

July 2025 7th Tradition Importance

The Seventh Tradition monetary contributions are secondary to AA's primary purpose of being free from outside influences. The spiritual connection that unifies A.A. groups is the primary purpose.

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A JOURNEY THROUGH SOBRIETY: FINDING HOPE AND HEALING



At the start of my sobriety journey, I wasn't honest. I lied to those I loved, driven by a selfish desire to get what I wanted. Unbeknownst to me, I was only hurting myself. Three months ago, I recommitted to a 12-step addiction recovery program, vowing never to touch alcohol again. That decision changed everything.

Initially, I planned to walk into an Alcoholics Anonymous meeting and lie, claiming four months of sobriety. But someone shared about honesty and accountability, and my conscience stirred. I couldn't maintain the façade. Instead, I opened up, shared my truth, and connected with someone from that meeting. That meeting became my home group, a safe haven I struggled to find due to my insecurities and codependency. Today, I'm a proud member, grounded in a community that supports my growth.

I'm autistic with ADHD. For years, I self-medicated with alcohol and drugs to escape anxiety, boost confidence, and make friends. It didn't work. It worsened everything. I'm highly intuitive and self-aware, though my auditory processing delays make communication challenging. I'm also deeply loving. I've found hope to keep going through Al-Anon slogans, my sponsor, and the recovery community. “Let go, let God,” and pausing before speaking guides me to respond thoughtfully rather than react impulsively.

My drinking began in 2016, triggered by a sexual assault at age 22. For two years, I spiralled into a self-destructive bender, abusing alcohol, PRN medications, antidepressants, and antipsychotics. At 23, I had a chance to enter addiction treatment, but didn't meet their requirement of 72 hours sober and clean. They offered detox, but I chose to return home, sinking deeper into addiction.

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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

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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 Journey Through Sobriety – cont'd from pg. 1

Two years ago, in 2023, I was raped, and one person entered my life. This person, a genuine, heartfelt soul, stood by me when others blamed and shamed me, yet they also became my rock bottom, someone I hurt deeply. Even if we never speak again, their subtle guidance, like an angel's, lights my path. As the saying goes, friends come into our lives for a reason, a season, or a lifetime. Those substances led to suicidal thoughts, erratic behaviour, and dangerous situations. I started fires, got kicked out of bars, was apprehended for public intoxication, and even passed out drunk on a laundry room floor after my mother's wedding. I lived in victim mode, blaming others, unaware of the long-term harm I was causing myself.

Police forced me to attend A.A. meetings from 2016 onward, but sobriety can't be mandated. It must come from within. Back then, I attended for the wrong reasons, lacking the emotional maturity to grasp the program. My first rental, a dangerous, illegal rooming house, further destabilized me. I've vowed never to return to that town.

I was once a raging, self-centred alcoholic, masking my autism to fit in. I thought alcohol made me normal, but there's no such thing as normal. I also thought that alcohol and drugs were the answer, which only made everything worse. Sobriety taught me to embrace myself and find my tribe, people who accept me as I am. I'm not my past or my mistakes. I'm rewriting my story, striving to be better than before.

Sobriety has restored my hope, voice, and memories. After one month sober, I felt a spark of improvement. I attended the Ontario Regional Conference, volunteering with an open mind and heart. Now, on June 6, 2025, I'm 3 months and 15 days sober. Each month of sobriety brings something positive, and I'm excited for my fourth month. I used to fear the label alcoholic, but today, I'm a grateful alcoholic. Sobriety gave me my life back, and for that, I'm blessed. As I move forward, I hold fast to "let go, let God" and "progress over perfection."



– Rising from the Ashes, GTA



SHARE YOUR STORY

CALL FOR SUBMISSIONS FOR BETTER TIMES' SUMMER ISSUES

Summer is Here – More Daylight – Share Your Thoughts and Pen a letter to Better Times

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

GTAI/DISTRICT - July SUBCOMMITTEE MEETINGS

Accessibilities - Sun. July 20, 7 p.m.

