



## The Promises

(desreveR)

by N. Overduin

If we are not sure yet that we are truly alcoholics and are determined to keep on trying to drink, we will feel more and more stunned as time goes on.

**1** – *We are going to know less and less freedom, and happiness will seem further and further away.*

**2** – *We will regret our past more and more and sometimes wish to block it out altogether.*

**3** – *We will be mystified by the word serenity, and we will feel no inner peace.*

**4** – *The further down the scale we keep going, the less we will envision how our experience could ever be of any benefit to anyone else.*

**5** – *Feelings of uselessness and self-pity will overwhelm us with increasing frequency.*

**6** – *We will become more interested in selfish things and lose interest in our fellows.*

**7** – *Self-seeking will become our basic mode of operation.*

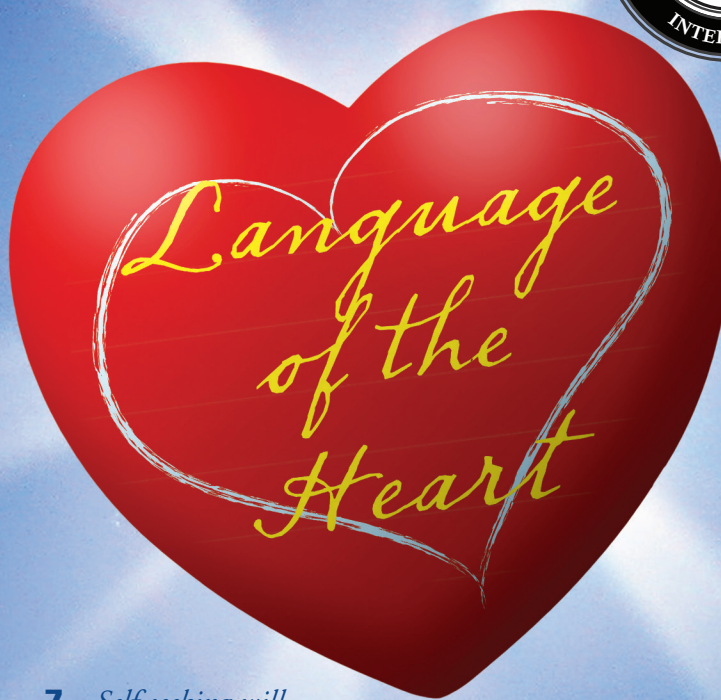
**8** – *Our whole attitude and outlook upon life will become rigid, cynical, ossified, and stereotypical.*

**9** – *We will become afraid to be with other people and will worry a lot about our economic security.*

**10** – *We will be baffled by situations we might otherwise know how to handle intuitively.*

**11** – *We will hardly ever have that joyful feeling that some sort of a lucky break is doing for us what we could not do for ourselves.*

**12** – *Are these predictions too dire and extreme? We don't think so. These kinds of consequences are always in evidence among us. Sometimes quickly, sometimes slowly, these crazy results always materialize if we keep doing more research.*



## QUOTE OF THE MONTH

*Insanity is not doing the same thing over and over again expecting different results; insanity is doing the same thing over and over again knowing full well what the results will be.*



**DID YOU KNOW?**  
that from  
1951 to 1963  
elections for  
Delegate & Assemblies for  
Ontario were held at the  
Royal York Hotel  
during the ORC?

## Embracing the ORC Experience

**The 2015 ORC "Language of the Heart" is fast approaching – March, 13, 14, & 15, once again at the Fairmont Royal York Hotel. The ORC can be a fun, motivating, spiritual and yes, even hectic weekend. Here are some tips for making the most of this experience.**

**1. Pre-Register:** This will help avoid lineups for registration. Pre-registering also allows the opportunity to be included in draws for sets of CD's of the 2015 conference. You can pre-register online or download the registration form and mail it in – [www.aatoronto.org](http://www.aatoronto.org) (click on events and then on ORC)

**2. Plan Ahead:** If you are planning on attending the banquet it is a good idea to pre-register so that your banquet table is already assigned. If not attending the banquet, but plan to see the simulcast of banquet speaker in the Concert Hall, consider making a reservation for dinner as restaurants in the area get booked quickly.

