

May 2025
Carry the Message

We must remember that the strength of the foundation is to assist others who still suffer from alcoholism.

SHARE YOUR STORY



Please scan the QR Code or tap this box and you will be directed to our anonymous content submission page.

INSIDE THIS ISSUE

- Poem - "A Moment in Time"
- Birds of A Feather - AA Info Day
- Grapevine - One Big Tent
- Become a 12 Stepper.
- ... And Much More!

BETTER TIMES is published monthly for AA members in the Greater Toronto Area.
234 Eglinton Ave East, Suite #202,
Toronto M4P 1K5
Telephone Number – Literature Department 416-487-9865
Email bettertimes@aatoronto.org
Editorial Committee
Jon G. Communications Chair
Lori C. Better Times Editor
Ann Marie B. Coordinator
Latifa A Graphics & Layout
Imran R. Distributions
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, event notices, letters to the editor and articles to Better Times, before the 10th of the month prior to month of issue by email to bettertimes@aatoronto.org or contact Alex at 416-487-8110

A MOMENT IN TIME



This moment in time has arrived at last
I just knew there was a reason for who I was in the past
Something down deep in me has been waiting to rise
Out of my soul, soaring into the skies

But wait, I am worthless, I don't deserve to be here
I'm a liar and cheater, and all I give away is fear
I don't deserve a damn thing, so tell me why are you here?
What do you see in me after so many years?

My eyes are wide open,
I can finally see the strength and the hope that you've given to me
I believe in him now and the power to be.
His name isn't needed; just believe and be free
Fake it till you make it; you'll arrive when you're there
Relax and sit back; he knows that you care
Stop spinning your wheels and come in from the cold
You're just learning the magic of baring your soul

Whenever there's a time to say I am sorry, please do
The past will bring up things
that will be dealt with by you.

To my real special friends, I love you all
Thanks for being there
When I finally called.

-Steve H., Westport by the Book,
Westport, Ontario



20th Annual East Toronto Archives Breakfast

Sunday April 27, 2025

QSSIS Banquet Hall
3474 Kingston Rd
(just west of Markham Rd)

free parking, fully accessible
and ASL interpreters welcome

\$35 advance tickets
until April 23, 2025
tickets not available at the door

PROGRAM

9- 10 am
COFFEE & FELLOWSHIP

10- 11 am
BUFFET BREAKFAST

11-12 pm
SPEAKER MEETING
Ed H. Pine Hills Group (53 years)
Sobriety Date: February 9, 1972

12 pm-
Prizes & Closing



For more information & tickets
Please contact your GSR or

Bert J. 647-622-6127
Eddy G. 416-536-7536
Lynn E. 416-624-8098
John M. 416-277-4285

20th Anniversary - East Toronto Archives Breakfast - Sunday, April 27, 2025

Everyone is welcome to attend the 20th Anniversary of the East Toronto Archives Breakfast. It's a ticketed event, where \$35 gains access to breakfast, door prizes, including literature such as Dr. Bob and the Good Oldtimers, archives displays about current and past histories of groups in Scarborough and East York, and an open speaker meeting.

Please join us at Q-ssis Banquet Hall, **3474 Kingston Rd, Scarborough, ON, M1M 1R5, on Sunday April 27, 2025.** Doors open at 9am for coffee & fellowship. Breakfast begins at 10am. **The open meeting commences at 11am, with our guest speaker, a member of 53 years' experience in Alcoholics Anonymous sharing from the podium.** The venue is one bus from the TTC's Warden Station.

There's a Recovery Countdown, where it's been customary for the longtimer in the room to gift a piece of AA literature, usually a Big Book, to the newcomer. Catch up with friends and maybe make some new ones at the buffet line. There's a memorial moment where attendees can call out the name and home group of those members who have passed on since last year's breakfast. It's a simple yet kind gesture to honour those who have played but a small part of a great whole.

