

BETTER TIMES

Produced for A.A. members, by A.A. members in the GTA



HOPE, GRATITUDE
AND SERVICE, ONE STEP AT A TIME

Alcoholics
Anonymous

MAY 2022



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MEDALLIONS



NAME	YEARS	DRY DATE	GROUP	CELEBRATION
Kathy A.	5	Mar 24, 2017	Birds of a Feather	May 8th, 11 AM
Dave P.	5	Mar 28, 2017	Birds of a feather	May 8th, 11 AM
Bill M.	50	Jan 9, 1972	Ajax Area Group	June 5th, 8 PM

WOMEN IN AA

A Better Times issue devoted to stories
about women in AA - past, present and future.

Articles, personal stories, poems -- tell your
story and send to bettertimes@aatoronto.org



SERVICE OPPORTUNITIES

[Better Times Volunteers](#) **we need writers!**

[Phone Greeters](#)

[Twelfth Step Committee Members](#)

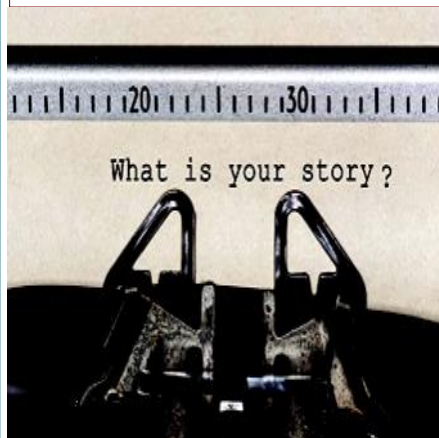
[Bilingual Member Resource](#)

[IT Sub-Committee Members](#)



MEETING CHANGES

This pandemic has brought about incredible changes and quickly; please don't forget that our website and meeting list updates are dependant on you letting us know [here](#).



Opinions expressed in *BETTER TIMES* are those of the authors and don't necessarily reflect those of the [GTA A.A. Intergroup](#). The Editor reserves the right to edit for length, content and grammar in accordance with layout and quality purposes. Submit group news, medallions, other event notices to: communications@aatoronto.org Letters or articles to the Editor (200-500 words) for *BETTER TIMES* at bettertimes@aatoronto.org

A.A. is a Program of **ACTION**

Faith without **WORKS** is dead !

INFO A.A. DAY SERVICE IS FOR EVERYONE

SATURDAY MAY 28th 2022

Virtual doors will open at 8:30AM EDT

MEETING 871 1949 3203

PASSWORD 985556



“Sally looks so happy, she told me doing service helped keep her sober”

Having a service position fills up my drinking time!

Service keeps me out of SELF!

Love and Service in Action

Give back what was so freely given to you , FIND OUT HOW.

9:00AM OPENING REMARKS | OVERVIEW OF GENERAL SERVICE & INTERGROUP SERVICE STRUCTURE

9:20 DELEGATE REPORT

10:40 GENERAL SERVICE GUEST SPEAKER

11:35 LUNCH

12:05PM INTER-DISTRICT COMMITTEES

[Accessibilities](#) | [Archives](#) | [Corrections](#) | [Grapevine](#)
[Cooperation with the Professional Community](#) | [Treatment](#)
[Public Information](#) | Self- Support | District 16

1:40PM INTERGROUP COMMITTEES

[Operating](#) | [Finance](#) | [Communications](#) | IT | [Twelfth Step](#)
[Winter Season Open House](#) | Winter Season Virtual Alkathon
[Ontario Regional Conference \(ORC\)](#)

