

June 2026
Helping others, helping ourselves

Service is one of the three A.A. legacies. Helping other alcoholics by listening or sharing is a service.

SHARE YOUR STORY

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

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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

THE ROLE OF SERVICE IN A.A.



Over the years, I have learned that service is much more than doing a task or filling a position. To me, service means helping others, encouraging and supporting one another with kindness and hope, and letting people know they are not alone. It is about showing up for others in both small and meaningful ways, whether through a simple gesture, a listening ear, or steady support during difficult times. Service has taught me that even the smallest act of care can make a real difference in someone's life, and often it strengthens my own recovery just as much as it helps someone else.

There are many different ways to be of service in AA. Sometimes it means greeting people at the door, making coffee, setting up chairs, helping in the kitchen, being the secretary, the GSR representative, or the treasurer. Service can also mean sponsoring another individual in the program — sharing experience, strength, and hope, and walking alongside someone as they work through their recovery journey. Other times, service is quieter and more personal — reaching out to someone who is struggling, offering a ride to a meeting, listening without judgment, or simply letting someone know they are not alone.

I remember the second time I walked into a meeting. I was volunteered to greet people at the door and was told it would help me meet others. Looking back now, I believe that a small act of service may have saved me. It gave me a purpose and a responsibility. I had a reason to keep showing up. If that had not happened, I may not be writing this article today.

Not only did I hold the position of secretary for a number of years in my first group, but I also helped in the kitchen. These simple acts of service helped me feel connected and gave me a sense of belonging within the fellowship.

Eventually, I became a sponsor, and I have had the privilege of mentoring several young women on their recovery journeys. By sharing experience, strength, and hope, I was able to support them as they worked through the program. Not only did sponsoring help them, but it also helped me continue learning, growing, and strengthening my own recovery.

I have also experienced service through the love and support of others. During a difficult time when a family member was transitioning, I was unable to attend meetings regularly. Members of the fellowship reached out to me, checked on me, and helped hold me up so I would not fall. Others picked me up and drove me home from meetings because I found it difficult to travel alone at night.

Through these experiences, I have learned that service benefits everyone involved. The person receiving help feels supported and cared for, while the person giving help also grows stronger in recovery. Service connects us to one another and reminds us that none of us has to walk this journey alone.

To me, service is an expression of love, compassion, and caring for another human being. It is one of the greatest gifts we can give to each other.

— Linda R. Long Branch Group

GRAPEVINE

https://www.aagrapevine.org/?srsltid=AfmBOoq6pkYTdz8fon1zHN2LOutD9zXR8hSGTn77kxjYbi_gBNuUppdy



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 to arrange an AA meeting

Email us to bring a meeting to you: accessibility@aatoronto.org



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 or call 416-487-5591

GTA Intergroup Accessibility Committee



GTAI/DISTRICT - JUNE SUBCOMMITTEE MEETINGS

Accessibilities – Sun, June 21st, 7 p.m.

ID: 824 8962 1874 - PW: 799763

Archives – Fri, June 12th, 7 p.m.

ID: 841 5376 9412 - PW: 018851

Communications – Tue, June 16th, 7 p.m.

ID: 850 5256 7237 - PW: 984555

CPC/PI – Tue, June 30th, 7 p.m.

ID: 854 7547 0291 - PW: 002060

Correctional Facilities – Tue, June 2nd, 7 p.m.

ID: 883 8002 9737 - PW: 950392

Self-Support – Tue, June 2nd, 6:30 p.m.

ID: 897 3620 8895 - PW: 162629

Treatment – Sun, June 21st, 7 p.m.

ID: 868 2207 4860 - PW: 787289

Twelfth Step – Tue, June 9th, 7 p.m.

ID: 813 0646 6967 - PW: 572531

IT Subcommittee – Mon, June 1st, 7 p.m.

ID: 814 0942 9019 - PW: 379691

June Medallions

Josh S. – Beaches Group, 1 Year, **June 6th, 2026**

Stan A. – New Anchor Group, 30 Years, **June 6th, 2026**

Charles G. – Rox Glen Traditional, 1 Year, **June 18th, 2026**

Jeff N. – Friendly Group, 25 Years, **June 22nd, 2026**

Frank U. – East York Group, 25 Years, **June 30th, 2026**

June Birthdays

Manuel L. – Portuguese Group, 34 Years, **June 10th, 2026**

Frank J. – Beaches Group, 7 Years, **June 15th, 2026**

Leslie C. – Beaches Group, 3 Years, **June 22nd, 2026**

Holly S. – Beaches Group, 17 Years, **June 24th, 2026**

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!

Become a 12 Stepper



What is a 12 Stepper?

When our Help Line receives a call that needs more attention,

Phone Greeters reach out to our 12 Stepper List.

12 Steppers are Volunteers who follow up with those seeking sobriety.

- ✓ Return a call to someone seeking help.
- ✓ Answer questions and provide support.
- ✓ Connect in person at a meeting or for a coffee.
- ✓ Bring a meeting to a homebound alcoholic.

Click on the QR code

✉ 12step.chair@aatoronto.org for more information.

♥ Be the voice of encouragement for someone who needs it.

Join us in carrying the message!



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...)

ARCHIVES CORNER – DID YOU KNOW?

