

BETTER TIMES

masthead & wordsearch

BETTER TIMES is published monthly for AA members in the Greater Toronto Area.

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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. Only signed submissions with a means of contact will be accepted. For subscriptions call Alexx at 416-487-8110 or subscribe at: www.aatoronto.org

CALL FOR SUBMISSIONS

The Better Times publication strives to offer its readership the voice of the Toronto AA community. Your article submissions are a vital part of the Better Times publication and allow you to share your experience, strength and hope with your fellows.

Submissions should be between 200-500 words, and may be made online at www.aatoronto.org or by emailing bettertimes@aatoronto.org directly.

For any inquiries or comments, please send your name and phone number to the Editor at bettertimes@aatoronto.org. Your anonymity will be protected.

Yours in Service,
The Better Times Staff.

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DON'T GET BAFFLED WORD SEARCH

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

Willingness	Attitude	Sloth
Defect	Lifetime	Anger
Character	Behaviours	Envy
Primary	Satisfaction	Lust
Purpose	Righteous	Gluttony
Enterprise	Gossip	Greed
Instincts	Rebellion	Pride

BETTER TIMES

sharing

DID YOU KNOW?
that in June 1944 the
AA Grapevine in New
York was established?

HOW A FLOCK OF PIGEONS HELPED START AA.

You may recall that it was Ebby T. that carried his alcoholic solution to Bill W. in the early 1930s. Clarence S., the Cleveland AA founder, is quoted as saying: “Bill might have scored the touchdown, but it was Ebby who handed him the ball.”Ebby grew up under ideal circumstances; his brother was mayor of Albany, NY, as was his uncle and grandfather in previous years. There is even a park named after his family in his home town of Albany —the John BoydThacher State Park. In 1932, his older brother, Mayor Jack Thacher, was a candidate for NY State Governor when FDR became the President. Sadly, Ebby found himself repeatedly caught up in public drinking scrapes, not a good “look” for his political family; thus came the suggestion that he leave Albany and take residence in their family summer home in the prestigious township of Manchester, Vermont.

Ebby’s frustratedfamily hoped that the relative tranquility of the Manchester resort community would bring about at least some moderation of his drinking sprees, and it did – sort of. After a few months, Ebby joined a group who spent the entire winter clearing the trails of the Green Mountains region. He claimed to have drank two pints of gin on the first day, but when it ran out, Ebby got sober as a result of the lack of supply not the lack of demand. He spent the winter of 1932 at the age of 33 enjoying the rugged outdoor work. Upon return to Manchester, Ebby continued to stay dry for a few more months; but soon thereafter his drinking bouts resumed while living out of the furnished rooms of the large family residence

on Taconic Avenue during the spring of 1934.

Ebby’s sprees brought about two slight brushes with the Manchester authorities; he was fined only five dollars on each occasion, but the small fines brought a warning that the third time would bring more severe consequences. Perhaps remorse led to Ebby to follow his brother’s urging to paint the huge family summer ‘cottage’ that summer. But not surprisingly, the task was too much for one person, so a professional helper was hired for added assistance and the job was finished quickly. He must have felt a great sense of satisfaction - who wouldn’t be proud of such a large accomplishment! There is no evidence of this, but perhaps Ebby was celebrating with a little hooch when he noticed a flock of bothersome pigeons on the roof. Out came his shotgun—and no doubt the neighbors, as well — when loud blasts shattered the tranquility of the calm and peaceful community.

Ebby faced six months in Windsor Prison or the Brattleboro Insane Asylum, but lucky for us, the judge released him to the custody of millionaire Rowland H.Ebby eventually landed in Calvary Mission in lower Manhattan. Being sober several months, he gleefully carried his sober message to Bill W. on a bleak November day of 1934and you know the rest of the story. But don’t forget the pigeons!

Bob S.



...continued from front page

of Alcoholics Anonymous, page 75) If this is not action with homework after step five, I don’t know what is. I need to look at this again.

