

BETTER TIMES

OCTOBER 2025
10TH TRADITION

PRODUCED MONTHLY FOR AA MEMBERS IN THE GREATER TORONTO AREA

October 2025

10th Tradition

The 10th Tradition is simple: the fellowship must remain neutral on outside issues and never be drawn into public controversy. Our primary purpose is to help other alcoholics recover 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 from Omar P.
- Thom L. - Family Day Follow up.
- Archives Breakfast.
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- AA October Archives.
- ...And Much More!

ADDICTION & RECOVERY



Addiction is giving all up
For just one thing
AND
Recovery is giving up one
Thing for Everything

-Omar P., Kingsway Group

Family Fun Day



Bouncy castles and fellowship.
Maybe a strange combination.
Maybe genius.
Getting sober is hard.

Doing it with young children to care for is something I cannot imagine.

The first family fun day was this Monday at Trinity Bellwood's park.

Over 200 people. Many of the children came together to play games, have their faces painted and eat BBQ.

And yes, there was an epic bouncy castle.

One woman commented that it was a great event for her to experience some fellowship while not having to figure out what to do with her kids.

Mission accomplished.

A few months ago, one alcoholic thought it would be nice if sober parents could have events to go to with their kids.

I think she also had a strong desire to play in a bouncy castle, but that's me taking another alcoholic's inventory....

Time was short, she reached out to many people, including me, and we formed a committee and got to work.

I think it's important to emphasize how wonderful AA is. That sober alcoholics can have an idea, and use the same qualities that used to keep them drunk to create things that help others stay sober.

We do service to stay sober, and we stay sober to do service.

-Thom L.

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, 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



GREATER TORONTO AREA
INTERGROUP

GRATITUDE CAMPAIGN 2025

Mission Statement

Greater Toronto Area InterGroup

is a coordinating body that supports the 12 step work of GTA AA groups, connecting AA groups, AA members, the public and the still-suffering alcoholic.

What is Gratitude Month?

Gratitude Month (held each autumn) is an annual campaign for local AA members and groups to support InterGroup's continued efforts to carry the message of hope and recovery. It is our hope that AA members and AA groups continue to assist InterGroup in carrying the message, and to remain self-supporting.

No Amount is Too Small!

How GTA InterGroup Carries the Message of Alcoholics Anonymous:

By maintaining the **Phone Hotline 416-487-5591** (operates 24/7!)
By arranging **Twelfth Step Calls** to Newcomers
Staff operate the **Literature Store**, provide admin. support to all subcommittees, and respond to queries from AA members and the public
By maintaining the **GTAI Fellowship website** www.aatoronto.org
A soon-to-be-launched **Newcomer Page & Help Chat** feature
Sponsoring the annual **Ontario Regional Conference**
Publishing the monthly 'Better Times' **newsletter**
Preserving and display of **AA archival materials** of historical significance

Ways to Contribute:

Mail a cheque or money order. Please make cheques payable to 'Toronto InterGroup'

By **VISA or MasterCard**

Online at www.aatoronto.org

Interac e-Transfer:
contributions.aatoronto.org

Other Options include monthly **pre-authorized debit (PAD)** or by making a **cash, debit or credit card contribution** by visiting our office (address/hours below).

In keeping with AA's 7th Tradition, contributions are accepted only from AA members.

InterGroup is a registered charity, and official receipts are provided upon request.

Toronto InterGroup: 202 – 234 Eglinton Ave. East, Toronto M4P 1K5
Office Hours: TUES to FRI 9:30 a.m.-4:30 p.m. **Email:** litdept@aatoronto.org

Gratitude & Service

It is our hope that AA members and groups continue to assist Intergroup in Carrying the Message and to remain self-supporting in this ongoing effort.

Your Contribution at Work

With contributions from AA groups and individual members, Intergroup is able to provide activities and services to help the suffering alcoholic.

