

## April 2026 Service Story Work

Service is one Pillar of AA. No matter how grand the gesture or small the task, we all benefit. A share that has always stuck with me was hearing of a member being thankful that they could bring tea bags to the meeting. The member understood the importance of service and found something meaningful they could do. That member was a single parent, time was precious, young children at home, rushing into meetings as they began. The gesture may appear small, but it served many on a much larger scale. We are looking for service stories to share in the newsletter.

### SHARE YOUR STORY



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

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

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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](mailto:bettertimes@aatoronto.org) or contact Alex at 416-487-8110

## THE AA JUMP



A high wall of rock rose right behind me. There was just enough space for my feet. How I got here, I don't quite remember; too much of my memory was fuzzy from too much booze too often. Writing had always been one of my passions, and most writers were drunks. I made a great start with the latter. I had known I was an alcohol addict for quite a long time, but I was never willing to do anything about it. Thinking that blackouts were normal was one of my beliefs from a young age.

Now I had to decide, jump or stay where I was.

If I stayed where I was, I was going to starve. If I jumped, it would be certain death, because I could not imagine my life without alcohol. All I knew was that my old life was over. No more dances, kisses, laughing, or making love. And no more hangovers. With a deep sigh, I jumped.

To my surprise, invisible hands caught me, lifted me. I was flying! I smiled and spread my arms and legs as the thermal lift of a sober life lifted me. The grass was a bit greener below me; the flowers smelled a bit nicer. More than 40 years later, I am still flying! Yes, there are ups and downs, but I have never crashed. Yet! Yes, I flew close to the ground a few times when I was really sorry for myself. But even when in a dry drunk, you have not crashed, there is still hope. All I can say is "So far, so good". One day at a time!

-Bart B. Credit Valley Group

## Motorcycle Hobos



In April of 1925, Bill and Lois rode off on their motorcycle to test Bill's theory about Wall Street investment. He felt strongly that customers and brokers ought to know more about the companies whose stocks they dealt in. He planned to research companies before buying stock. Most Vermonters wouldn't buy anything unless they knew something about it, whether it was a cow or a car. Bill's theory was that this same principle applied to investment. In retrospect, perhaps Bill Will Wilson was one of the first market analysts.

Despite frenzied advice from family and friends, Bill and Lois gave up their jobs and apartment and prepared to travel. Lois was a meticulous planner and capable of improvisation at a turn. It proved to be a useful attribute. Bathing in cold water streams and lakes, pitching tents in forests and soaking in the beauty of the outdoors was enjoyable for them both. When they ran short of money, they searched for work and finally lucked into working on a farm hired on for \$75 a month including room and board. Lois worked in the farmhouse and Bill outside. Bill's knack of repairing broken machinery turned out to be a major advantage and he even restored the broken radio for everyone to listen to. Lois writes that they worked from sunrise to sunset with Sundays off, except for morning and evening chores. When they left the farm at the end of the month, they pocketed \$93.75, seriously earning every penny of it.

When Bill's prospecting investigations pointed to some excellent results, he landed a job with a starting salary of \$50 a week and included stock options. As a result, Bill and Lois purchased a car, making subsequent trips easier. When they returned to Brooklyn, there was a note from the farm couple wanting them to return to work for another couple of months with a promise on an increase in pay. They declined.

-Bernadette MacLeod



Everyone is welcome to attend the 21<sup>st</sup> edition of the East Toronto Archives Breakfast. Please join us at a new location, Nationwide Banquet Hall, 760 Birchmount Rd, Unit 41, Scarborough, ON (south of Eglinton Ave. E) on Sunday, April 26, 2026. It's a ticketed event, where \$35 provides access to breakfast, door prizes, including literature such as *Our Great Responsibility*, archives displays about current and past histories of groups in Scarborough and East York, and an open speaker meeting.