5. I was willing alright but “Yes, I am! Next...” was not enough. Not fully taking this step and saying ‘Sure am!’, for me, was based in fear. I needed some Cowardly Lion type courage to do this step.

6. This stuff is hard. Full Stop.

I write this now, hearing my grandchildren laughing

like hyenas in the backyard, with a firm believe that step six is one of the most difficult to take and one that changed my life. I am a better mother, grandmother, widow, neighbour, friend and fellow because of it. I was ready to ask for the removal of my defects and amend my past ones and I am grateful. I think I will go bounce on the trampoline with the twins now.

Donna B., Phoenix, AZ.

BETTER TIMES

medallions & archives

MEDALLIONS - Past and Upcoming - Name - Year - Celebration Date											
Sidrah A.	10	St. Clements	April 26	Mike D.	45	North Toronto	May 9	John W	40	St. Clements	May 31
Mike P.	20	Willowdale	April 27	Terry T.	40	North Toronto	May 9	Laura F	1	St. Clements	May 31
Rod McL.	35	Rexdale United	April 27	Sherry-Anne L	10	Erin Mills Mississauga	May 15	Louise M.	5	Markland Wood	June 1
Alex	1	Spiritual Kindergarten	April 28	Eddy G.	30	Beaches	May 16	Rosemary R	15	Willowdale	June 1
Joan	40	Half Century Group	April 30	Rich G.	10	Fifth Tradition	May 23	Manuel L.	25	Portuguese	June 15
Charlene S.	35	Keep It Simple	April 30	Laura M	25	Thornhill Group	May 24	George E	5	Willowdale	June 15
Ed H.	45	Pine Hills	May 1	Maureen K.	1	Willowdale	May 25	Jim V	5	New Anchor Group	June 22
Mike M	5	King City Group	May 1	Corinne S.	1	Willowdale	May 25	Anna Maria R	5	East York Group	June 27
Amanda S	5	King City Group	May 1	Cailin M	1	Spiritual Kindergarten	May 26	Paula D	25	Markland Wood	June 29
Audrey M.	20	Lakeshore	May 7	Jacqueline H	25	St. Clements	May 31				

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

I FOUND IT IN THE ARCHIVES

BACK TO THE REPOSITORY... with GTA Archivist Eddy G.

Archives Committee meetings are held on the 2nd Friday of each month in the boardroom at the GTA Intergroup Office, 234 Eglinton Ave. E., Suite 202, Toronto.

75 Years of A.A. in Ontario Commemorative Booklet

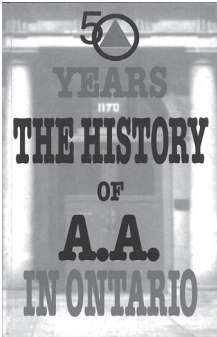
The GTA (Greater Toronto Area) Archives Committee has been asked by the 2018 ORC Committee, to put together a small booklet to help celebrate the 75th anniversary of the start of A.A. in Ontario and the first ORC. We have been asked to include a brief description of how A.A. came to various cities across Ontario. Emails have been sent out to Area 83 Archives Chairs & DCM's and Archives Chairs & Archivists in Ontario asking if they would like to be included and to please tell us in a couple of paragraphs how A.A. came to your city. We need this by July 31, 2017.

RECENT ITEMS DONATED TO THE GTA ARCHIVES

-1965 Club Seven Thirty membership card (730 Pape Ave.) & Basil Curtis from Toronto talk in 1972 on cassette tape donated by John F. (Hill Group).

TO DONATE AA/GTA ARCHIVAL ITEMS TO THE GTA ARCHIVES CONTACT THE GTA ARCHIVIST EDDY G. at 416-536-7536.

50 Years – The History of AA in Ontario is for sale at the Literature Department at 234 for \$10.00. This book was produced in 1993 by the Archives Committee of Toronto Intergroup (today GTA Intergroup). It's a great gift to give to a member on their anniversary.