How GTA Intergroup Carries the Message of Alcoholics Anonymous in the Greater Toronto Area:

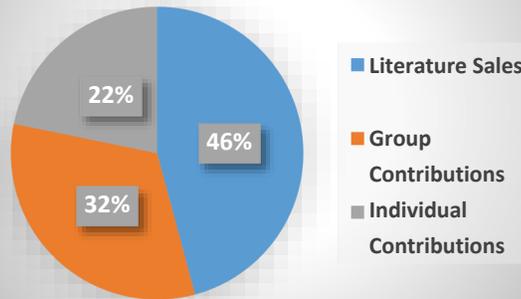
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- Publishing the monthly 'Better Times' **newsletter**
- Preserving and display of **AA archival materials** of historical significance

GTA Intergroup encourages service and highlights the importance of participation of all members and groups

Facts & Figures

GTA Intergroup Income: Sources and Expenditures

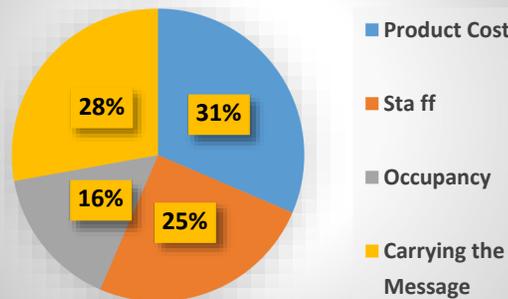
2024 Income Sources



Income for the Year 2024

Literature Sales	\$143,831
Group Contributions	\$101,706
Individual Contributions	\$49,440
Total Income Sources	\$294,977

2024 Expenditures



Expenses for the Year 2024

Product Cost	\$107,770
Staff	\$85,772
Occupancy Cost (Rent)	\$53,718
Carrying the Message	\$95,427
Total Expenditures	\$342,687

Thank You

For participating in the GTA Intergroup



No amount is too small!

Please go online or complete the information on the reverse and mail this portion in to the Intergroup Office (attention: Lit. Dept.), along with your cheque, money order, or VOID cheque (as applicable).

Ways to Contribute:

Mail a cheque or money order. Please make cheques payable to 'Toronto Intergroup'

By **VISA** or **MasterCard** (see form on reverse side of this pamphlet)

Online at www.aatoronto.org

Interac e-Transfer:
contributions.aatoronto.org

Other Options include monthly **pre-authorized debit (PAD)** or by making a **cash, debit or credit card contribution** by visiting our office (address/hours below).

In keeping with AA's 7th Tradition, contributions are accepted only from AA members.

Planned Giving: Your consideration in providing a planned gift **in the form of a bequest** (one-time gift/up to \$5000) would be greatly appreciated!

GTA Intergroup is a registered charity.

Official donation receipts will be provided for all contributions that are accompanied by a name and mailing address. **Receipts for online donations will be provided immediately via automation.**

**202 – 234 Eglinton Ave. East
Toronto M4P 1K5**

Office Hours: TUES to FRI 9:30a.m.-4:30 p.m.

47th Annual SERVICE DAY 2025 – "Gratitude in Action"

When: **Saturday September 27th, 2025**
 Time: **1:00pm-4:00pm**
 Where: **Oakridge Community Centre** (63 Pharmacy Ave. Just north of Danforth Ave. on the east side- only two blocks east of Victoria Park Station)

Cost: **FREE** *Plenty of free-parking – Fully Accessible*
 Snacks and drinks provided

What is Service Day?

Whether you're newly sober or a treasured 'long-timer,' there are service positions available in District 22 (Scarborough) for everyone. Whether you can only spare an hour or two per month or have plenty of free time to be of service, District 22's Service Day is the place to find out all that A.A. has to offer in terms of being of service.

47th Annual Service Day 2025 – "Gratitude in Action" is an action-packed 3 hours including:

- A Guest Speaker
- An explanation of service opportunities from each of the current chairs:
 - Accessibility,
 - Archives,
 - Grapevine,
 - Corrections,
 - Treatment Facilities,
 - Self-Support,
 - Intergroup,
 - CPC,
 - Public information
- Wheel of Recovery (by popular demand!) – participation optional

"I was going to meetings almost every day and was getting the hang of being sober. Being so grateful for A.A. and for sobriety in my life, I wanted to get more involved but was nervous and not sure which service opportunities were available. I had heard things like '12-Step Calling', 'Corrections Correspondence', 'Treatment Facilities Committees' etc. but had no idea what any of it was. However, after attending Service Day last year, I found out about tons of ways I could get more involved! I started going to monthly District Meetings (which I didn't know at the time, are open for any and all AA members can attend) and after a few months, I became the Treatment Facilities Chair for District 22. Our Treatment Committee members do many different things like calling potential treatment facilities, seniors' homes, hospitals and universities to see about getting literature or meeting into their facilities. We educate treatment facility staff about A.A.'s primary purpose and we share our stories with people in treatment, people who sometimes don't know that there's a way to stay sober after treatment. This is my Gratitude in Action!"