Doors open at 9 am for coffee and fellowship. Buffet breakfast begins at 10 am. The open meeting commences at 11 am, with our guest speaker, a member with 51 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. It's been customary for the long-timer 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 in 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 GSR's in both Districts 18 and 22 to get one in advance. Eddy G and John M also have tickets, and respectively, they can be reached at [egesicki@rogers.com](mailto:egesicki@rogers.com) and [johnmay1954@gmail.com](mailto:johnmay1954@gmail.com)

Coffee will be brewing. Consider spending a spring morning celebrating and contributing to the ongoing history of Alcoholics Anonymous in the East End.

-Joe A. One Paragraph At Time  
District 22 DCM

**Do you want to know the direction that Alcoholics Anonymous (AA) is going in? What's new? What's changing?** Find out at the 47<sup>th</sup> Annual Information (Info) AA Day (hybrid) sponsored by the Greater Toronto Area (GTA) Intergroup and the 8 districts of the GTA.

**Who is the Area 83 (A83) delegate, and what do they do?** Amy L. is the A83 Delegate and is the voice of all AA members in A83 at the General Service Conference (GSC) in New York, held April 26<sup>th</sup>–May 2<sup>nd</sup>, 2026. She will give a report on what was discussed and voted on at the conference on behalf of all AAs across North America.

**What do they do at the General Service Office (GSO) in New York City, and who works there?** A highlight of the day will be a presentation by Rainer L., a GSO worker. Among his other responsibilities, Rainer fields all inquiries from A83. He will share his sobriety journey and speak about the GSO, what its role in the AA service structure is and how he fits into it.

**How can you get involved in service, and why should you?** The afternoon includes 2 local speakers who will share their sobriety stories. Jimmy S. is the GTA Intergroup Operating Committee (OC) Chair, and Marrey P. is the past DCM of District 6 (D06) and Treasurer/Secretary of the Streetsville Group. They will tell you about the different service roles they have had and how these roles enhanced their sobriety and still help keep them sober.

**Anything else?** The following committees will have displays for you to peruse at your leisure: Archives, Accessibilities, Treatment, Corrections, Grapevine, Cooperation with the Professional Community (CPC), Public Information (PI), Self-Support, 12 Step and Communications. Knowledgeable individuals will be at the tables, ready to answer questions and share information.

**Is service fun?** You bet! You take part in meaningful work while meeting great people, sometimes in different cities, and your expenses are most often paid!

**You're all invited to the GTA Info AA Day on Saturday, May 30<sup>th</sup>, 2026, 9 am-3 pm at the Native Canadian Center of Toronto.** See the flyer in this issue of the Better Times (BT) for the address, hybrid login and passcode, and further details. Refreshments and a potluck lunch are included with the \$10 admission charge. We hope you can make it! Bring a friend, a newcomer, a long-timer, a potential member or anyone you know who would like to learn more about AA.

**We hope to see you there!!!**  
-GTA Info AA Day Planning Committee



## GTAI/DISTRICT - APRIL SUBCOMMITTEE MEETINGS

- Archives** - Fri. Apr. 10, 7 p.m.  
ID: [841 5376 9412](#) - PW: [018851](#)
- Communications** - Tues. Apr. 21, 8 p.m.  
ID: [850 5256 7237](#) - PW: [984555](#)
- CPC/PI** - Tues. Apr. 28, 7 p.m.  
ID: [854 7547 0291](#) - PW: [002060](#)
- Correctional Facilities** - Tues. Apr. 07, 7 p.m.  
ID: [883 8002 9737](#) - PW: [950392](#)
- Self-Support** - Tues. Apr. 07, 7 p.m.  
ID: [820 9238 0206](#) - PW: [319853](#)
- Treatment** - Sun. Apr. 19, 4 p.m.  
ID: [868 2207 4860](#) - PW: [787289](#)
- Twelfth Step** - Tues. Apr. 14, 7 p.m.  
ID: [813 0646 6967](#) - PW: [572531](#)
- IT Subcommittee** - Mon. Apr. 06, 7 p.m.  
ID: [814 0942 9019](#) - PW: [379691](#)



## MEETINGS To GO ~ we'll come to you

### Whatever reason:

- Curfew
- Homebound
- Hospitalized
- House arrest
- Parents
- Relocated
- Sick
- Shut-In
- Travellers



Call 24/7 Help Line [416-487-5591](tel:416-487-5591) to arrange an AA meeting  
Email us to bring a meeting to you: [accessibility@aatoronto.org](mailto:accessibility@aatoronto.org)

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



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### April Birthdays, Group Announcements, & New Group.