**3. Volunteer:** This is a great way to feel part of... either as a greeter or helping in registration you are given the gift of handshakes, helping attendees, seeing your friends as they share in the ORC experience and making new friends. To volunteer send an email to [orc@aatoronto.org](mailto:orc@aatoronto.org).

**4. Be prepared:** A couple of things to help you enjoy the experience would be to a) dress comfortably b) look through

the meeting schedule to see which meetings you want to attend and where they are. Some meetings fill up quickly and you will want to be there in plenty of time to get a seat.

**5. Pace Yourself:** There is no need to attend every meeting. Visit the hospitality suites hosted by groups and organizations, many of whom offer light refreshments along with the opportunity to chat. A list of hospitality suites are posted on the information board outside Pre-registration. Visit the tables of the Intergroup Sub-Committees and learn more about CPC, Corrections, or the work of the many other committees. If you are booked into the hotel you can take a rest in your room or use their fabulous fitness facilities. Or... just grab a chair in the lobby and chat it up with some old and new friends.

**6. Get Inspired:** Be sure to attend the Sobriety Countdown on Sunday. What a great sense of "us" as we acknowledge the lengths of sobriety ... from our old-timers with often over 50 years to our newest members.

**7. Show Gratitude:** Take the time to thank your speaker. Your exchange can be a treasured memory for you both.

**8. Help Others:** Visit the Newcomers Room and talk to someone who is early in sobriety.

**9. Have Fun:** Laugh, Smile, Dance (yes we have a dance on Saturday night) ... or whatever you enjoy doing.

**The 2015 ORC Committee is looking forward to seeing you all at the conference.**

**Yours in Service,  
Deborah M., PI & Greeters Coordinator, ORC 2015**

### OVERHEARD AT A MEETING!

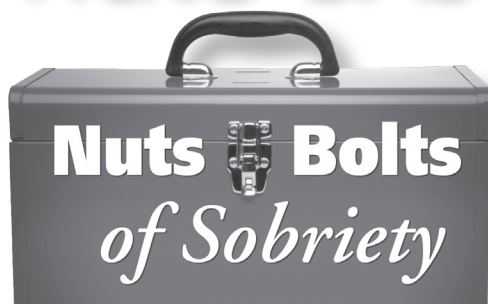
IT'S NOT ABOUT KAREN & SHARON!  
BUT RATHER... **CARING & SHARING!**



by  
DAVE N.

Idea submitted by  
JIM A.

## nuts &amp; bolts



## Step Two

## The Power of the Good

There was a time when I blitzed through the Twelve Steps because I wanted to get well in a hurry. I reasoned that if these Steps were the program for recovery, well, I'd just recover that much sooner and stop hurting.

That was several years ago. I still feel despondent and hurt from time to time. I also still have my moments of insanity, during which I seem deliberately to do each one of the items on my checklist of no-nos, even though I know better. For instance, I take myself far too seriously, try to change the things I can't, try to do everything by yesterday, believe I can do it alone, hang on to resentments, put first things last and generally procrastinate, seek out and dwell on the negative aspects of events or persons, expect too much, and accept too little. You get the idea.

Just now is such a time. But despite all appearances (and as I was told in AA meetings but never quite believed), my worst moments sober are still far, far better than my best moments drunk. At least, today I know I'm not going to have to lie about my

drinking, mouth off to a friend or employer, pass out, or black out, any of which would make tomorrow impossible to face and would require another day of anesthesia, ad infinitum.

I don't have to cringe from the future these days, thanks to AA. More than the physical retching, throbbing headaches, and all, I remember the paranoia. I skulked around avoiding family, friends, associates, and neighbours, wondering what I had done the day before and absolutely certain they were all talking about my drunkenness and conspiring to put me away. I'm plenty grateful to be free of that!

At the moment, there are three facts of life I am trying to learn to accept.

First, recovery comes slowly for good reason: to teach me persistence, perseverance, and patience, all qualities I lack. Blitzing through the Steps before I was mentally and emotionally competent was just another sign of my impatience. I need to work on the Twelve Steps continually, for as my head clears, my emotions stabilize, and my self-honesty improves, I find more garbage I need to rid myself of.

Second, hurting is part of getting better. I had anesthetized myself from feeling real emotions, from experiencing painful situations, and from developing any solid relationships with family and friends. Now, resuming an emotional and spiritual growth interrupted early in my teens with the onset of alcoholism, I am finding that this growth is sometimes painful. I need to learn to accept these growth pangs, along with whatever

else life  
t h r o w s  
my way,  
as necessary  
for my growth.