- Tracy A. (D22 Treatment Facilities Chair)

For more information, call or text any of the committee members below:

Joe A	416-998-1436	adcmdistrict22@gmail.com
Eddy G	416-536-7536	egesicki@rogers.com
Christa E	416-828-9580	sd22secretary@gmail.com
Tracy A	905-767-3136	d22treatmentfacilitieschair@gmail.com

Al-Anon Family Groups
 Ontario South Al-Anon/Alateen

1ST ANNUAL DISTRICT 02 UNITY IN RECOVERY Roundup

Early Bird Prize \$50
 The Keg Voucher



Together, we can do what we couldn't do alone.

Day Ticket Includes:
 Theatre Style Seating
 Speakers
 Self Serve Lunch
 Social Room
 Late Speaker & Dance

\$25

Full Day Includes:
 Reserved Tables,
 Speakers, Sit Down Lunch,
 Social Room,
 Sit Down Dinner,
 Late Speaker & Dance

\$45

Feature Speakers

Paul G. Akron, Ohio
 Paul K. Bradford Al-Anon, Keswick, ON
 Annie H. Black River Group, Sutton, ON
 Roman R. Stepping Stones, Toronto, ON
 Christina G. Akron, Ohio

Late Speaker
 Deb H. Akron, Ohio

NO TICKETS SOLD AT THE DOOR

22

NOVEMBER 2025

ROYAL CANADIAN LEGION
80 MARY ST. BRAMPTON, ON

EVENT DETAILS	AGENDA	INFO / TICKETS
<ul style="list-style-type: none"> • Inspiring Speakers • Early Bird Prize • Door Prizes • 50/50 Draw • Lunch 	<ul style="list-style-type: none"> • Gift Shop • Social Room • Fellowship • Dinner • DJ & Dance 	<p>9:00am - 10:00am Registration 10:00am - 4:30pm Speakers & Lunch 4:30pm - 6:00pm Social Room 6:30pm - 7:50pm Sit Down Dinner 7:50pm - 8:00pm Welcome & Gratitude 8:05pm - 9:05pm Late Speaker 9:15pm - 12:00am Dance With DJ</p>
Krishna D. 647-299-3138 Rexdale United Group		Maria M. 416-884-6529 Brampton Recovery Group

Ticket Sales Start August 1st / Early Bird Deadline is September 15th / Ticket Sales End November 1st
 Limited Seating Available / Vegetarian Option Available / Location is Wheelchair Accessible

*In Keenness with AA Traditions, this event is fully self-sustaining and not affiliated with any outside organization!

WinterSeasonOpenHouse (Free Event):

DEC 25TH 10 AM-4 PM

It will be held at:

Timothy Eaton Memorial Church
 230 St Clair Ave W, Toronto, ON M4V 1R5
 Dunvegan Rd entrance.

Committee meetings will be held at:

Timothy Eaton Memorial Church
 230 St Clair Ave W, Toronto, ON M4V 1R5
 In-person and Zoom option for committee meetings.

Sunday, Sept 14th 2025, at 9 am-10:30 am
 Sunday, Oct 19th 2025, at 9 am-10:30 am
 Sunday, Nov 16th 2025, at 9 am-10:30 am
 Sunday, Dec 14th 2025, at 9 am-10:30 am

**If you're interested in joining this committee, please contact Zobie G. wsoh@aatoronto.org
 Zobie - (416) 709 - 0178**

fun, active



SHARE YOUR STORY

CALL FOR SUBMISSIONS FOR BETTER TIMES' SUMMER ISSUES

FALL is Here – AUTUMN– 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 - October SUBCOMMITTEE MEETINGS

Accessibilities - TBA

ID: 824 8962 1874 - PW: 799763

Archives - Fri. Oct. 10, 7 p.m.

ID: 841 5376 9412 - PW: 018851

Communications - Tues. Oct. 21, 8 p.m.

ID: 850 5256 7237 - PW: 984555

CPC/PI - Tues. Oct. 28, 7 p.m.

ID: 854 7547 0291 - PW: 002060

Correctional Facilities - Tues. Oct. 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. Oct. 19, 4 p.m.

ID: 868 2207 4860 - PW: 787289

Twelfth Step - Wed. Oct. 18, 7 p.m.

ID: 813 0646 6967 - PW: 572531

IT Subcommittee - Mon. Oct. 06, 7 p.m.

ID: 814 0942 9019 - PW: 379691

Information AA Day - TBA

ID: 811 827 5978 - PW: 587553

GTAI Archives Breakfast

Saturday, November 8th, 2025 - Bloordale United Church.
Tickets are \$35.

Would you like to enhance your sobriety with a deeper connection to both our founders and AA history?