Looking for a meeting on Pride Weekend? CLEAN SOBER AND PROUD

Located at Paul Kane Parkette, Wellesley St. East between Yonge and Church.

Friday;
8pm-9pm Open Meeting

Saturday;
10-11am Open meeting
11am-12pm Open meeting
4-5pm Open meeting
7pm-8pm Open meeting
8pm-9pm Open meeting

Sunday;
10-11am Open meeting
11am-12pm Open meeting



Please Check

PRIDETORONTO.COM

the
PRIDETORONTO program,

the Clean, Sober and Proud Schedules

BETTER TIMES

editorial

A Letter from the Editor



June is the month when summer officially starts, daylight graces us half the day, water everywhere is just about perfect for taking a swim, it's time for sandals and shorts, tuning bikes and slowing down a bit to just enjoy a walk. Truly a perfect month really.

June is also a month that reminds us of the willingness to hand our defects over to our HP. When I ventured out of my group's 123 Beginner's Room after my first year and began hearing Step 6's opening line more regularly, it made my blood boil. "THIS is the Step that separates the men from the boys."* Harrumph - more of this sexist nonsense. But if I remember that our literature was written when the terror of two World Wars made this phrase top of mind and made perfect sense when many "boys" were asked to enlist, I can get past it - wheat and chaff or stuck and unstuck work too! What it means to me is that if I don't constantly take step six and the next also often "forgotten step" seven, I will be baffled when my behaviours and feelings don't change and my personal relationships don't improve. How can I amend my past behaviour if I am not willing to change it? It is a hard step for this

hard wired alcoholic to take daily but so much easier than the alternative. It feels way better too.

I use Tradition Six's theme of focus a great deal as well to keep the sanity in check. You recall the line "the moment we saw that we had an answer for alcoholism, it was reasonable (or so it seemed at the time) for us to feel that we might have the answer to a lot of other things"?** Bottom line is, I don't. Just like A.A. does not "allow" coffee companies to lend their name to our events even though it may "seem" logical, I must ALWAYS remember that my primary purpose is my sobriety and any agenda I put in front of that will be the thing that takes me out.

I am pleased and excited to announce a new feature that will be starting this month that we are calling "Concept Corner". We have three legacies in A.A. and each legacy comes with a list of guidelines - 12 Steps for our Recovery, 12 Traditions for our Unity and 12 Concepts for Service. Each month we will ask Toronto members familiar with the concepts, often learned when doing service in the district and area, to break them down for us... how fun! As always if you would like to contribute please email me at bettertimes@aatoronto.org.

Yours in Love and Service,Maija P.
Editor-in-Chief, Better Times

*Twelve Steps and Twelve Traditions, page 63.
*Twelve Steps and Twelve Traditions, page 155.

We would love to publish your stories.
Your understanding of the steps, or traditions,
Thoughts on the principles of the program,
Your own personal stories of experience strength and hope.
See page 2 sidebar for more details -
Send them to us at bettertimes@aatoronto.org

QUOTES OF THE MONTH

"I sought my soul, but my soul I could not see. I sought my God, but my God eluded me. I sought my brother and I found all three."

MARTIN LUTHER KING JR.

"Cling to the thought that, in God's hands, the dark past is the greatest possession you have-the key to life and happiness for others. With it you can advert misery and death for them."

BIG BOOK, PG. 124



concepts corner

The Twelve Concepts for World Service

Starting next month, Better Times is pleased to start a new feature called "Concept Corner". Each month we will outline the 12 Concepts of A.A. in numerical order through the summer of 2018. For those of you who may not be familiar with the 3rd Legacy, Service, as outlined in the annual General Service Manual and the appendix of the Big Book, the concepts are the foundations of how we take step 12 in our program, this is the place to get familiar! Our literature says that the concepts are "how Bill W. explained the spiritual principles that undergird A.A.'s structure and how the parts work together." We want to share that with you with some member contributions and illustrations!