Third, understanding that there is a Higher Power active in my daily life is necessary to my continued sobriety and serenity. I thought I had no problem taking the Second Step. As a youngster, I'd been given a good religious background, and I did not need to come to believe. I already believed (or so I thought). In a later study of the Steps, I paused at that one and pondered it: "Came to believe that a Power greater than ourselves could restore us to sanity." I hadn't really taken that Step. Just to be safe, I turned to Chapter Four in the Big Book, "We Agnostics." I'd skipped that part before, since I didn't consider myself an agnostic.

Then I realized that had my belief in a Higher Power been stronger and viable before, I probably never would have followed a style of life that made it possible for me to become an alcoholic. So I needed to work Step Two. I saw that the phrase was "came to believe," not "already had a belief," or some such misreading.

The "sanity" part of "could restore us to sanity" was no problem. I had persisted in drinking in the face of overwhelming and painful evidence that I couldn't drink normally--what else but insane?

My mind fixed on "Power . . . could restore . . ." and I perceived that I had only

*Continued on page 7...*

I FOUND IT IN  
THE ARCHIVES

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

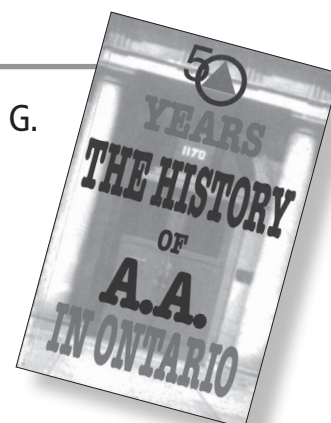
Come and join us in this rewarding aspect of AA service.

*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 don't forget... **Old GTA meeting books are needed for the GTA Archives.**



# intergroup minutes...



## Greater Toronto Area InterGroup GENERAL MEETING TUESDAY, December 16, 2014

*(These Minutes Unapproved by Floor members)*

The meeting convened at 8 p.m. with a moment of silence followed by the Serenity Prayer. Martin C. (Lansing) read the Twelve Traditions.

**ADOPTION OF MINUTES - November 2014: MOTION** to adopt Minutes as presented moved by Mike C. (Beverly Hills) and seconded by Brenda M. (Hill). **MOTION CARRIED.**

### CHAIRPERSON'S OPENING REMARKS

**Jim O.** (Welcome), **Chairperson:** Thank you to all Group Reps and Alternates for attending tonight's meeting! I have a few items to announce:

- **An ORC 2017 Chairperson is needed.** This service position requires 10 years of continuous sobriety. Service resumes can be forwarded to the EC c/o the Intergroup Office. Deadline for resumes: January 31, 2015.

- **Three new EC members are needed for January 2015.** Elections will be held this evening, after the Finance Report.

- **The Intergroup Meeting in January will be a Workshop Meeting.** This is an opportunity for Floor members to learn the structure of Intergroup and about the subcommittees involved. There will be food!

*At this point in the meeting, members of the Executive Committee introduced themselves to Floor members.*

A collection of the 7th Tradition totaled **\$107.65**.

**FINANCE REPORT: – Martin C.** (Lansing), **Finance Chair:** The following report was given to those members present:

### **GTA Intergroup - Finance Report for November 2014**

	2014 Year To Date	Month of November
<b>Income</b>	\$201,759	\$23,125
<b>Expense</b>	209,072	26,305
<b>Total</b>	(7,313)	(3,180)

**Year to Date excluding ORC:** Our Year to Date position is a deficit of \$(7,313). Group donations started strong early in

the year. They are 5% above the budgeted contributions YTD. The gratitude response was good in October but greatly below budget in November. Individual donations YTD are 13% or \$(9,436) below budget. Sales from the Literature department are 13% or \$16,865 above the YTD budget. YTD Net Sales are on budget. YTD Expenses are (1%) below budget.

**November:** Net loss for November is \$(3,180). Income is (46%) or \$(19,430) below budget due to gratitude response. Operating costs are (153%) variance from budget. This additional expense is related to the accrual of \$7000 for the 2014 Accountant Review and the additional expense of \$5,250 for the 2012 audit. Staff costs are 3% below budget. Net loss for November is \$(3,180) due to accounting expenses and reduced gratitude.