The Archives Breakfast offers this opportunity! In the early days of AA, a member with a car would load it with 4 or 5 members, and drive two hours or more to a meeting!

I have joined in this tradition with numerous road trips to both meetings and AA events across Ontario. These road trips have led to many spiritually rewarding experiences for both myself and fellow passengers. We have the same kind of camaraderie at the Archives Breakfast. Coffee and fellowship begin at 9:00 A.M. A professional, fully catered, abundant bacon and eggs Breakfast, at 10am, includes fresh fruit. Our long-time member will interweave AA history, of the time, into their story at 11 am. The event will finish with: a sobriety countdown, raffle and door prizes. Please order your tickets today. We look forward to you joining us for another fabulous day of sobriety.

Thank you!

-Glenn G. GTAI Archives Committee Chair



A ONE DAY REPRIEVE

SATURDAY OCTOBER 18
11AM-3PM

TRINITY-ST. PAUL'S UNITED CHURCH
427 BLOOR ST. WEST (NEAR SPADINA)

SPEAKERS:

Debe M. (Anniversary Group, Scarborough)

Lisa S. (Scarborough Group)

Mike S. (A Way Out, Cambridge)

Nykyta K. (Love and Tolerance, Toronto)

Ray C. (Westmoreland, Toronto)

TICKETS \$20

LUNCH INCLUDED

midtownmeetup2025@gmail.com



GRAPEVINE BOOK OF THE MONTH

Celebrate A.A.'s 90th anniversary with this one-time commemorative International Convention issue of one of Grapevine's most beloved books, *The Language of the Heart: Bill W's Grapevine Writings*. The hardback book comes in all three languages and features a beautiful new cover and intro page. Our cofounder Bill W. contributed more than 150 articles to Grapevine in his lifetime, which were collected in this book, first published in 1988. The essays in it lay out the basic principles of A.A.'s Steps and Traditions and chronicle the early pioneer days as well as Bill's vision for A.A. It's a great keepsake and a wonderful gift for a friend or newcomer.

<https://www.aagrapevine.org/store/language-heart-international-convention-edition>

-Imran R. Grapevine

ARCHIVES CORNER

Did you Know ?

On Oct. 20, 1928, Bill signed a pledge in the family Bible: "To my beloved wife that has endured so much, let this stand as evidence to you that I have finished with drink forever."

On Thanksgiving, Bill signed another pledge in the family Bible: "My strength is renewed a thousandfold in my love for you." In January 1929, Bill signed yet another pledge in the family Bible: "To tell you once more that I am finished with it. I love you." On September 30, 1930, Bill wrote his last promise to stop drinking in the family Bible: "Finally and for a lifetime, thank God for your love." After that, they gave up making promises in despair.

On Oct. 29, 1929 (Black Tuesday), the Stock Market in NY City crashed, leaving Bill W. broke & \$60,000 in debt (\$800,000 today). He & his Wall St. benefactor, Frank Shaw, parted company. Soon after, Bill's friend, Dick Johnson, offered him a job in Montreal, Canada, with Greenshields & Co. By Christmas, Bill & Lois were living lavishly in Montreal in a luxury furnished Glen Eagles apartment on Cotes des Neiges, in Mount Royal overlooking the city. They had a brand new Packard automobile & membership in the Lachute Country Club. Less than 10 months later, Bill was fired due to his drinking & fighting in the country club. In December 1930, after a binge by Bill that started in Montreal & carried him into Vermont, Lois went to get Bill. They returned to Lois' parents' home at 182 Clinton St., Brooklyn, NY & moved into a room there.

In Autumn 1933, Bill W. was quite literally drinking himself to death. In desperation, Lois, now earning \$22.50 a week at Macy's (\$400 today), turned to her brother-in-law, Dr. Leonard Strong, who arranged, & paid for Bill's first admission to Towns Hospital. Dr. Strong was married to Bill's sister Dorothy. Bill was subjected to the "belladonna cure," which involved "purging & puking" aided by castor oil. Belladonna, a hallucinogen, was used to ease the symptoms of alcoholic withdrawal.

In October 1937, Dr. Bob & Bill W. met again in Akron. They counted 40 sober members, with half of them sober for two years. It was a remarkable success story since all the sober members had previously been declared hopeless & beyond any help. Bill had ideas for AA hospitals, paid missionaries & a book of experience to carry the message to distant places. Dr. Bob liked the book idea, but not the hospitals & paid missionaries. In a meeting at T Henry Williams' home, Bill's ideas narrowly passed among 18 Akron members. The NY group was more enthusiastic. This historical milestone marked the decision to write the Big Book that, in turn, led to the formation of a service structure. Note: the reasoning behind Bill's ideas for missionaries, hospitals & a book can be found in an April 8, 1947 paper by Bill titled "Our AA General Service Center-The Alcoholic Foundation of Yesterday, Today & Tomorrow."

