BETTER TIMES May 2016

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Spotlight on... The Bayview Group

On March 1st, 1970 a business meeting was convened by Al B. I believe that the original members were Al (who died in 1989 with about 45 years of sobriety), Pat McN., Julian K., Tom M., Jeff S.

and Chris B. The reason for the meeting was that Al saw a need for an A.A. group in the Northern part of Toronto, as there weren't any at that time. Our first meeting was held March 15th, 1970, at 8:30 on a Sunday night at St. Gabriel's Church parish hall.

We have always been a two-speaker meeting. The first speaker is newer in sobriety and speaks for 5-10 minutes so that we get to know them a bit. The second speaker usually has a bit more time and speaks for the remainder of the meeting.

The closed discussion meeting started in 1983 and is held Thursday nights at 8:00 PM. Julian was the last of our original members. He spoke at our 40th birthday in 2010 and died sober about a year ago with about forty-four years of sobriety. To the best of my knowledge, all of the founders died sober. Don S., a current member of the group, joined within the first year, moved to the States and re-joined us later on. Bill J.,

another early member celebrated 50 years sober in 2003. He died sober 3 years later.

At the beginning there were no chips; the one year medallion

was the 'holy grail'. Members were encouraged to get involved, especially by Al who was big on service. He stood at the door and greeted. He 'encouraged' others to get active. From the outset we

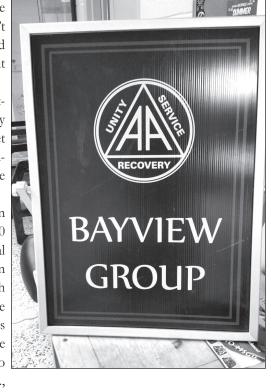
had an Intergroup Rep, a General Service Rep and Bayview has been an active service group ever since.

Al was one of the A.A. members involved in the bid which brought the International Convention of Alcoholics Anonymous in 1965. He was also Panel 15 Delegate for Area 83 to General Service. History repeated itself when Barry W., a Bayview member and Past Delegate was involved in bringing the 2005 International to Toronto. Barry was the Chair of that convention. Toronto is the only city to have hosted the International twice. We are also the only group in Area 83 to have sent two delegates to the Conference. There are 600 groups in our Area and there have been 31 delegates.

The Bayview Group is the first A.A. meeting I attended. I must have been impressed because shortly thereafter I moved to Montreal and joined A.A. When I returned in the summer of 1990, the Sunday meeting

was huge. A crowd of 200-300 people was not unusual. We had people attending from the Renaissance Treatment facility. There were still no other Sunday night meetings, and we were accessible

continued on page 8...





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

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Opinions expressed in **BETTER TIMES** are those of the authors and do not necessarily reflect those of Greater Toronto Area Intergroup. 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.

Jobs & Notices

Info AA Day 2016 will be held May 28th, 2016. Kitchen helpers and food donations for the day of the event are still needed!

Volunteers are needed for both Phone Greeters (1 year of continuous sobriety and 1 phone training session required) and 12 Step List (especially women and speakers of languages other than English).

Changes to the monthly schedule have been implemented as of April 3: a four-week rotation for the evening shifts on a day of the month, as opposed to the previous method of the evening schedule being on a date each month.

New Phone Training program will begin May 5th! New trainees will be given the training session by appointment only.

- Access Ability Committee seeking members for a "Buddy List" for members who are homebound or otherwise can't access meetings
- Correctional Facilities seeking people for "Bridging the Gap" program. Also, volunteers are required for the correctional facility in District 02. Toronto West also desperately needs volunteers; they have expanded to 'A' Tower with special needs and protective custody and hold meetings directly in the units. Donations of literature are also needed: soft-cover materials are accepted (no staples in the binding), as well as Grapevine donations (without staples).
 - Grapevine Committee is in need of a Chairperson.
- Eglinton Crosstown construction is at the block which includes 234. Parking in the area will be further restricted and it is being suggested that anyone coming to the Intergroup Office leave plenty of time or take public transportation.
 - Winter Season Open House committee is looking for a Chairperson for the 2016 WSOH event. Meetings for this committee commence in September

Communications Committee is seeking volunteers for the following:

Helpers to assist with managing and updating the website once it is back online. Training videos are forthcoming!

