

## May 2026 ORC

Thank you ORC 2026 Volunteers, your service is what makes the event such a success.

### 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

- Megan W. – “What if the door wasn’t open”
- George C. – “12 Steps of AA”
- Marco C. – Artwork of 12 Steps.
- GTA AA Infor Day
- May Archives and Interesting Facts.
- ...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](mailto:bettertimes@aatoronto.org)

### Editorial Committee

Communications Chair: Vivien C.  
Better Times Editor: Lori C.  
Graphics & Layout: Latifa A  
Communication Liaison: Raj P.

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

## WHAT IF THE DOOR WASN'T OPEN



Imagine having a drinking problem and knowing you need Alcoholics Anonymous — but being unable to physically enter a meeting. Imagine living with a disability that makes reading difficult, sitting through long formats overwhelming, or crowded rooms unbearable. Imagine being a parent of a baby, desperate for sobriety, finally gathering the courage to attend a meeting — only to be met with side glances or comments like, “Maybe online meetings would be better for you.” For some alcoholics, these aren’t hypotheticals. They are barriers.

I am deeply grateful that at the Anniversary Group in District 22, members recognized that accessibility is not just about ramps and doorways — it’s about removing any barrier that keeps an alcoholic from the solution. Our group made a simple but powerful decision: at every meeting, we announce that children — and even canines — are welcome.

Because of that decision, I was able to stay. Because I was able to stay, I will soon celebrate three years of sobriety. When another member shared that she has scent sensitivities, the group listened. We voted to include a reminder in our secretary’s announcements that the church is a scent-free building. Not long ago, she celebrated one year of sobriety. Just the other day, a member simply asked if the lights could be turned down slightly. Easy. Done. She stayed for the entire meeting. Small actions. Life-changing impact.

As I’ve grown more aware of the needs within our group, I’ve wondered how many others are quietly grateful that we:

- Use microphones during Open Speaker meetings to support those who may be hard of hearing.
- Provide designated seating at the front with cushioned chairs and small tables for members living with arthritis, chronic pain, or limited mobility.
- Offer inclusive literature in our library and closed meetings, including AA for the Older Alcoholic, Large Print Big Books, The Twelve Steps Illustrated, and LGBTQ Alcoholics in AA.

As my daughter gets older, it’s not always possible for me to bring her to meetings, and as a result, my attendance has suffered. Lately, I’ve felt especially grateful for online Zoom meetings. I can go online, search for a meeting, and there are usually several options available.

There is one Zoom meeting in particular that I’ve really been enjoying — Solution Seekers. They meet daily at 7:00 a.m. and three evenings a week. These Zoom meetings are helping me stay in the middle of AA and feel connected, even while I’m at home. This program is centred on service. We talk often about carrying the message, about being there for the still-suffering alcoholic. But carrying the message also means making sure the alcoholic can get through the door — whatever that door may look like.

At the Anniversary Group, we are committed to raising awareness of accessibility barriers that extend beyond the physical. Barriers can be sensory, social, mental, parental, emotional, geographic, cultural or unseen. When we acknowledge them, we create space. When we create space, people stay. And when people stay, they recover. The Accessibilities Committee within my district also welcomes new members to help move this service work along. There is so much we can accomplish if we do it together!

Our hope is that other groups and the committees within our fellowship might reflect on their own practices and ask: Is there anything — however small — that could make our meetings more welcoming, more inclusive, more accessible?

The hand of AA is meant to be there for anyone who reaches for it. Sometimes, that means making sure the hand is easier to grasp.

For more details and resource suggestions to help your home group address potential barriers, you are invited to check out these online links:

- <https://www.aa.org/accessibilities-checklist-meetings-and-groups>
- <https://www.aa.org/sites/default/files/literature/eng-accessibility-resources-1025.pdf>
- <https://www.aatoronto.org/service-committees/accessibility/>

For more details about upcoming Accessibilities Committee meetings within GTAI, contact [accessibility@aatoronto.org](mailto:accessibility@aatoronto.org).