Martin then handed out copies of the 2015 Proposed Budget. This will be discussed at the January 2015 General Meeting (copies of this document will be sent as an attachment with the e-mail Minutes and will be made available on our website at [www.aatoronto.org](http://www.aatoronto.org)).

**MOTION:** to Suspend Regular Business to facilitate Executive Committee elections moved by Simon W. (Yorkville) and seconded by Ian G. (Friendly). **MOTION CARRIED.**

Jim explained that we need three new EC members. After outlining the roles and responsibilities of these service positions, he then called for nominations/volunteers from the Floor. Sue G. (Church Street) will serve as a new EC member (by acclamation). Two more EC members are needed. Elections for these positions will be held at the January General Meeting.

Jim also mentioned that both he and Aaron O. (current EC vice Chair) will be rotating out of their positions as of the end of December. Recommendations were made for a new EC Chair and Vice Chair at the recent EC meeting held on Dec.10. It was recommended that Carolina C. (Bellamy) serve as new EC Chair and Roman R. (Stepping Stones) serve as new EC vice Chair, effective Jan.1, 2015. We need a Motion to approve the selections from Floor members in order to move forward.

**MOTION:** to approve selection of a new EC Chair and a new EC vice Chair moved by Zack K. (Love & Tolerance) and seconded by Mike C. (Beverly Hills). **MOTION CARRIED.**

*If your Higher Power is your co-pilot, SWITCH SEATS!*





## SUBCOMMITTEE REPORTS

### ACCESS ABILITY:

**Marvyn W.** (Streetsville Action), **EC Liaison:** There was no meeting of Access Ability in December. Next meeting: Sun. Jan.18 at 11 a.m. at 234. Marv thanked all present for his opportunity to be of service.

### ARCHIVES:

**Gord H.** (Bloordale), **Chairperson:** This has been a productive year! The committee volunteers have accomplished a great deal. More volunteers are needed to assist in organizing the archival materials.

### COMMUNICATIONS:

**Alex M.** (Shepherd), **EC Liaison:** The committee held their meeting on Dec.10. The last edition of the Newsletter was well-received. More publications of four-colour editions in 2015 are being considered. All is well with the Website. The committee is working to improve usage for mobile users. Jeff C. has been appointed assistant editor. Volunteers are needed for stories and the maintenance of the website. Next meeting: Tues. Jan.13 at 7:00 p.m. at 234.

### INFORMATION AA DAY 2014:

Chair not present. The following report was sent in by e-mail:

Good Evening, I'm an Alcoholic, member of the Prince Edward Group, Incoming DCM for District 12, and you're Chair for Info AA Day 2015, and my name is Sean K. Next year's Info AA Day will be held at The 519 Church Street Community Centre. The date is Saturday May 30th 2015. I again would like to invite all the Sub-Committee Chairs to come out to the Meeting.

### ORC 2015:

**Linda T.** (Erin Mills), **2015 Event Chair:** It is a pleasure for me to report this evening at the Toronto Intergroup Meeting. I know how exciting and how inspiring this year's event is going to be. Theme for 2015 ORC: 'Language of the Heart'. Date: March 13, 14, 15, 2015. Registration \$35 AA, AL-ANON, GUEST: \$15 ALATEEN \$65 Banquet. Early bird reservation draw for 1-Night-Free stay! To volunteer, email us at ORCvolunteer@aatoronto.org or phone us at 416-640-1905.

### TWELFTH STEP:

**Fred B.** (Streetsville Action),

**Chairperson:** There was no committee meeting held this month. Our next meeting will be held on Wed., Jan.14 at 7:30 p.m. at 234. The next training sessions will be on Dec.21 at 1:30 p.m. The January training sessions will be held on Sat. Jan.10 at 10:30 a.m. and Sun. Jan.18 at 1:30 p.m. Merry Christmas and happy New Year!

### WINTER SEASON OPEN HOUSE 2014:

**Simon W.** (Yorkville), **2014 Event Chairperson:** Pertinent Points for W.S.O.H.:

Food order has been placed, and final purchases are being prepared. Volunteers are still welcome, especially drivers and errand-runners. Entertainers, Clean-up Crew, and people to redistribute supplies after the event to Intergroup required.