The Communications Committee (Better Times, Website, etc.) continues to seek two or three dedicated members to help us carry the message of recovery in print and online. If interested, please email communications@aatoronto.org. We'd be delighted to welcome you!

ALSO:

We are no longer using the bteditor@aatoronto.org email address. Please send all correspondence to bettertimes@aatoronto.org. If you've sent any articles for consideration, comments, or questions to the old address over the last two months, please resend.

Thank you!

TO CONTACT COMMITTEES PLEASE EMAIL:

Access Ability: accessability@aatoronto.org Archives: archives@aatoronto.org

Communications: communications@aatoronto.org

bettertimes@aatoronto.org

Correctional Facilities: corrections@aatoronto.org

Cooperation with the Professional Community: cpc@aatoronto.org

Finance: finances@aatoronto.org

Ontario Regional Conference: orc@aatoronto.org Public Information: publicinfo@aatoronto.org Twelfth Step: twelfthstep@aatoronto.org

editorial & sharing

Thoughts From the Editor's Desk

Tradition Five:

Each group has but one primary purpose — to carry its message to the alcoholic who still suffers.

Following this tradition has helped me to keep my focus on why it is I go to meetings, share my stories, and do service work. As a member of AA, and of a home group, my primary purpose is to carry a message of hope and recovery - made possible by working the 12 Steps and practicing the 12 Traditions to the best of my ability. There is a way out of the hopeless condition of mind and body we call alcoholism, through the surrender to, and connection with, a Higher Power.

At the heart of this tradition, in my humble opinion and

experience, is a responsibility to aid in the alleviation of suffering of alcoholics. Do we come

to meetings for dates, loans, or free food? As an active trusted servant, do I invite a loving higher power into each business meeting, share, and interaction with my fellow members? Do I strive to lift people up, with an open heart and considerate mind? Do I remain mindful of thriving in the solution rather than languishing in the problem? And when I am suffering, am I willing to reach out my hand for your help, empathy, and understanding?

that from
Dec. 1934 to May 1935
Bill W. works with

alcoholics, but fails to sober any of them?

Marc S. - Editor-in-Chief (bettertimes@aatoronto.org)

AA Around the World

Last year I decided to quit my job, sell everything, get on a plane, and leave New Zealand. Since then, I've visited over 20 countries, and am happy to report that this program works everywhere in the world. I've learned that my God is portable and he truly does provide what I need if I keep close to him, as our big book promises.

I am 5 years sober and grateful for the foundation I had in AA before deciding to travel, I can't stress this enough. Traveling can be lonely and difficult at times. There were moments where I wished I could share my excitement and wonder with someone. I recall sitting in a meeting in Barcelona and sharing with complete honesty. I spoke of the loneliness I was feeling and how I missed decent coffee. A couple came up to me and invited me for coffee after the meeting. They showed me the city, parts that no tour could have offered. But most of all, they showed me kindness and fellowship.

My life used to be characterised by sitting with a cask of wine

while watching back to back episodes of a trashy teenage drama. My world was so small and hopeless. I pushed people away and isolated. I didn't want to exist. Today I feel like there isn't enough time to explore all the many things I want to experience. I have learned that I am only as lonely as I choose to be. Misery is optional. The action of putting out my hand to someone in a meeting and saying "Hi, my name is..." has been the gateway to so many gifts and opportunities to help others.

I went to the world convention in July 2015 and met a couple from Toronto. Not so long after which, I moved to Toronto and they invited me to their family home for Christmas. Today they are my dearest friends. In 3 months I will be returning home to New Zealand with a heart full of love for Toronto and the beautiful people I have met. These are the gifts in my life today.

This is an experience you should not miss.

- Shasta, New Zealand

QUOTE OF THE MONTH

We have been trying to get a new attitude, a new relationship with our Creator, and to discover the obstacles in our path. We have admitted certain defects; we have ascertained in a rough way what the trouble is; we have put our finger on the weak items in our personal inventory. Now these are about to be cast out.

BIG BOOK, PAGE 72

BETTER TIMES

Corrections: How Can I Be of Service?

Part 1, see June Issue of Better Times for Part 2

I have been involved in service since my first year of sobriety. I do service at my home group and have served the district in different capacities. For the last 3 years I've been involved as the corrections chair for our district. And I have discovered that Alcoholics Anonymous is not so different in time commitments that any other volunteer organizations. The one big difference in service work for AA is the gratitude felt while carrying the message of Hope to the still suffering Alcoholic.