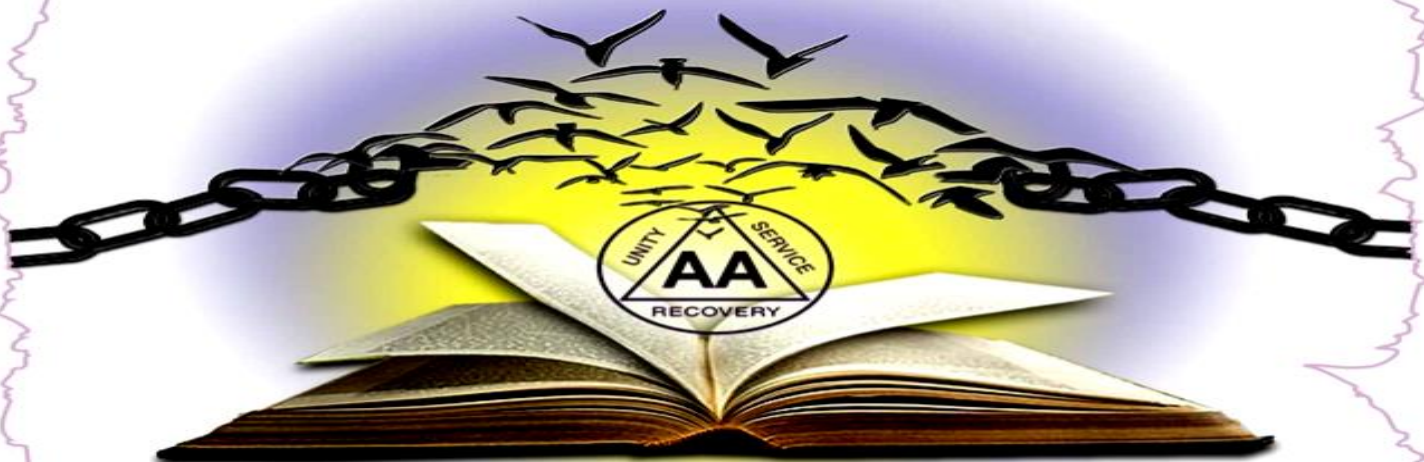
INFORMATION A.A. DAY

- The preliminary discussions for information [A.A.](#) day were held in 1979. The three people primarily responsible for this day were: Tom H., Sandi T. and Murray D.
- The first Information A.A. Day was held on May 3, 1980 at Bathurst Heights Secondary School. The chairperson was Tom Hills DCM Toronto City East.
- Initially the tickets of admission for the 1st event in 1980 were \$1.00. It was held in a High School in order that there were many rooms in which the various committees could have meetings. The panel participants were split evenly between Intergroup and the service Districts.
- The name Information A.A. was chosen in order to explain the information available in Toronto from all sources to all members in Toronto.
- The DAY was also for the purpose of getting the Delegate to give their report from the General Service Conference in New York to all members of A.A. in Toronto as soon after the Conference as possible. It was also used to introduce one member of the staff from New York.
- It was emphasized that members participating were to be chosen evenly from Intergroup and the General Service Districts.

FELLOWSHIP of the SPIRIT *Toronto, June 17+18, 2022* at the **Latvian Canadian Centre** *4 Credit Union Drive, Toronto, Ontario M4A 2N8*

Bob D.
Las Vegas, Nevada
Kent C.
Sandusky, Ohio
Cyndi M.
Louisville, Kentucky

Registration info at:
<https://www.FOTS.to>
\$70/ticket
*Includes: Sat. lunch & dinner
+ Coffee and water all weekend!*



ALCOHOL/ALCOHOLISM

Alcohol was but a symptom of my disease. It's the only disease that tells me I don't have a disease.

ALCOHOL

I am powerless over it when I take a drink. I have no control of how much consume. I drink into black-outs, and I pass out. I've done many shameful things in my drinking career.

I was a nervous person, and I was a nervous drinker. When I had a drink in front of me, I had to finish it and when I finished it I had to have another. Although this disease is progressive, when it came to alcohol I drank as much as I could almost from the start. I already had it in my head that to be a man, I had to be a heavy drinker and I thought I was good at it. I thought it was a badge of honor but it was a badge of shame.

I put a lot of time into drinking. Getting the alcohol for the night, drinking all night until I passed out, then being hung over the next day which would mean sleeping most of the day or having to work hung over. I was less productive and always had a terrible day with a headache or feeling sick. Alcohol was my employer. I am powerless over alcohol.

ALCOHOLISM

I sabotage myself and the tape kept playing over and over. Sometimes the tape was short and sometimes it was longer, but it always came to an end no matter what I was trying to accomplish. How do I consistently stop being inconsistent? It happens in many areas of my life. When I find something I like; I want more. On to the next thing and I add that to the previous thing just like building a house of cards. Gluttony. Most of these things are normal things we

encounter in everyday life, but it becomes a problem when it starts affecting my main priorities. Alcohol nurses that kind of thinking exactly—alcohol conditioning at its finest. How does an alcoholic day start? It starts with one drink, and I want more. I then get more and I become belligerent and do shameful things and pass out and wake up in my own urine and on and on. I may be holding it together barely or not, but my life WAS unmanageable. My life may even look manageable on the outside but between my ears, it could be a completely different story. I've seen the same story happen to people with new sobriety and people with long term sobriety. When life is good, oh I don't need to come to meetings, I don't need to call my sponsor, I don't need to do service, I don't need to do readings. I know because some of these things happened to me after my 5 years. I thought I could just coast a bit. I stopped doing the do-things and my life became unmanageable and before I even knew it, I wasn't using many program tools. When we think things are good, we think "I don't need the program" and what happens next? Life becomes unmanageable, and so on.