### RECEPTION

**Marvyn W.**

(Streetsville Action), **EC Liaison:** Present at tonight's meeting were two District Liaisons, three subcommittee chairs, 31 Intergroup Reps, six Alternate Reps, for a total of 42 Floor members.

**UNFINISHED BUSINESS:** None.

**NEW BUSINESS:** None.

**CLOSING REMARKS:** A new Communications Chair is needed! Please send service resumes to the Executive Committee c/o 234. Merry Christmas and a Happy New Year to you all. Thank you to all for your continued service and support! There was applause from the Floor for Jim's excellent and dedicated service during his term as EC Chair.

*There being no further business, the meeting adjourned with the Responsibility Pledge.*

**NEXT GENERAL MEETING:** Tuesday, January 27, 2015 at 8 p.m. at Timothy Eaton Church, 230 St. Clair Ave. W. (west from St. Clair subway station on Yonge). Meeting will be held in the Flora McCrae auditorium.

AA

## The Accidental Drinking Partner (part 2)

I grew up in the suburbs of Montreal. There were no visible minorities, everyone spoke French and I just assumed that the rest of the world looked pretty much the same as my little neighbourhood.

Imagine my surprise when I started travelling and ended up in places like India. This could have been my first spiritual awakening!

My father was in the tire business and sometimes he would take me with him to jobsites where there were fleets of very large yellow earth moving vehicles with giant tires. I have very fond memories of those times, especially since I got to skip school for the afternoon. I felt very safe and special with my Dad during those times.

My Dad loved to organise events and every summer we would host a BBQ in the back yard of our home. He would have a giant tractor delivered for the party and it was filled with ice and beer. I had a special attraction to this tire and I remember that the jingling of bottles, ice, and the laughter of the guests sounded very happy and musical. I can still recall those happy sounds today. I also recall that my Dad and all his guests became all sweaty and smiley, and started acting not normal, speaking and laughing real loud. I hadn't made the connection yet between the beer and the cheer.

My job at these events was to pick up bottles and put them back in the cases. The next morning there were usually a few lonely looking bottles of beer floating in the water inside the tire, so I kept them, and on one of those mornings I took a bottle down in the

basement and secretly opened and drank half of one. It didn't taste very good and I didn't feel much, just afraid and confused.

Things moved on in my childhood and in my teens I let my hair grow and was drawn to the beat and hippie lifestyle. I was acting out, shoplifting, stealing and drinking from my father's liquor cabinet. I remembered my trick from drinking at that church and always refilled the bottles with water.

My Dad tried to discipline me, and I took quite a few beatings, and was seriously hurt. After one of these sessions I rode my bike to the hospital as my nose was broken and my teeth were loose, but before they agreed to treat me they called my father to come pick me up.

At this time I was sent to boarding school with the Christian Brothers. They were always trying to touch me and pull me close to them. I didn't know what this was about, but I knew I hated it.

I would have been fourteen at that time, and in the midst of what was going on at home and at school, I decided to run away from home, to the only other place in the world I knew...

(To be continued)

**Bailey B., Welcome Group**

## /// My Journey /// By Christopher Mac N., Love & Tolerance

Before coming to the program of ALCOHOLICS ANONYMOUS  
I did believe  
That I was a worthless failure and that there was no hope for me.

What I am writing about is based on true facts not fiction  
About a young boy who chose a life of crime and addiction.

It started really young for me. I was in grade three.  
I was raised in a life of crime so a gangster is what I wanted to be.

I started to lie, cheat and steal and at 12 years old I was sent to jail  
Having no regret, no remorse, as my parents sat in court to post my bail.

This way of life continued for the next 20 years as I continued to rebel  
Until the sadness I experienced in the penitentiary, alone in my cell.

Realizing how far down the ladder I had gone; I had lost all control  
Clearly evident I had become caged, without the possibility of parole.

Near completion of my sentence I decided to reach out.  
At that very moment my decision was to turn my life around,  
once through the steel gates and outside the walls.

A friend introduced me to the rooms of ALCOHOLICS ANONYMOUS.  
There I felt welcomed, respected and comfortable.

Throughout my years in the program it has been a struggle of relapse  
misery and chronic slipping.

I could not be honest with myself and fully surrender  
until rock bottom was where I was sitting.