I volunteer inside a provincial correctional institution

in Brampton and have been for two and a half years. A group of dedicated men and women give their time selflessly to bring the message of AA to those who cannot, for obvious reasons, attend a meeting anywhere else. The volunteers are not unique to this institution. There are three in the GTA where, on a regular basis, members of Alcoholics Anonymous volunteer their time to carry the message of Hope to those who are incarcerated. Meetings happen at the Toronto East Detention Centre, Toronto South Detention Centre and

the Ontario Correctional Institute. It is here that we put Principles before Personalities to the test. We are dealing with people who are either awaiting trial, awaiting sentencing or serving their sentence for crimes that they have committed. A volunteer must deal with the inmate or resident without knowing why they are there. We do not ask and most importantly, we do not care. An inmate is a suffering alcoholic and, like meetings all over the world on the outside, our past is not an issue.

The volunteer must also deal with frustration, disappointment and institutional bureaucracy. Each institution is different, with their own personality. The attitude of the correctional officers, the dedication of the volunteer coordinator, and the behaviour of the inmates are all contributing factors. In most cases the correctional officers are receptive and open to our presence, just like any other part of society. But, there are those who develop an attitude, and we deal with that always remembering that

May 12, 1935 Mother's Day Bill W. first met Dr. Bob in Henrietta Seiberling's home in Akron, Ohio?

we are a guest in their house and developing an attitude here would

limit our access to the inmate. Once again: Principles before Personalities. There is the ever frustrating lockdown, where for some reason or another, it has been deemed not safe for us to enter the institution at that time. Some of our volunteers who have travelled 1, 2 or even 3 hours, find out upon arrival that the institute is in lockdown, and once again must cope with what is out of our control.



We deal also with the clearance procedure before ever entering the institution. Each institution clears their own volunteers. This can take anywhere up to three months. In some cases where the volunteer is entering for one day only, such as an invited speaker, the person can be cleared to enter within a week or two, depending on the institution. There are inconsistencies in the application of institutional procedures and protocol. You may be asked to walk through a metal detector and all literature going into the facility must be vetted. This may have to be done in advance of your visit. Some institutions are equipped with drug detection equipment and you may be subject to this.

So after dealing with all this, why do we still want to be a volunteer inside the correctional institute? The answer for me is simple—there is a still suffering alcoholic behind the walls that needs another alcoholic to help them and offer hope.

- Humbly submitted, A Corrections Volunteer

women in recovery

There's No One Way to Work the Program

My sponsor kindly reminds me that there's no one way to work the program. The only requirement for membership is a desire to stop drinking, making this the only club where the membership dues usually begin before you even join. I found it hard to believe I was an alcoholic for several reasons. First, I'd grown up in an alcoholic family but didn't drink like my brother who frequently ended up in jail or with a drunk-driving charge, or like my mother, who drank herself to sleep every night. Second, I was blind to how small my life had become, and couldn't acknowledge my isolation, denial and depression. I was like the frog put into cold water heated slowly to the boil, I couldn't feel the gradual deterioration happening from the inside out. And third, I couldn't feel or face my helplessness, rage, shame and grief. Instead I convinced myself I deserved a bottle of wine every night, and more than that, since I could still wake up and take care of the kids and the house, no one else had the right to interfere!

I was getting close to my bottom but was too numb to recognize how close until one midwinter night I slammed the front door shut, screaming in darkness and pain that I wanted a divorce. It must be my marriage, I thought, it couldn't be my drinking. Defiant and drunk, I walked alone in the bitter cold until I stood in front of a hotel. I'll show him, I said to myself... until I remembered I had no purse, no wallet, no way to pay.

Thankfully, I had my phone.
Ashamed and demoralized, I called my husband who came to pick me up, afraid I would freeze to death.

And though it wasn't the last time I drank, it was the first time I knew I needed help — and that was the last time I remember doubting my alcoholism. There are as many kinds of alcoholics as there are people. For me it was never about how much or how often I drank, it was about why I drank and what happened to me and to those I love when I drank.

that in May 1938
Bill W. & other AA
members began writing

the Big Book, Alcoholics

AA is a fellowship of women and men who walk the 12 steps and 12 traditions together, over and over, and teach one another how to meet life on life's terms without having to take a drink. We learn how to forgive ourselves and others for harms done, how to make living amends for past mistakes, and how to live with grace and mercy—even to find humor in what was once our depraved darkness.