*Please contact us if you
would like to write on a
concept over the next year!*
bettertimes@aatoronto.org



As A.A. grew up, it began with the groups - first only a few, then hundreds and then thousands. Very early an Alcoholic Foundation, later renamed The General Service Board, was formed to be responsible for our affairs. And with Dr. Bob's death and Bill's facing up to his own mortality, a General Service Conference assumed the leadership which had fallen to the co-founders. Meanwhile, a tiny publishing operation and service office had grown in size and importance to the Fellowship, and a monthly journal, the A.A. Grapevine, was being published. Which of these entities was supposed to do what? Little wonder there was confusion! What was their relationship? Who was in charge? What were their responsibilities and what were their rights? Bill W. himself sometimes took part in the pulling and hauling that took place, and so he saw the need to "reduce to writing" his concepts of the "why" of the whole structure, the lessons to be drawn from experience, the relationships and, above all, the spiritual principles. As Bill set them down, the Twelve Concepts are a potpourri: Concepts III through V, IX and XII deal with spiritual principles; the remainder, though they have spiritual overtones, are devoted to describing the relationship of the various service entities and how they work together.*

* (http://www.aa.org/assets/en_US/p-8_the-twelve-concepts.pdf permission per the copyright guidelines of A.A. GSO)

info / events

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

DISTRICT 18 & DISTRICT 22
PRESENTS:
**12th ANNUAL EAST
TORONTO
ARCHIVES BREAKFAST**
SUNDAY JUNE 4th, 2017
QSSIS BANQUET HALL

3474 KINGSTON RD.
(Just West of Markham Rd.)

AGENDA

9:00 am-10:00 am - Coffee & Fellowship
10:00 am-11:00 am - Buffet Breakfast
11:00 am-12:00 pm - Open Meeting
12:00 pm-12:30 pm - Prizes & Closing

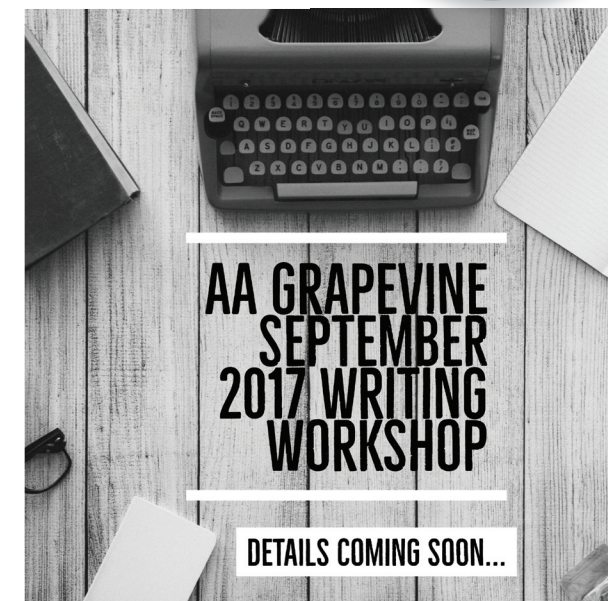
AMPLE FREE PARKING AVAILABLE
FULLY ACCESSIBLE & SIGNERS WELCOME

TICKETS ARE AVAILABLE UNTIL
WEDNESDAY MAY 31st, 2017

TICKET PRICE \$20.00

TICKETS ARE NOT AVAILABLE AT THE DOOR

FOR MORE INFORMATION & TICKETS
PLEASE CONTACT YOUR GSR OR
Lynn E. 416-624- 8098
Michael A. 416-456-6359
Tom S. 416-750-9026
John M. 416-277-4285



ORC2018 announcement coming soon



New hours for the Church Street Group Meetings

Please note that, *as of July 8, 2017*, the Saturday open meetings of the

Church Street Group will be held *from 10:30 to 11:30 am*.

The Sunday meetings hours do not change and remain 12:30 to 1:30 pm.