If you would like to join the Accessibility Committee in District 22, please email [vlusted@rogers.com](mailto:vlusted@rogers.com).

This month’s accessibility tip: You can help homebound AA-ers find an online meeting, either through the meeting app or by searching “online meetings” through [aatoronto.org](http://aatoronto.org).

— Megan W. Anniversary Group

# Twelve STEPS of AA

- Step 1: **Surrender** – Cease resistance to an opponent. Abandon oneself to a powerful influence or emotion.
- Step 2: **Hope** – Wanting something to happen.
- Step 3: **Commitment** – An obligation, or dedication, duty.
- Step 4: **Honesty** – To be truthful, looking at oneself.
- Step 5: **Truth** – The property of being in accord with fact or reality.
- Step 6: **Willingness** – The state of being (effort). Prepared to do something (readiness).
- Step 7: **Humility** – The absence of pride.
- Step 8: **Reflection** – To think deeply about the things we did.
- Step 9: **Amendment** – To change or improve something, to make it better.
- Step 10: **Vigilance** – To watch; a careful watch for danger.
- Step 11: **Attunement** – A state of close connection and harmony that forms the basis of a secure relationship.
- Step 12: **Service** – the act of assistance, favour, indulgence, or courtesy.



—George C. Royal York Group



— Marco C. Rexdale United Group

Greater Toronto Area Intergroup  
and 8 Districts in the GTA  
invite you to

# INFO AA DAY 2026

**DELEGATE REPORT BACK  
GSO SPEAKER  
INTERGROUP SPEAKERS  
POT LUCK LUNCH**

**Hybrid Event**  
**Saturday, May 30th**  
9:00 am - 3:00 pm

**16 Spadina Road (just North of Bloor St)**  
**Native Canadian Centre of Toronto**

Meeting ID: 873 3654 2197  
Passcode: 940396

\$10 at door or 7th Contribution if joining virtually.  
informationaaday@gmail.com

COME JOIN US AND LEARN ABOUT HOW FUN SERVICE CAN BE IN YOUR RECOVERY



### 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



GREATER TORONTO AREA  
INTERGROUP

## Join the 12 Step Help Line Phone Greeter Team

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

<p><b>TRAINING AVAILABLE</b></p> <p>ANSWER CALLS REMOVEDLY OR IN THE OFFICE</p>	<p><b>ONE YEAR SOBRIETY REQUIREMENT</b></p> <p>COULD BE THE MOST GRATIFYING SERVICE OUTSIDE THE GROUP</p>
---	---

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

## GTAI/DISTRICT - MAY SUBCOMMITTEE MEETINGS

**Accessibilities** – Sun. May 17<sup>th</sup>, 7 p.m.

ID: 824 8962 1874 - PW: 799763

**Archives** – Fri. May 8<sup>th</sup>, 7 p.m.

ID: 841 5376 9412 - PW: 018851

**Communications** – Tue. May 19<sup>th</sup>, 7 p.m.

ID: 850 5256 7237 - PW: 984555

**CPC/PI** – Tue. May 26<sup>th</sup>, 7 p.m.

ID: 854 7547 0291 - PW: 002060

**Correctional Facilities** – Tue. May 5<sup>th</sup>, 7 p.m.

ID: 883 8002 9737 - PW: 950392

**Self-Support** – Tue. May 5<sup>th</sup>, 6:30 p.m.

ID: 897 3620 8895 - PW: 162629

**Treatment** – Sun. May 17<sup>th</sup>, 7 p.m.

ID: 868 2207 4860 - PW: 787289

**Twelfth Step** – Tue. May 12<sup>th</sup>, 7 p.m.

ID: 813 0646 6967 - PW: 572531

**IT Subcommittee** – Mon. May 4<sup>th</sup>, 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** to arrange an AA meeting