After endless research; numerous treatments and relapses  
I believe that I have said goodbye to the alcohol and the dope.  
I want to thank all my brothers and sisters inside these rooms  
for my sobriety  
and most of all my higher power for allowing me to leave here today  
with HOPE!

# announcements

**DID YOU KNOW?**  
that in 1995  
the first  
"Sobriety Countdown"  
at the ORC  
took place?

## PAST MEDALLIONS

Denis P.	10	Joy of Living	January 5
Tom K.	1	Glenholme	January 5
Tracey C.	1	New Anchor	January 8
Dennis M.	15	Rexdale United	January 8
Steven L.	1	Noon Rap	January 9
Doug McA.	20	St Andrews	January 10
Roger L.	1	Sunday Northwestern	January 11
Lise O.	1	Lakeshore	January 11
Amanda W.	1	Glenholme	January 12
Carol M.	25	5th Tradition	January 13
John T.	5	Scarborough	January 16
Dan	1	Rexdale United	January 22
Randy K.	25	N.E.W.	January 26
Linda F.	1	Glenholme	January 26

## UPCOMING MEDALLIONS

Kevin D.	1	East York	January 27
Bryant MacL.	40	East York	January 27
Diane L.	15	Amazing Grace	January 27
Noell L.	5	St. Clements	January 28
Ashley B.	1	St. Clements	January 28
Lisa	1	St. Clements	January 28
Adam M.	10	St. Clements	January 28
Noelle L.	5	St. Clements	January 28
Lindsie C.	1	St. Clements	January 28
Armando	1	Rexdale United	January 29
Donna W.	5	Willowdale	January 29
Alex Y.	1	Birds Of A Feather	February 1
Zobie G.	1	Bloordale	February 1
"BIG EARL"	40	Lakeshore	February 1
David S.	30	Glenholme	February 2
Ken O.	1	Mt Albert	February 3
Vivian G.	5	Back To Basics	February 6
Suzanne V.	1	Bloordale	February 8
Jim G.	1	King City	February 9
Angie S.	1	Prince Edward	February 9
Marc D.	15	Fifth Tradition	February 10
Libby C.	1	Sisters In Sobriety	February 11
Tom McP.	20	Rexdale United	February 12
Lauren F.	5	Noon Rap	February 13
Kyle R.	1	King City	February 16
Mary Clare A.	5	Pathfinders	February 18
Dorothy S.	25	Rexdale United	February 19
Tony C.	15	Back to Basics (RH)	February 20
Richard P.	5	Keep It Simple	February 22
Lorraine T.	15	Silverbirch	February 23

## ANNOUNCEMENTS

### Sponsor Sponsee Brunch 2015

Saturday, January 31, 10am-3pm  
Steelworkers Hall, 25 Cecil St.  
near Spadina and College.

Co-hosted by GTA Intergroup and the Toronto Ontario Young People in AA (TOYPAA).

All AA members are welcome to come have brunch with their sponsorship line: sponsor, grand-sponsor, sponsees and grand-sponsees; or come to the event to find a sponsor. There will be a men's and women's sponsorship line panel with a sponsee, their sponsor, grand-sponsor and great grand-sponsor all sharing about their sponsorship experiences. This event was a big success last year, and we hope you can all join us this year, so take out your phone and put it in your calendar.

### CERAASA 2015

Friday, February 20-22, 6pm  
Novotel Hotel, Mississauga

Alcoholics Anonymous is holding a service assembly for members from the Ontario-Manitoba border to the coasts of Newfoundland and Labrador.

Please join us for the second bi-yearly **Canadian Eastern Region Alcoholics Anonymous Service Assembly** where you can hear & share what will be happening at the upcoming General Service Office in New York in April.

Please visit [ceraasa.org](http://ceraasa.org) for details.

### Bradford One Day Roundup

Saturday, February 21, 9am  
Holy Martyrs of Japan Church,  
167 Essa Street, Bradford

Pre-registration is a must – \$25 – Includes a full day of AA and Alanon Panels, Banquet Dinner and Speaker.  
Hal H.: 705-717-9262, Dave H.: 905-727-2584

### Newcomers' Candlelight/Gratitude meeting (potluck)

Friday, January 30 8:30pm  
10 Howarth Ave, Scarborough

For up-to-date meeting closures on December 25th, 26th and New Year's Day, Candle Light Meetings and Group Holiday Meetings, please visit [www.aatoronto.org](http://www.aatoronto.org).