#### April Medallions:

- Dave F.** - Danforth Group, 1 Year, **Apr. 09, 2026**
- Lynn E.** - Golden Mile Group, 15 Years, **Apr. 13, 2026**
- Erica C.** - Anniversary Group, 20 Years, **Apr. 22, 2026**

#### Group Announcements:

Pine Hills Group - 70<sup>th</sup> Anniversary - Monday, April 13<sup>th</sup>, 2026 at 8:00 P.M.  
St. Paul's United Church  
200 McIntosh Street, Scarborough, ON. M1N 3Z3

Birds of a Feather - 50<sup>th</sup> Anniversary - Sunday, April 19<sup>th</sup>, 2026 at 11:00 A.M.  
Native Canadian Centre  
16 Spadina Road, Toronto, ON.

#### New Group - Spirit of Hope

Westminster United Church - 4094 Tomken Road, Mississauga, ON, L4W 1J5  
Wednesday 7:30 P.M. - 8:30 P.M.; Doors open at 7:00 P.M.  
Big Book Meeting  
Twelve Steps and Twelve Traditions last Wednesday of each month.  
<https://www.aatoronto.org/meetings/spirit-of-hope/>

#### May Medallions:

- John M.** - Danforth Group, 35 Years, **May. 14, 2026**

#### May Birthdays:

- Paul D.** - Living Sober Group, 40 Years, **May. 18, 2026**

### GRAPEVINE

<https://www.aagrapevine.org/>

srsltid=AfmBOoq6pkYTDz8fonIzHN2LOutD9zXR8hSGTn77kxjYbi\_gBNuUpddy

### IS THERE AN UPCOMING MEDALLION?

Please send your medallion details to [bettertimes@aatoronto.org](mailto: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...)



### Meetings to Go

A Mobile AA meeting for any fellowship member who, for whatever reason, cannot attend a regular AA meeting in the GTA due to accessibility barriers. Two AA volunteers will come to your residence with AA readings and a Big Book. You can also arrange an online zoom meeting. To learn more or to volunteer please contact:

[accessibility@aatoronto.org](mailto:accessibility@aatoronto.org) or call 416-487-5591

GTA Intergroup Accessibility Committee



## 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

ANSWER CALLS  
REMOTELY OR IN THE  
OFFICE

ONE YEAR  
SOBRIETY REQUIREMENT

COULD BE THE MOST  
GRATIFYING SERVICE  
OUTSIDE THE GROUP

[phonegreetercoordinator@aatoronto.org](mailto:phonegreetercoordinator@aatoronto.org)  
**OR VISIT AATORONTO.ORG**  
**LOOK FOR SERVICE COMMITTEES AND CLICK**  
**ON 12<sup>TH</sup> STEP COMMITTEE**

# ARCHIVES CORNER – DID YOU KNOW?

**In April 1933**, beer became legal & Dr. Bob went through a "beer experiment." Soon he was drinking over a case a day, fortified with liquor. In his Big Book story, Dr. Bob says that this was when he began in the Oxford Group, participating in it for over two years before meeting Bill W.

**In April 1935**, discouraged at having no success in sobering up other alcoholics, Bill came close to giving up on his efforts. However, his wife Lois reminded him that HE was staying sober because of his working with others. Bill W. talked with Dr. Silkworth, who advised him to stop preaching about his "hot flash" experience and hit the alcoholic hard with the medical view on alcoholism. Dr. Silkworth advised Bill to break down the strong egos of alcoholics by telling them about the obsession that condemned them to drink and the allergy that condemned them to go mad or die. It would then be so much easier to get them to accept the spiritual solution.