A.A. needs people with new sobriety and people with long term sobriety for it to function. It's not just difficult times when people take a drink, but we need to remember that when things are good, we need to keep them good. I must recognize and remember and continue to remember that I need this program just as much now as the first day I came in. So, if your new or just coming back, keep coming so you don't have to come back. I cannot stress this enough. We need you!

I know today that being an alcoholic is my God-given gift. I just have to keep learning and remember to keep using the tools in a positive way in A.A. and in life. This is your home away from home so keep coming home.

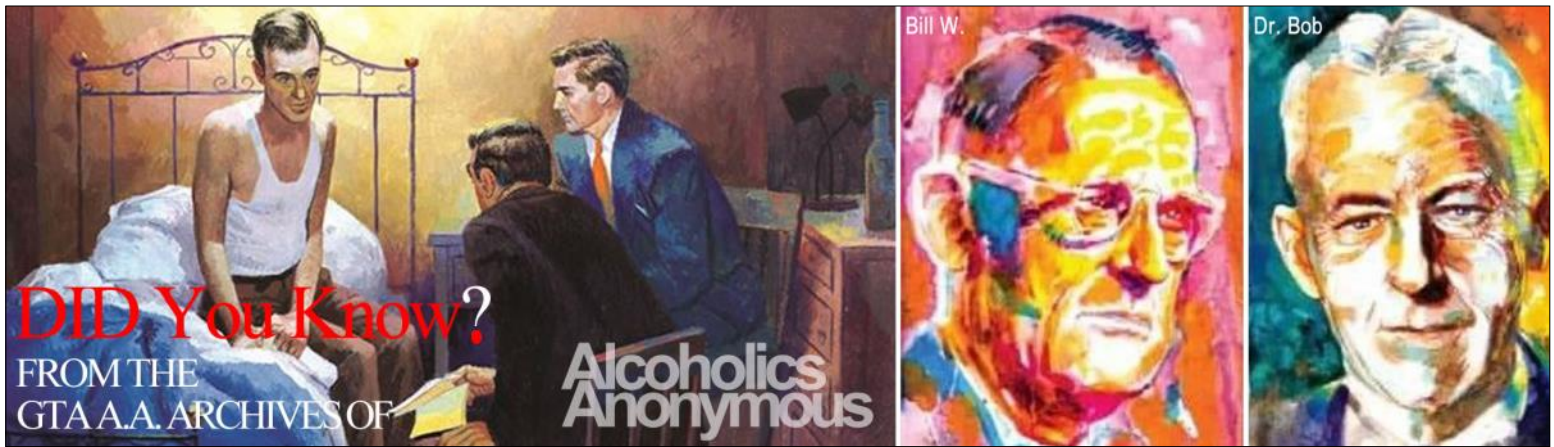
—Raymond F., [Keep It Simple Group](#)

PHONE GREETERS NEEDED

24/7
365 days a year the phones are answered!

PLEASE, sign up for a shift
it doesn't take a lot
to get a lot
and to give a lot
to the still suffering alcoholic

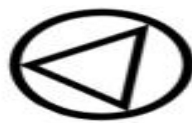
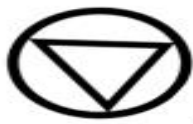
Contact : 12steps@aatoronto.org
Visit : aatoronto.org
Call : 416-487-5591



