb, 2009 – present)

Open, Friday - 8:30 p.m.
(Jan 2, 2009 – present)

12 & 12 disc., Mon. - 8 p.m.
(Sep, 2010 – Mar, 2011)

12 & 12 disc., Fri. - 7 p.m.
(Mar 2011 – March, 2011)



**SILVERBIRCH GROUP
TURNS 60!**

~
**COME CELEBRATE WITH
US ON FRIDAY JUNE,
8TH AT 8:30PM**

~
**ST. JOHN'S NORWAY
CHURCH
470 WOODBINE AVE**

DID YOU KNOW... that in June 1953 the book Twelve Steps & Twelve Traditions was published?