The Better Times does not endorse any non AA Intergroup Step Study, Round Up or Event.

...continued from page 3...

to come to believe in order to receive active help from this Power greater than myself. Through this Step, the founders of the AA program were telling me a simple truth: Those successful in AA had developed, as an active part of their recovery, a belief in a Power outside themselves that was evident and active in their daily lives.

The wisdom of the founders in not being more specific about the form of this belief had once been lost on me but now became quite clear. This belief has to be arrived at individually, often through a gradual spiritual awakening of the type William James called "educational," in terms of one's own needs and experience, and in a way that is practical for each individual. This power of the good, which I choose to call God, is not my earlier abstract concept, taken down from the shelf from time to time and dusted off when things got rough; it is a useful, practical, and active force for good in my life.

Having come to this point with Step Two, there was no turning back. Step Three followed logically: If God as I understood Him was an active force for good in human affairs, I should have no fear of turning my will and my life over to His care. And Step Eleven, reminding me to actively maintain this newfound awareness, suggested that I could improve this consciousness by praying to know and do His will.

### D. S., Honolulu, Hawaii

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**BETTER TIMES**

# service opportunities

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

234 Eglinton Avenue East,  
Suite 202, Toronto, ON M4P 1K5  
Telephone: 416-487-5591  
Fax: 416-487-5855  
TTY: 416-487-5062

Email:

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

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

**Editorial Committee:**

Michael B. (Chair)

Jeff D. (Editor-in-Chief)

Jeff C. (Assistant Editor/Writer)

Bailey B. (Contributor)

Marc S. (Secretary)

Peter B. (Circulation)

Glenn C. (Desktop Publisher)

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 10th 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](http://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](http://www.aatoronto.org) or by emailing [bettertimes@aatoronto.org](mailto:bettertimes@aatoronto.org) directly.

For any inquiries or comments, please send your name and phone number to the Editor at [bteditor@aatoronto.org](mailto:bteditor@aatoronto.org). Your anonymity will be protected.

Yours in Service,  
The Better Times Staff.



## WE NEED YOU

### Are you a member of an FLM? (Foreign Language Meeting)

If so, we would like to hear from you. – We would like to know more about the Foreign Language Meetings, and let people know more about you. – Please send us a contact and a brief note. Hope to hear from you soon at: [bettertimes@aatoronto.org](mailto:bettertimes@aatoronto.org)

### The following service positions with GTA Intergroup Sub-Committees are available to members of AA in the Greater Toronto Area:

**Phone Greeters – Archives Committee – Twelfth Step Committee – Communications – Public Information Committee – Treatment Facilities Committee**

**Phone greeter training** will take place on Saturday, February 14 at 10:30 am and Sunday, February 15 at 1:30 pm at 234 Eglinton Ave. East, Suite 202.

Please see [www.aatoronto.org](http://www.aatoronto.org) for more information & the next committee meeting

**The 12 Step Committee** is looking for members, a master scheduler, greeter captains and a secretary. Anyone interested can apply through the website and go to the 12 step committee page or contact Fred at [twelfthstep@aatoronto.org](mailto:twelfthstep@aatoronto.org) or call 647-624-7286.

## The BETTER TIMES is looking for submissions

The Better Times is always looking for submissions. Please share your story with us and hundreds, if not thousands of others. Stories should be 200-500 words in length, written in a Word document and must include your name and contact number. Anonymity will be respected. Please email your story to [bettertimes@aatoronto.org](mailto:bettertimes@aatoronto.org) for consideration.

### TO CONTACT COMMITTEES PLEASE EMAIL:

Access Ability: [accessability@aatoronto.org](mailto:accessability@aatoronto.org)

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

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

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

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

Cooperation with the Professional Community: [cpc@aatoronto.org](mailto:cpc@aatoronto.org)

Finance: [finances@aatoronto.org](mailto:finances@aatoronto.org)

Ontario Regional Conference: [orc@aatoronto.org](mailto:orc@aatoronto.org)

Public Information: [publicinfo@aatoronto.org](mailto:publicinfo@aatoronto.org)

Twelfth Step: [twelfthstep@aatoronto.org](mailto:twelfthstep@aatoronto.org)