In October 1937, AA meetings were held weekly on Tuesday nights at Bill & Lois' home at 182 Clinton St., Brooklyn, the first NY AA group. Leaders of the Oxford Group (OG), at the Calvary Mission in NY, ordered alcoholics staying at the mission not to attend meetings at 182 Clinton St. Bill & Lois received criticism from OG members for having "drunks only" meetings at their home. The Wilsons were described as "not maximum" (an OG term for those believed to be lagging in their devotion to OG principles).

In October 1939, Membership grew suddenly & dramatically in Cleveland due to the September Liberty Magazine article & editorials in the Cleveland Plain Dealer by Elrick B. Davis. As a result, the Cleveland group was flooded with appeals for help. Newcomers with just a few days of sobriety were assigned to make 12th-step calls. Cleveland membership surged from 20 to several hundred. Cleveland membership exceeded that of NY & Akron combined for several years, leading many to think that AA began in Cleveland instead of Akron.

Late October 1939, Akron, Ohio, members of the "alcoholic squad" withdrew from the Oxford Group & held meetings at Dr. Bob's house. It was a painful separation due to the great affection they had toward T. Henry & Clarace Williams. The Oxford group meetings were held in the Williams' home. The founding of the Cleveland Group & this action by the Akron Group ended all outside affiliation between the AA Fellowship & the Oxford Group or anyone else. Meetings were held at Dr. Bob's house & in January 1940, meetings moved to the King School on Wednesday night.

In October 1954, the "Alcoholic Foundation" changed its name to the General Service Board of Alcoholics Anonymous. The original idea of an all-purpose Foundation was abandoned.

-Eddy G., GTA Archivist

Greater Toronto Area Groups That Started in October

Oct. 15, 1948 - Hill Group.	Oct. 1988 - A Place to Share Group (Women's).
Oct. 8, 1951 - Friendly Group	Oct. 25, 1988 - Principles Before Personalities.
Oct. 13, 1965 - Anniversary Group.	Oct. 28, 1993 - Living Sober Group (Thornhill).
Oct. 1, 1968 - The New Life Group	Oct. 6, 2002 - Scarborough Monday Noon Meeting.
Oct. 18, 1968 - Parkway Group.	Oct. 25, 2013 - Sisters in Sobriety Group.
Oct. 8, 1970 - Chartwell Group	Oct. 8, 2016 - Ajax Freethinkers.
Oct. 20, 1977 - New Anchor Group.	
Oct. 10, 1983 - Melrose Group.	
Oct. 23, 1983 - Acceptance Group (Oshawa).	
Oct. 23, 1983 - New Life Group.	
Oct. 5, 1987 - Scarborough Thursday Noon Meeting.	

OCTOBER BIRTHDAYS

Nancy R., Brampton Recovery Group, 4 yrs, **Oct. 6**
Maian M., Grace Noon Group, 31 yrs, **Oct. 25**
William A., Brampton Recovery Group, 3 yrs, **Oct. 27**

OCTOBER GROUP ANNIVERSARIES

Anniversary Group - 60th Birthday - Oct. 15th
Noon Rap Group - 45th Birthday - Oct 31st

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...)

The Hill - Meeting Time Change

The Hill Group Thursday Night Open Meeting of Alcoholics Anonymous, located at 231 St. Clair Avenue West will be changing the start time of the meeting from 8:30 pm to 8:00 pm, effective October 2, 2025. The Hill Thursday night meeting will run from 8 pm-9 pm beginning in October at the same location noted. All are welcome.

MIDTOWN MEETUP

A midday roundup of speakers, lunch included - \$20
Saturday, October 18th, 2025, 11 am to 3 pm
Trinity St. Paul's Church
427 Bloor St. West, Toronto, ON
Get tickets by emailing: midtownmeetup2025@gmail.com or jamiemilligan@gmail.com

DISTRICT 2 - 1st UNITY IN RECOVERY ROUNDUP

Full day event 9:00 am - Midnight
Saturday, November 22nd, 2025
Tickets on Sale now - No tickets sold at the door
Royal Canadian Legion
80 Mary Street, Brampton, ON
Tickets - Krishna D. 647-299-3138 / Maria M. 416-884-6529