ID: 824 8962 1874 - PW: 799763

Archives - Fri. July 11, 7 p.m.

ID: 841 5376 9412 - PW: 018851

Communications - Tues. July 15, 8 p.m.

ID: 850 5256 7237 - PW: 984555

CPC/PI - Tues. July 29, 7 p.m.

ID: 854 7547 0291 - PW: 002060

Correctional Facilities - Tues. July 01, 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. July 20, 4 p.m.

ID: 868 2207 4860 - PW: 787289

Twelfth Step - Wed. July 09, 7 p.m.

ID: 813 0646 6967 - PW: 572531

IT Subcommittee - Mon. July 17, 7 p.m.

ID: 814 0942 9019 - PW: 379691

Information AA Day - TBA, 7 p.m.

ID: 811 827 5978 - PW: 587553

Brampton Recovery Group Anniversary

Opened doors July 4th, 1989

36 years

Join us for gratitude meeting @8pm on

Wednesday July 09th, 2025

Holy Family Anglican Church, 10446 Kennedy Rd N., Brampton, ON

FALL ROUND-UP

District 25 and the Orangeville Serenity Group

September 13, 2025 – 9 am to 6 pm

Broadway Pentecostal Church

556 Broadway Rd, Orangeville, ON

WOMEN'S ROUND-UP

Toronto Women in Recovery

September 22, 2025 – 11 am to 4 pm

The Church of St. Andrews

2333 Victoria Park Ave., Toronto, ON

GRAPEVINE BOOK OF THE MONTH



OUR TWELVE TRADITIONS

AA members share their own stories of experience

Our Twelve Traditions

In this collection of stories from AA Grapevine, members write about their experiences with the core principles contained in AA's Twelve Traditions. Born of the trial-and-error experience of the Fellowship's earliest years, the Twelve Traditions provide the spiritual and practical underpinning for AA's ongoing adventure of living and working together. Seen through the eyes of individual members, the stories in this book offer groups, as well as members, workable solutions to difficult problems.

<https://www.aagrapevine.org/store/one-big-tent?srsltid=AfmBOorB7x9aX-Jl3ojrgZOA8SSFvW2Xlg1dPbHXbws-XLSEfdRbbCfW>

-Imran R. Grapevine

ARCHIVES CORNER

Did you Know ?

In July 1934, Ebby T. was approached, in Manchester, VT, by his friends Cebra G. & Shep C., who did considerable drinking with Ebby but were now abstaining from drinking. They informed Ebby of the Oxford Group in Vermont, but Ebby was not quite ready yet to stop drinking.

In July 1934, Bill W.'s 2nd admission to Towns Hospital (again paid by Lois's brother-in-law, Dr. Leonard Strong). Bill met Dr. Silkworth for the 1st time. Dr. Silkworth explained the obsession and the allergy to alcoholism to Bill. Bill started drinking again almost immediately upon discharge. He was unemployable, \$50,000.00 in debt, suicidal & drinking around the clock.

3. On July 4, 1935, Akron, Ohio, attorney Bill D. (man on the bed) leaves St. Thomas Hospital in Akron, O.H. sober and becomes AA No. 3 (Big Book story Alcoholics Anonymous Number Three). Sister Ignatia & Dr. Scuden secretly treat Bill D. before his meeting with Dr. Bob & Bill W. Bill D. was hospitalized 8 times in 1935 for his drinking. It took 5 days before he would say that he could not control his drinking. Bill D. was Ohio's Panel 1 Delegate to the 1st General Service Conference in 1951 & he spoke at the ORC in Toronto in 1953. Bill D. died September 17, 1954, with 19 years of sobriety.

In July 1935, encouraged by T. Henry Williams, Ernie G. sobered up (AA No. 4, Big Book story The Seven Month Slip) and contacted Dr. Bob & sobered up. He eventually married Dr. Bob's daughter, Sue, in September 1941. Ernie was unable to maintain continuous sobriety, and their marriage was a disaster. In March 1935, at the urging of her friend Delphine Weber, Henrietta Sieberling organized a Wednesday night Oxford Group meeting at T. Henry & Clarace Williams' home in Akron, OH. The meeting was started specifically to help Dr. Bob with his drinking. Dr. Bob eventually openly admitted his drinking problem, but could not bring himself to stop drinking.