**In April 1937**, Ebby T., who brought the message to Bill W., got drunk after 2 years and 7 months of sobriety. It began an on-again, off-again pattern of drinking & sobriety that would stay with Ebby.

**On April 25, 1939**, Morgan R., a former advertising man, asylum patient & friend of radio man Gabriel Heatter, appeared on Heatter's 9 PM program "We the People." Morgan told his story & made a pitch for the Big Book. Prior to the broadcast, Bill W. & others raised \$500 to mail 20,000 postcards to physicians about the broadcast. There were only twelve replies.

**On April 26, 1939**, the bank forecloses on Bill & Lois' Brooklyn home at 182 Clinton St. It began an almost 2-year period of moving from house to house & staying with friends. They stay with Hank P. in Monclair, NJ, the first of 54 moves (by Lois Wilson count) they will make before buying Stepping Stones in Bedford Hills, NY in 1941.

**In April 1940**, Hank P. got drunk after 4 years of sobriety. Hank was the 2nd prospect Bill W. got from Dr. Silkworth in 1937. Hank was the 2nd AA member in NY. He objected fiercely to the office move from NJ to Vesey St in NY. He was fighting with his wife & wanted to divorce her. He also wanted to marry Ruth Hock, who refused him.

**In April 1941**, Ruth Hock (Bill W.'s first secretary) reports that 1,600 letters have been received since the March 1, 1941, Saturday Evening Post article by Jack Alexander on AA. "The Jack Alexander Article About AA" is available in a pamphlet (P-12) from GSO.

**April 1, 1950**, the Saturday Evening Post carried a second article on AA by Jack Alexander titled "The Drunkard's Best Friend." It reported that in metropolitan areas such as Dallas-Fort Worth, there were upwards of a dozen oil millionaire members & that fancy club quarters were established in old mansions.

**On April 26-27, 1958**, the first International Conference of Young People in AA (ICYPAA), then defined as those under age 40, was held at the Hotel Niagara in Niagara Falls, NY. ICYPAA is held annually.

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**In April 1967**, the copyright to the 1st edition Big Book expired & was not renewed. The oversight was not discovered until 1985. It was also discovered that the copyright to new material in the 2nd edition had lapsed in 1983. Both AAWS (Alcoholics Anonymous World Service) & the Wilson estate shared responsibility for copyright renewal. The copyright is still in force overseas by treaty agreement.

**On April 30, 1989**, the film "My Name is Bill W" premiered on ABC TV's "Hallmark Hall of Fame." James Garner portrayed Dr. Bob, James Wood portrayed Bill W., JoBeth Williams portrayed Lois W. & Gary Sinese portrayed Ebby T. Woods was awarded an Emmy for Best Actor.

## **GTA Groups/Meeting that Started in April:**

April 2, 2011 - A Place of Hope Meeting.

April 4, 2009 - Saturday Night Main Street Meeting.

April 6, 2007 - Leslie Group.

April 9, 1956 - Pine Hills Group (will celebrate their 70th Anniversary on Monday, April 13 at 8 pm).

April 10, 1997 - 12 Tradition Group in Pickering.

April 12, 1992 - Back to Basics Group in Richmond Hill.

April 13, 2017 - Gay Sober Men Group.

April 19, 1992 - Meadowvale Fellowship Group.

April 21, 1957 - Welcome Group.

April 24, 1949 - Toronto Sunday Morning Men's Meeting.

-Eddy G., GTA Archivist

TO DONATE AA/GTA ARCHIVAL ITEMS TO THE GTA ARCHIVES PLEASE CONTACT THE GTA ARCHIVIST.  
**EDDY G. at 416-536-7536.**  
OLD GTA MEETING BOOKS ARE NEEDED FOR THE GTA ARCHIVES.



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