No tickets will be available at the door, so please reach out to the GSRs in both Districts 18 and 22 to get one in advance. Eddy G and John M also have tickets, and they can be reached at egesicki@rogers.com and johnmay1954@gmail.com

Coffee will be brewing. It might be just the right day to celebrate and be part of the ongoing history of Alcoholics Anonymous in the east end.

Thank you,
Joe A

INFORMATION AA DAY – BIRDS OF A FEATHER – MAY 24th 2025

On May 24th, those interested in service outside their group will gather to listen to members who carry the message of AA service, inside and outside the fellowship.

Meeting: 9 a.m. – 3 p.m.
Birds of A Feather Group,
Native Canadian Centre Toronto, 16 Spadina Road
Cost: \$10.00 per person
Potluck Lunch
Parking is available at The Green P lot (across the street).

Our Delegate, Amy L. (who attended the General Service Conference in New York with other Delegates from North America), will share news about changes being put in place to improve our communication both within and outside AA. A guest speaker will attend sharing their personal and service journey in the fellowship.

I have attended many Information AA Days and am still amazed at how much work service people do.

I have been involved with service for many years and have met some interesting and very dedicated people.

Service has enhanced my sobriety. So please come out and join us on the 24th of May so you too may learn about service and help to carry the message.

John M. Danforth Group.

**GREATER TORONTO AREA INTERGROUP
& 8 DISTRICTS IN THE GTA
INVITE YOU TO**

INFO AA DAY 2025

ARCHIVES

TREATMENT

SELF-SUPPORT

ACCESSIBILITIES

COOPERATION WITH THE PROFESSIONAL COMMUNITY

INTERGROUP PRESENTATIONS

CORRECTIONS

GRAPEVINE

PUBLIC INFORMATION

Saturday May 24th 9-3pm

2025 DELEGATE REPORT BACK

**16 Spadina Road @ Native Canadian
Centre of Toronto** (Fully accessible facility, @ Spadina TTC Station, parking)

**Join us for pot luck lunch, fellowship and
learn about service.**

\$10 at door or see your DCM or GSR for tickets



Saturday May 3, 2025
Storrington Lion's Club
2992 Princess Rd.
(Battersea Rd)

Tickets \$ 20.00
(also available at the door)

Doors open at 9 am for Registration
10 am - 3 pm

Speakers

JAY A. TORONTO
ERIC H. BARRIE
PAT B. KINGSTON

BBQ Lunch - Hamburgers, hotdogs and salads

Sobriety Countdown

50/50 Draw

Tickets available from:

Mike N. 613-539-8112
Randy S. 613-985-4873
Steve W. 613-893-3280
Pat L. 613-888-9205



Joah S. 613-893-4895
Steve B. 613-532-1057
Joel F. 613-572-4041
Michelle T. 613-561-2967

GRAPEVINE BOOK OF THE MONTH



ONE BIG TENT

Atheist and agnostic
AA members share their
experience, strength and hope

Atheists, agnostics, nonbelievers and secular alcoholics have been members of the AA Fellowship since its earliest days, making significant contributions to the development of the program, helping to swing the doors of AA ever-wider. But finding their path has not always been easy. One Big Tent is a collection of stories, originally published in Grapevine, which represent the shared experience of secular AA members who have struggled with alcoholism, yet ultimately found a common solution in AA. These members share how they found their place in AA, work the program, do service and sponsor others.

<https://www.aagrapevine.org/store/one-big-tent?srsId=AfmBOorB7x9aX-Jl3ojrgZOA8SSFvW2Xlg1dPbHXbwS-XLSEfdRbbCfW>