Today I don't want to drink because I want to feel even if feeling hurts sometimes. You are not alone — as we share our personal pain we find strength in the community of service, friendship and fellowship. My life today bears little resemblance to the one from that bitter winter night, and I will always be grateful to AA for bringing me in from out of the cold.

- Anonymous

Step Five Wordsearch

E	Т	R	S	Ε	M	N	R	Ε	В	0	S	Н	S	R
С	С	R	E	G	A	E	0	D	Ε	N	U	U	Ε	A
0	E	N	R	F	D	0	E	I	D	R	0	G	Р	U
N	R	L	E	S	0	F	J	N	Τ	I	N	P	С	M
Τ	A	U	N	I	L	R	E	Τ	С	A	R	A	Н	С
R	Н	0	I	A	R	D	G	S	A	A	L	P	D	Τ
A	S	S	Т	M	I	E	N	I	I	S	I	0	N	Р
R	A	I	Y	V	G	0	P	S	\bigvee	Т	\vee	U	S	0
Y	0	D	I	0	С	Н	E	Χ	Y	E	0	S	G	I
N	F	D	M	Ε	S	0	Р	Χ	Ε	M	R	A	E	F
\mathbb{L}	A	U	Т	I	R	I	P	S	R	N	A	M	U	Н
D	\mathbf{E}	R	E	Н	Т	0	В	U	M	R	0	N	G	S
\mathbb{L}	I	S	Т	E	N	Т	S	D	E	L	D	D	U	M
Р	R	I	D	E	Q	D	E	L	U	S	I	0	N	M
R	E	A	Τ.	Т	S	M	K	\Box	F.	C	Τ.	A	R	F.

Find the hidden word with the letters left over after completing this puzzle. Email your answer to bettertimes@aatoronto.org or wait until next month's Better Times, we will publish it there.

ADMITTED	EAGER	PITY
ANGER	EGO	PRIDE
APPRAISE	EXPERIENCE	REALISM
BOTHERED	EXPOSE	SERENITY
CHARACTER	FEAR	SHARE
CONSCIOUS	FORGIVE	SOBER
CONTRARY	HUMAN	SOUL
DECLARE	HURT	SPIRITUAL
DEFLATION	ISOLATION	SURMOUNT
DELUSION	LISTEN	WRONGS
DIVIDEND	MUDDLED	

Hidden Word:

Last Month's Hidden Word: INVENTORY

11th ANNUAL EAST TORONTO ARCHIVES BREAKFAST

Sunday June 5th, 2016

Qssis Banquet Hall, 3474 Kingston Rd. (just West of Markham Rd.) 9 am to 12:30 pm

9 am to 10 am - coffee, tea & fellowship. Displays include GTA Archives, District 18 & District 22 Archives & Grapevine

9:45 am - the history of the third oldest groups in each district will be read—Don Mills Group & the Pine Hills Group. 10 am to 11 am - Buffet breakfast. Two buffet stations with scrambled eggs, sausages, bacon, home fries, white/whole wheat toast, assorted fruit tray, muffins, bagels, cream cheese, marmalade, jams & peanut butter.

11 am to noon - Open speaker meeting. There will be a Memorial Mention where members names will be read that have passed away in the last year followed by a Moment of Silence & the Serenity Prayer. The Twelve Steps & The Twelve Traditions will be read. Longtime member of AA, Sean McC. from the Welcome Group with 53 years of sobriety will share a little bit of AA history & his experience, strength & hope with us.

Noon to 12:30 pm - Sobriety countdown. Books will be given out to the longest & youngest sober members. Raffle and door prizes!

The purpose of the East Toronto Archives Breakfast is to bring awareness to the AA members in the East end & the GTA about AA Archives & to support the District 18 & 22 Archives Committees.

Purchase tickets from the District 18 & 22 GSR's or contact John M. 416-277-4285 or Eddy G. 416-536-7536.