On July 15, 1938, in a letter to Messrs. Richardson, Chipman & Scott, of the Rockefeller Foundation, Bill invited them to his home on 182 Clinton St. NY for meetings of Alcoholics Anonymous. This was the first documented use of the name of the Fellowship.

On July 18, 1938, Dr. Esther L. Richards of Johns Hopkins Hospital in Baltimore stated in a letter that Bill W. at the time was using the name "Alcoholics Anonymous" both as the working title of the book & the name of the Fellowship. Richards wrote a very favourable letter to Bill W. regarding a 2-chapter prospectus sent to her for review. She noted, "I think you should get an 'A-Number-One' physician who has a wide knowledge of the alcoholic's medical & social problems to write an introduction."

On July 27, 1938, Dr. Silkworth wrote a letter of support for use in fundraising for the book. It was later incorporated into the First Edition Big Book, April 1939, into the chapter "The Doctor's Opinion" together with extracts from a paper later published in the Lancet medical journal in July 1939. The Doctor's Opinion started on page 1. & the basic text ended at page 174. Dr. Silkworth's name was not added to "The Doctor's Opinion" until the publication of the second edition in 1955.

On July 28-30, 1950, the 15th Anniversary and 1st International Convention was held in Cleveland, Ohio, in AA's 15th year with an est. 3,100 in attendance. A gravely ill Dr. Bob made a brief appearance at the Convention for his last talk. Part of his now-famous short statement was "There are two or three things that flashed into my mind on which it would be fitting to lay a little emphasis. One is the simplicity of our program. Let's not louse it all up with Freudian complexes and things that are interesting to the scientific mind but have very little to do with our actual AA work... Our Twelve Steps, when simmered down to the last, resolve themselves into the words love and service." Also, the Twelve Traditions were adopted unanimously by standing vote by the attendees.

In July 1962, Grapevine Editor Jack M. created the cartoon strip Victor E. & appeared first time in the Grapevine. Today, Victor E. is an AA icon.

-Eddy G., GTA Archivist

Greater Toronto Area Groups That Started in July

July 1960 - Mount Royal-York Group.

July 3, 1979 - Responsibility Group.

July 18, 1972- 93East York Group.

July 19, 19- Rox Glen Traditional 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.



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"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...)

JULY MEDALLIONS

Jodie L., Kipling Group, 1 yr, **July 10**
Brielle, Erin Mills Group, 1 yr, **July 14**
Marvyn W., Melrose Group, 25 yrs, **July 19**
Patrick C., Midtown Group, 1 yr, **July 20**
Kat M., Six Points Group, 20 yrs, **July 21**
Ricardo, Brampton Recovery Group, 1 yr, **July 23**
Gleen G., East York Group, 20 yrs, **July 29**
Charles W., East York Group, 15 yrs, **July 30**

JULY BIRTHDAYS

Matthew U., Friendly Group, 2 yrs, **July 01**
Lyndsey T., Grace Noon, 1 yr, **July 04**
Serge S., Start Today Group, 33 yrs, **July 11**
Drew P., Brampton Recovery Group, 3 yrs, **July 14**
Ralph M., Woodbridge Group, 3 yrs, **July 15**
Vince R., Grace Noon, 25 yrs, **July 15**
Rick S., Black River Group, 16 yrs, **July 15**
Kevin D., Six Points Group, 41 yrs, **July 17**
Bram H., Brampton Recovery Group, 3 yrs, **July 19**
John B., Friendly Group, 2 yrs, **July 21**
Reilly H., Friendly Group, 3 yrs, **July 25**
Edward H., East York Group, 15 yrs, **July 30**
Eric S., Six Points Group, 53 yrs, **July 30**
Prapti, Brampton Recovery Group, 2 yrs, **July 30**