-Imran R. Grapevine

GTAI/DISTRICT - MAY SUBCOMMITTEE MEETINGS

Accessibilities - Sun. May 20, 7 p.m.
ID: 824 8962 1874 - PW: 799763

Archives - Fri. May 09, 7 p.m.
ID: 841 5376 9412 - PW: 018851

Communications - Tues. May 20, 8 p.m.
ID: 850 5256 7237 - PW: 984555

CPC/PI - Tues. May 27, 7 p.m.
ID: 854 7547 0291 - PW: 002060

Correctional Facilities - Tues. May 06, 7 p.m.
ID: 883 8002 9737 - PW: 950392

Self-Support - Meets every other month.
Next Meeting: TBA

ID: 820 9238 0206 - PW: 319853

Treatment - Sun. May 18, 4 p.m.
ID: 868 2207 4860 - PW: 787289

Twelfth Step - Wed. May 14, 7 p.m.
ID: 813 0646 6967 - PW: 572531

IT Subcommittee - Mon. May 05, 7 p.m.
ID: 814 0942 9019 - PW: 379691

Information AA Day Sat. May 24, 7 p.m.
ID: 811 827 5978 - PW: 587553

SHARE YOUR STORY

CALL FOR SUBMISSIONS FOR BETTER TIMES' SPRING ISSUES



Clocks Have Changed - More Daylight - Do you have any tips for staying sober in the early spring?

Please scan the QR Code or tap this box and you will be directed to our anonymous content submission page.

**Join the 12 Step Help Line
Phone Greeter Team**

Do you have 4 hours a month to do service outside your home group?

TRAINING AVAILABLE	ONE YEAR SOBRIETY REQUIREMENT
ANSWER CALLS REMOTELY OR IN THE OFFICE	COULD BE THE MOST GRATIFYING SERVICE OUTSIDE THE GROUP

phonegreetercoordinator@aatoronto.org

OR VISIT AATORONTO.ORG
LOOK FOR SERVICE COMMITTEES AND CLICK ON 12TH STEP COMMITTEE

ARCHIVES CORNER

Did you Know ?

From Dec. 1934 to May 1935, Bill W. (dry date Dec. 11, 1934) worked with alcoholics but failed to sober any of them.

On May 10, 1935, a business deal brought Bill W. to Akron. He attended the annual stockholders meeting of the National Rubber Machinery Company in an attempt to take over the company & lost the proxy fight. Bill remained behind at the Mayflower Hotel, very discouraged and afraid he might drink.

On May 11, 1935, in poor spirits & tempted to enter the hotel bar, Bill W. realized he needed another alcoholic & phoned clergy members listed in the Mayflower Hotel (Akron, Ohio) lobby directory. He reached Rev. Walter Tunks, who referred him to Oxford Group member Norman Sheppard, who then referred Bill to Henrietta Seiberling. Bill contacted her by phone & introduced himself as "a member of the Oxford Group & a rum hound from NY." Henrietta invited Bill to meet that afternoon at the Gatehouse at Stan Hywett Hall on the Seiberling estate. She viewed Bill's arrival as the answer to her prayers for Dr. Bob & called Anne Smith to arrange a dinner the next day.

On May 12, 1935, Mother's Day, Bill W. (age 39) first met Dr. Bob (age 55), his wife Anne & their son Smitty (age 17) at Henrietta Seiberling's gatehouse in Akron, Ohio, at 5 pm. Dr. Bob was so badly hungover, he could not eat dinner & planned to stay only 15 minutes. Privately, Bill told Dr. Bob of his alcoholism experience in the manner suggested by Dr. Silkworth. Dr. Bob then opened up & he & Bill talked until after 11 pm. Dr. Bob's planned 15 minutes turned into 6 hours.

In May 1935, Henrietta Seiberling arranged for Bill W. to stay at the Portage Country Club in Akron, Ohio. Bill wrote to Lois that he & Dr. Bob tried in vain to sober up a Dr. Mck, a "once prominent surgeon" who developed into a "terrific rack & drunk." In June, Bill moved to Dr. Bob's house at the request of Anne. Bill insisted on keeping 2 bottles of liquor in the kitchen to prove that he & Dr. Bob could live in the presence of liquor. They went to Oxford Group meetings on Wednesday nights at the home of T Henry & Clarace Williams.