- On Oct. 5, 1988 Lois Wilson widow of Bill Wilson and co-founder of Al-Anon Family Groups dies at the age of 97. Her contributions to the [A.A.](#) and Al-Anon Fellowships entitled her to be considered a co-founder of both. Michael Alexander, past Board Chairman, wrote, "Many A.A.'s today feel their lives are owned to Lois as well as Bill, Dr. Bob & Anne S." She was engaged to Bill in Fall of 1915 & married Bill on January 24, 1918. Bill passed away on
- On July 18, 1938 Dr. Esther L. Richards of John 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 and the name of the Fellowship. Richards wrote a very favorable 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 problem to write an introduction." [The Doctor's Opinion](#) was written by Dr. William D. Silkworth who worked at Towns Hospital in NY.
- On Feb. 28, 1942, Bill W. pays tribute to Ruth Hock, A.A.'s first secretary who left the office to marry. Ruth's signature appeared on some 15,000 letters sent in response to inquiries about A.A. by the New York office. Bobbie B. took Ruth's place as secretary from 1942-1948. According to Nell Wing (non alcoholic executive secretary, assistant) Bill W., worked at GSO from 1947-1982, 1st GSO Archivist), Bobbie had been a dancer in Paris in 1920's and in the fashion of the 40's, wore "tiny little hats & went tripping along in her high heels, but was a fantastic communicator."
- On May 15, 1942 Bobbie B. (NY Office 2nd Secretary) sent a letter to the groups announcing "A Plan for A.A.'s in the Armed Service." The NY Office started a file with the names and addresses of those serving in many parts of the world. The list was intended for mailing and to help A.A. members in the military to get in touch with each other.
- On April 15, 1943, Bobbie B. (NY Office 2nd secretary) sent a bulletin to the groups noting that the NY Office was corresponding with about 300 A.A.s in the armed service
- In Dec. 1982 Nell Wing, Bill's secretary and GSO Founding Archivist "retires" but continues to be an ambassador-at-large for A.A. and a passionate advocate for A.A. archival history. Nell died on February 14, 2007 at the age of 89. In 1992, Nell's story of her years with A.A., "Grateful to Have Been There" was published.
- In June 1953 the book Twelve Steps & Twelve Traditions (12 & 12) was published. Bill W. described this work as, "This small volume is strictly a textbook which explains A.A.'s 24 basic principles and their application, in detail and with great care." Betty L. & Tom P. helped Bill in writing the 12 & 12. Jack Alexander also helped with editing. Jack wrote an article on A.A. for the Saturday Evening Post which was published March 1941.

OLD GTA MEETING BOOKS ARE NEEDED FOR THE GTA ARCHIVES

TO DONATE AA/GTA ARCHIVAL ITEMS TO THE GTA ARCHIVES PLEASE CONTACT THE GTA ARCHIVIST EDDY G. at 416-536-7536.



Gratitude

Hope

Word Search

Message brought to you by Alcoholics Anonymous



Service

O	U	L	A	U	T	I	R	I	P	S	F	K	H	F	J	G	U	Z	X	hope
N	V	P	P	P	A	H	C	E	E	B	R	I	P	R	B	W	R	S	D	gratitude
B	P	G	S	E	E	B	A	K	R	O	N	E	F	J	X	N	T	A	S	service
M	V	K	S	C	N	A	U	Q	W	P	G	B	E	L	I	E	V	E	T	prayer
I	O	K	V	N	S	Y	C	K	X	E	F	S	O	V	P	S	N	D	R	meditation
Q	Q	D	B	A	S	Z	O	E	I	H	C	I	O	P	O	W	V	M	A	love
S	C	P	E	R	G	O	L	R	M	F	H	K	I	C	O	W	Y	A	D	tolerance
M	F	D	A	E	B	C	G	K	J	Z	R	N	L	T	I	E	H	K	I	helping
O	K	M	Q	L	R	P	Z	H	C	A	G	M	O	J	E	E	N	F	T	sponsorship
D	P	I	T	O	X	F	S	U	T	S	H	S	Y	T	X	K	T	S	I	traditions
M	R	J	U	T	G	N	H	D	T	R	L	G	R	K	H	Y	O	Y	O	peace
Y	S	G	P	I	H	S	R	O	S	N	O	P	S	K	H	E	Q	D	N	believe
K	X	S	R	F	W	G	N	A	U	T	V	W	Q	F	E	L	R	A	S	freedom
S	M	Y	E	Y	G	E	Z	K	V	B	O	L	K	Y	L	I	L	S	Z	spiritual
M	M	E	Y	N	S	E	Z	H	S	V	T	B	H	L	P	T	F	S	V	society
S	C	L	D	S	D	E	V	O	L	S	T	S	U	H	I	Y	F	Z	Q	serenity
E	S	Z	M	I	B	N	L	O	E	Z	Y	E	P	A	N	S	H	E	G	oldtimers
L	W	A	M	K	T	D	I	R	U	O	Q	R	I	P	G	F	V	Q	N	newcomers
O	M	E	Y	S	T	A	E	K	J	N	H	V	P	P	X	P	J	M	D	happiness
T	E	G	G	I	R	N	T	X	Q	F	F	I	V	I	W	I	B	X	T	others
L	B	D	M	I	I	E	F	I	U	D	J	C	Y	N	Z	O	Y	C	Z	bookwork
L	I	E	R	T	M	O	M	D	O	B	Z	E	J	E	L	Z	R	J	A	kindness
I	R	F	Y	O	A	W	R	O	D	N	E	B	J	S	S	Q	E	W	T	exuberant
S	C	T	E	I	F	H	G	K	C	M	O	R	S	S	N	Y	Y	H	A	townes
P	K	C	V	C	O	X	Z	G	K	W	B	H	A	H	J	H	A	A	U	Silkworth
Y	J	H	H	P	R	V	O	L	A	F	E	S	W	N	R	C	R	A	D	akron
S	G	F	E	J	G	E	S	M	T	R	Q	N	W	W	T	Y	P	A	R	steppingstones
D	M	P	S	G	R	A	T	I	T	U	D	E	T	Z	H	Y	W	J	W	oxford