Tickets are \$20.00 per person and will only be available until Wednesday June 1st. Tickets will not be available at the door. There is ample free parking available, the facility is fully accessible & signers are welcome.

Thank You. District 18 & 22 Archives Committees

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.

Recent items donated to the GTA Archives:

- North Toronto Group Membership List- November 1976 belonged to Jean T. from her daughter Terry T. (North Toronto Group) submitted on her behalf & that of the North Toronto Group by Chris C.
 - Prayer Cards- Dorthea McL. Lighthouse Group, 60 years of sobriety March 2016, passed away on April 7, 2016. She will be missed.



TO DONATE AA/GTA ARCHIVAL ITEMS TO THE GTA ARCHIVES PLEASE 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.

... and please don't forget ...

Old GTA meeting books are needed for the GTA Archives.

UPCOMING MEDALLIONS

PAST MEDALLIONS

Cy W.	15	Lakeshore Group	May 1	Holly P.	5	Scarborough Group	Apr 1	Amy S.	1	Markland Wood Group	Apr 13
Trevor O.	10	Mississauga Group	May 1	Clayton M.	10	Mississauga Group	Apr 2	Ingrid P.	1	Sunnyside Group	Apr 14
Carol J.	10	Tuesday Night Discussion	May 5	Fred MacA.	35	K.F. Group	Apr 2	Jeff M.	10	Markland Wood Group	Apr 14
Carolyn M.	20	A Place to Share	May 7	Rene T.	40	Birds of a Feather Group	Apr 3	Woody K.	25	Willowdale Group	Apr 14
Karen M.	25	A Place to Share	May 7	Vawn R.	5	Principles Before Personalities Apr 7		Carolyn M.	20	A Place to Share Group	Apr 15
Dee H.	1	Bloordale Group	May 8	Marc S.	10	Tuesday Men's Solution	Apr 8	George T.	1	Scarborough Group	Apr 15
Dara Z.	25	King City Group	May 9	Anna O.	25	Mississauga Group	Apr 8	Eric D.	5	Bloordale Group	Apr 17
Shannon R.	1	King City Group	May 9	Jim R.	10	Bloordale Group	Apr 8	Karen M.	25	A Place to Share Group	Apr 19
Mojgan V.	1	King City Group	May 9	Penny L.	1	Sisters In Sobriety Group	Apr 10	David Z.	25	Sat Morning Discussion	Apr 23
Ella C.	1	Markland Wood Group	May 12	Stephen M.	1	King City Group	Apr 11	Peggy T.	30	Sat. Morning Discussion	Apr 27
Larry L.	25	Pine Hills Group	May 16	Jill M.	1	King City Group	Apr 11	De R.	5	K.F. Group	Apr 30
Rick J.	15	Agincourt Acorn Group	May 31	Lynn E.	5	Fifth Tradition Group	Apr 11	Julie K.	25	Open Mind Discussion	Mar 31

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

Get a 'Spring' in your step! Want to Get into Service & Meet New People?

GTA Intergroup SERVICE OPPORTUNITIES might be the answer...

EXECUTIVE COMMITTEE (EC)

- Four members are currently needed to serve on this committee.
 - You need two years of continuous sobriety for this service.
- Anyone from the total membership in GTA can stand for these positions.
- Monthly Service Commitment: Attendance at both the monthly EC meeting, monthly General Meeting, and as Liaison to one of the monthly Subcommittee meetings.

FINANCE COMMITTEE (FC)

- One member is currently needed to serve on this committee.
- You need five years of continuous sobriety for this service and some business/accounting background is helpful.
- Anyone from the total membership in GTA can stand for this position.
- Monthly Service Commitment: Attendance at both the monthly FC meeting.

If you, or someone you know, has a few hours a month and are interested in an integral part of AA Service in the GTA, please contact Gail at office@aatoronto.org.

ANNOUNCEMENTS

MEETING UPDATE:

KF Group has moved to the Anglican Church of St. Mary and St. Martha, 1149 Weston Road (at Eglinton) and meets Saturdays 8:00 p.m.