On **June 10th, 1935**, Dr. Bob took his last drink. AA marks this date as the founding date of AA in Akron, Ohio, by AA co-founders Bill W. & Dr. Bob. In his Big Book story, Dr. Bob describes his 3-day binge at an American Medical Association (AMA) Meeting in Atlantic City, NJ. On returning to Akron, Bill helped him through three days of sobering up to prepare for a scheduled surgery. Dr. Bob had his last drink on the day of the surgery outside Akron City Hospital.

On **June 11th, 1935**, Dr. Bob suggested that he and Bill start working with other alcoholics. A local Minister, J C Wright, provided a prospect who lived down the street from Dr. Bob. He was quite a character. Bill & Dr. Bob tried in vain throughout the summer to sober up Eddie R., described as an "alcoholic atheist able to produce a major crisis of some sort about every other day." Eddie missed the chance to be AA #3 but later showed up at Dr. Bob's funeral in 1950. He was a year sober & attending the Youngstown, OH group. Eddie is mentioned in Dr. Bob & the Good Old Timers as the member who chased Anne (Dr. Bob's wife) with a butcher knife.

In **June 1935**, Bill W. moved to Dr. Bob's house at the request of Anne. He insisted on keeping liquor in the kitchen to prove that he & Bob could live in its presence. They all went to the Oxford Group meetings at the home of T Henry & Clarace Williams. T Henry, an executive with the National Rubber Machinery Co., lost his job due to the proxy fight that brought Bill to Akron. Ravoured Scripture readings at the meetings were "The Sermon on the Mount," "First Corinthians Chapter 13," & the "Book of James."

On **June 28th, 1935**, Bill W., Dr. Bob & Eddie R. visited Bill D., the "Man on the Bed," whose Big Book Story is "Alcoholics Anonymous Number Three" at City Hospital in Akron, Ohio. Bill D., a prominent attorney in Akron, was hospitalized 8 times in 1935 for his drinking. It took five days before he would admit he could not control his drinking. On Independence Day, July 4, he checked out of the hospital, never to drink again. Akron's Group #1 (AA's first group) marks its beginning as the date that Bill D. left the hospital. Although he is anonymously discussed in the Big Book chapter "A Vision for You," Bill D.'s personal story did not appear in either the original manuscript or the 1st Edition Big Book. The reasons are not clear. Bill W. went to Akron to personally record Bill D.'s story for inclusion in the 2nd Edition Big Book published in 1955. Bill D. spoke at the ORC in Toronto in 1953.

In **June 1938**, Bill W. wrote to Dr. Bob (edited):

"...I have...dictated...two chapters of the proposed book...an introduction and ...my own story...together with a rough outline of the contents of other chapters...use this...for discussion of what you folks out there believe the book ought to contain...the completed book should represent the work of many people, particularly the individual stories... They will naturally be the heart of the book...the chapter outline calls for nine stories of a chapter each...about the same length of my own... My feeling is that Anne should do the one portraying the wife of an alcoholic." Anne declined, and Bill wrote the chapter "To Wives," much to the dismay of his wife, Lois. Bill also wrote to Dr. Bob, "By the way, you might be thinking up a good title. Nearly everyone agrees that we should sign the volume 'Alcoholics Anonymous'... What would you think about the formation of a charitable corporation to be called...Alcoholics Anonymous?"

In **June 1939**, The New York Times reviewer writes that the Big Book is "more soundly based psychologically than any other treatment I have ever come upon."

In **June 1939**, the appearance of Morgan R. on Gabriel Heatter's radio program gave AA wide recognition. Before the show, Morgan was kept under round-the-dock surveillance to make sure he didn't drink.

In **June 1939**, AA work spread from Towns Hospital to asylums in Greystone, NJ and Rockland, NY.

In **June 1940**, 100 attended the first meeting at the first AA Clubhouse, "open every day" at 334-1/2 West 24th St., NYC.

In **June 1974**, to maintain subscriber anonymity, the legal name of "The AA Grapevine" was changed to "Box 1980" to comply with postal regulations requiring the corporate name of an organization to be placed on official envelopes & on the magazine itself.

In **June 1996**, the first issue of La Vina was published on a bi-monthly basis.

In **June 1947**, in the 11th printing of the first edition Big Book, the term "ex-alcoholic" was replaced by the terms "ex-problem drinker" or "non-drinker."

In **June 1948**, Dr. Bob's cancer was diagnosed as terminal. He closed his office & retired from practice so that he & Anne could live their last days together quietly. In his last year, 1950, Dr. Bob fulfilled a lifelong dream of obtaining a convertible automobile (a black Buick Roadmaster).

On **June 1st, 1998**, GSO received 1,222 personal stories for review for the 4th Edition Big Book.

GTA Groups started in June:

June 11th, 1946 – North Toronto Group
June 17th, 1953 – Scarborough Group
June 6th, 1958 – Silverbirch Group
June 23rd, 1968 – Mississauga Group
June 23rd, 1990 – Thursday East End Group
June 22nd, 1995 – Streetsville Saint Andrews Group
June 27th, 2009 – Dry On Danforth Group
June 1st, 2010 – Love and Tolerance Group

— Eddy G. GTA Archivist

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EDDY G. at 416-536-7536.

OLD GTA MEETING BOOKS ARE NEEDED FOR THE GTA ARCHIVES.

SHARE YOUR STORY

CALL FOR SUBMISSIONS FOR BETTER TIMES'

Reminder that the Better Times **deadline for Submissions are due the 10th** of the month prior to the publication.

Share Your Thoughts and Pen a Letter to Better Times

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