In May 1938, Bill & Lois visited Bill R. in Hackettstown, NJ. It was the Hackettstown Courier Post that ran the first newspaper article on AA.

On May 1, 1939, Bill & Lois leave 182 Clinton Street home. From 1939-1940 Bill & Lois moved 51 times.

On May 10, 1939, led by pioneer member Clarence S. (story in Big Book "Home Brewmeister"), the Cleveland, OH group members announced that they would meet separately from Akron & the Oxford Group. Their first meeting was at 2345 Stillman Rd., Cleveland Heights, in the home of Grace & Abby G. (story in Big Book "He Thought He Could Drink Like a Gentleman.") There were 16 members present. This was the first group to call itself Alcoholics Anonymous. The Clevelanders still sent their most difficult cases to Dr. Bob in Akron for treatment. After almost 4 years, this was AA's third group.

On May 22, 1940, Works Publishing, the forerunner to Alcoholics Anonymous World Service (AAWS), was legally incorporated as a publishing arm (Big Book & other literature) of the Alcoholic Foundation, today General Service Board (GSB). Bill W. gave up his stock with a stipulation that Dr. Bob & Anne would receive 10% royalties on the Big Book for life. Hank P. (2nd AA member in NY, story in 1st Edition Big Book "Unbeliever", got drunk April 1940 after 4 yrs sober) was persuaded to relinquish his shares for a \$200 payment for office furniture he claimed belonged to him. Hank harboured many resentments toward Bill.

In May 1940, the first anonymity break at the national level occurred. Rollie H., catcher of the Cleveland Indians, just caught Bob Feller's no-hitter, revealed been sober in AA one year, caused a lot of publicity.

-Eddy G., GTA Archivist

Greater Toronto Area Groups That Started in May

May 8, 1946 - Kingsway Group (Oldest group in the GTA).

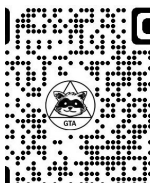
May 16, 1978 - Kipling Group.

May 5, 1980 - Bellamy Group.

May 2, 1981 - Lansing Group.

May 1985 - Half Century Group.

TO DONATE AA/GTA ARCHIVAL
ITEMS TO ARCHIVES PLEASE
CONTACT ARCHIVIST EDDY G. 416-
536-7536 or archives@aatoronto.org
OLD GTA MEETING BOOKS ARE
NEEDED FOR THE ARCHIVES.



Scan this QR code to access
more
"Better Times" issues!

IS THERE AN UPCOMING MEDALLION?

Please send your medallion details to bettertimes@aatoronto.org
in the format of:

name - homegroup - year(s) of sobriety - medallion date

Kindly note that Better Times only publishes the first year of continuous sobriety birthday celebrations or every subsequent 5th year of continuous sobriety (i.e. 1, 5, 10, 15, 20...)

MAY MEDALLIONS

Dwayne S., Anniversary Group, 10 yrs,
May 14

Tim McN., Rexdale United Grp, 45 Yrs.,
May 15

Patty S., Melrose Group, 40 yrs, May 17

Jim A., Erin Mills Group, 1 yr, May 19

Peri B. 1 yr. Fellowship Grp, May 26

Samson D. 1 yr. Fellowship Grp, May 26

Charles W., East York, 45 Years, May 27

Brad H., Rexdale United Group, 25 yrs.
May 29

MAY BIRTHDAYS

Bill R., Brampton Recovery Group, 27 yrs,
May 06

Ryan C., Woodbridge Group, 1 yr, May 10

Samantha B., Friendly Group, 2 yrs, May 13

Alec C., Woodbridge Group, 1 yr, May 22

Angela B., Woodbridge, 1 yr, May 22

Trevor, Brampton Recovery Group, 1 yr,
May 25

Kristin, Brampton Recovery Group, 4 yrs,
May 29

Michelle V., Brampton Recovery Group,
2 yrs, May 30

Angelo S., Woodbridge, 2 yrs, May 30