**Email us to bring a meeting to you:** [accessibility@aatonto.org](mailto:accessibility@aatonto.org)

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



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

### May Medallions

**John M.** – Danforth Group, 35 Years, **May 14<sup>th</sup>, 2026**

**Nick T.** – New Anchor Group, 15 Years, **May 14<sup>th</sup>, 2026**

**Paul D.** – Living Sober Group (Newmarket), 40 Years, **May 18<sup>th</sup>, 2026**

**Christa L.** – Beaches Group, 30 Years, **May 19<sup>th</sup>, 2026**

**Parvinder** – Brampton Recovery Group, 1 Year, **May 20<sup>th</sup>, 2026**

**Kristin** – Brampton Recovery Group, 5 Years, **May 29<sup>th</sup>, 2026**

– Medallion on **June 3<sup>rd</sup>, 2026**

### May Birthdays

**Samantha B.** – Brampton Recovery Group, 3 Years, **May 13<sup>th</sup>, 2026**

**Trevor R.** – Brampton Recovery Group, 2 Years, **May 25<sup>th</sup>, 2026**

**Michelle V.** – Brampton Recovery Group, 3 Years, **May 30<sup>th</sup>, 2026**

### Group Announcements

#### Living Sober Group – 40 Years of Sobriety

8:00 P.M. - Tuesday, May 26<sup>th</sup>, 2026.

United Church – Park Avenue – Side Entrance, Newmarket, ON.

#### New Group – Spirit of Hope

Westminster United Church – 4094 Tomken Road, Mississauga, ON., L4W 1J5

<https://www.aatoronto.org/meetings/spirit-of-hope/>

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.

### GRAPEVINE

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

srsItd=AfmBOoq6pkYTdz8fon1zHN2LOutD9zXR8hSGTu77kxjYbi\_gBNuUppdy

### IS THERE AN UPCOMING MEDALLION?

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



# ONE NIGHT A MONTH

## OVERNIGHT PHONE GREETERS



Use the QR Code  
Visit our 12 Step page  
Complete the  
Phone Greeter Application  
Select Overnight Shift option

Any questions?? Reach out to [12step.chair@aatonto.org](mailto:12step.chair@aatonto.org)

## ARCHIVES CORNER DID YOU KNOW?

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

On **May 10<sup>th</sup>, 1935**, a business deal brought Bill W. to Akron, where 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<sup>th</sup>, 1935**, in poor spirits & tempted to enter the hotel bar, Bill W. realized he needed another alcoholic & phoned clergy members listed on 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<sup>th</sup>, 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 that 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 visit Bill R. in Hackettstown, NJ. It was the Hackettstown Courier Post that ran the first newspaper article on AA.

On **May 1<sup>st</sup>, 1939**, Bill & Lois leave their 182 Clinton Street home. From 1939 to 1940, Bill & Lois moved 51 times.

On **May 10<sup>th</sup>, 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 8<sup>th</sup>, 1941**, Ethel M. (story in Big Book "From Farm to City") is reputed to be the first female member in Akron, OH, to sober up. Ethel spoke at the ORC in Toronto in 1953.

### GTA Groups started in May:

May 8<sup>th</sup>, 1946 – Kingsway Group (oldest group in the GTA)  
 May 16<sup>th</sup>, 1978 – Kipling Group  
 May 5<sup>th</sup>, 1980 – Bellamy Group  
 May 2<sup>nd</sup>, 1981 – Lansing Group  
 May 1985 – Half Century Group

— Eddy G. GTA Archivist

## GTA INFO DAY

SAT. MAY 30<sup>TH</sup>, 2026, 9 A.M. – 3 P.M.

**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 what was voted upon 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, and they will happily answer questions and impart 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

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.

### SHARE YOUR STORY

CALL FOR SUBMISSIONS FOR BETTER TIMES'

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

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.