GROUPS BEGUN IN MAY

May 8, 1946 - [Kingsway Group](#)
 May 25, 1960- [Port Credit Group](#)
 May 16, 1978- [Kipling Group](#)

May 18, 1979- [Armour Heights Group](#)
 May 5, 1980 - [Bellamy Group](#)
 May 2, 1981 - [Lansing Group](#)



GROUP SPOTLIGHT

[Birds Of A Feather](#)

Established in February 1963, [Birds of a Feather](#) is the longest-running indigenous A.A. group in the GTA. For most of the past 59 years it has called the Native Canadian Centre of Toronto (16 Spadina Road) home. Which is precisely how long-time member Renee T., who just celebrated 46 years of sobriety, described it.

"It's my home. I feel absorbed into this group. The good thing is the long-timers work with the newcomers, so it works both ways." Sham S. echoed these sentiments, adding he joined the group for its "inclusiveness and diversity" while offering a real family feel."

"I love it because of all the people it attracts, and the variety," said Kathy A. "All the people from Renascant, the newcomers, people off the street. The first time I walked in here it was almost overwhelming, but incredibly comfortable and just so positive."

"There is a very wide umbrella of different lengths of recovery," adds Karl W. "I feel accepted and valued for who I am. It really is a wonderful little group."

This brings up another attractive aspect of this group, especially for people new to the program or in search of a home group. Pandemic migration has seen group membership dwindle and its meeting shrink to one quarter its previous size. Combined with the new challenges of maintaining a weekly hybrid meeting, this has created innumerable service opportunities for long timers and newcomers alike.

The meeting is every Sunday at 11 AM and alternates between an open speaker and a closed big book discussion meeting with sharing. Upcoming events include a double 5-year medallion for Kathy A. and David P. on May 8. The parking is free along Spadina until noon. There is paid parking across the street, and the NCCT is half a block north of the subway station.

A smudging ceremony is usually offered and the walls

of the centre are covered in native art. It is this spiritual quality of the meeting—the room, the centre and the land on which it stands—which everyone mentions who remembers ever being there. "The sense of spirituality I feel whenever I'm in the building is extraordinary," says Paul S. "The openness and love expressed by members in the group is something special and keeps me coming back." Brandon M joined because of The Great Spirit Prayer which closes every meeting.

"The first time I read it, I choked up. No other group reads it. It's why I joined the group." Another zoom baby Daniel S, who immediately began doing service once he arrived, added that for "an indigenous man desperately looking to reconnect with that side of my spirituality, this meeting has not disappointed."



Every Sunday morning alcoholics of every race, gender, colour and creed flock to [Birds of a Feather](#) to feel the warmth, strength, hope & serenity that is A.A. To discover the Great Spirit awakening within themselves. To heal.

I stand at the top of the sacred mountain, and I listen to the wind-- Alcoholics Anonymous, 4th Ed., p. 469

—David P. [Birds of a Feather](#)