■ Info AA Day
Saturday, May 28th
519 Church Street Community Centre

■ 11th Annual East Toronto Archives

Breakfast

Sunday, June 5th

Qssis Banquet Hall

3474 Kingston Rd., Toronto

\$20

INFO AA DAY 2016

Hello friends,

I am an alcoholic and am grateful to serve as the 2016 Information AA Day chairperson. **On May 28th, at the 519 Church Street Community Centre,** we will be holding our annual info day, something that's been a part of the fellowship since 1980. It was started as a way to create unity between the General Service Districts and Toronto Intergroup, as well as a place for our Area Delegate to give their report to our members in the GTA.

For some of us, it's where we first learned about service beyond the group level, those such as my self when my sponsor lovingly dragged me down in 2007. I was bit by the service bug and the rest is history. If you are coming and can afford it, please bring a food item. I hope to see you all there.

Yours in service, Shane H. Spirit of the Big Book

BETTER TIMES

Bayview Group

...continued from cover

by the 401, bus, and the Yonge Street subway. There was lots of parking.

Our medallions were famous, like bacchanalian feasts: lasagna, pizza, salads, garlic bread and fancy desserts. It was an amazing spread. People joined the group just to get a one-year at Bayview. Well, it got out of hand. Not everyone got a feast because family and friends were providing the food, not the group. Non-A.A. family members got up to speak. Our library got out of hand with nonconference approved literature, velour pictures...framed. We nearly had a fist fight one night over that with one member threatening another. So, at our monthly Responsibility Meeting we got back to basics. Everyone got the same cake, purchased by the group.

In early 1995, we became nomads. St. Gabe's was experiencing a declining parish. It hired a professional company to turn the hall into a banquet hall. Our rent went from \$100 a night to \$450 which the group couldn't afford. We would show up Sunday to set up and found that we had been bumped into a smaller basement room. On Thursday nights, we were fortunate enough to rent in an elementary school south of the 401, west of Bayview Avenue, but it was in the cafeteria and they had little tables with the benches attached.

We bounced around for a while and fortunately, in the summer of 1995, we landed at Willowdale Christian School and started to rebuild. They have been gracious hosts and we have been here ever since. Prior to that, on some Thursday nights we had as few as six people. Then group conscience decided to switch from an 8:30 start to 8:00 PM.

May 8, 1946 the Kingsway Group started? Today, it is the oldest group in the GTA.

Over time the group has sponsored dances, a baseball team, the famous Bayview Hospitality Suite for close to 30 years, the Young People's

Meeting in February with 5 speakers, and the Christmas Meeting, also with 5 speakers and great food.

The group has survived a gas scare - when the gas line to the oven became detached and the whole school could have blown up; going smoke-free; the Bayview Christmas Party - when we set off the fire alarms and offered to feed the firefighters; and the times when the roof leaked and we had 40 or 50 buckets under the leaks. Most importantly, we have managed to be here and open on Thursdays and Sundays, Christmas Days and New Year's Days, holidays and regular days. - Peter N., The Bayview Group



HISTORY QUESTIONS BELOW AND SUBMIT A COPY TO THE GTA ARCHIVES. ☐ What was the founding date of the group: if unsure, when do you think the founding date was? ☐ What was the group's name when it was formed? Why was the name chosen? ☐ Has the group's name changed over the years? If so, when did it change and why? ☐ How did the group get started? Who were the founders of the group? (If uncertain, who may have started the group?) ☐ Were there any spin-offs of your group? Was your group created as a spin-off? What group did it spin-off from? ☐ When the group started, how often were meetings held? Has this changed over the years? ☐ What was the format of the meeting (open, closed, discussion, speaker, etc.)? Has this changed over the years? ☐ Any item(s) made by a group member(s) that is used at the meeting? (i.e. table cover, slogans, slogan board, wooden steps, book holders, painted pictures etc.) If so, who made them and in what year? ☐ Does the group hold social or special AA related activities? (i.e. holiday parties, candlelite meetings, picnics etc.) ☐ During the group's history has their location, date and time changed? If so, please list. (month/day/year) ☐ How many members are in the group today? ☐ Has there been an increase or decrease of group members over the years? Please describe.

□ Does the group have any links with Al-Anon or Alateen? If so, what are they and when did they start? □ Does the group have any customs, traditions or interesting anecdotes? If so, will you share them?

DO YOU KNOW YOUR GROUP HISTORY? IS IT WRITTEN OUT ON PAPER? IF NOT, ASK YOUR GROUP LONGTIME MEMBER(S) IF THEY WOULD ANSWER THE GROUP