



INSIDE THIS ISSUE:

- Member article.....pg 1
- Intergroup Statspg 1
- Birthdayspg 2
- Tradition 10pg 2
- Intergroup.....pg 3
- Eventspg 4

Literature Hours:
Tues. & Thurs 12-4
2nd & 4th
Wednesday/mo
5-7pm

www.barrieaa.com

Published monthly for members of the Barrie and Area A.A. groups.

Central Office:
622-80 Bradford St.
Barrie, ON, L4N 6S7
(705) 725-8682



Newsletter Editor:

newslettereditor@barrieaa.com

Please notify me with any Info!

Thanks
Carol T.

WHAT IT TAKES TO BE GRATEFUL!

Being sober for a few 24 hours, I often find myself forgetting to be grateful for my sobriety. Frequently not realizing what a miracle my life is, and that I am actually sober for it.

I sat across the table from my brother on Thanksgiving, expressing my amazement at his sobriety of almost 2 years, which by the way, he has achieved without the help of AA. His response; "The Doctor's told me it would kill me if I drank again." Oh, how I wish that was all alcoholics needed to stay sober. I hope and pray that my brother will not pick up again, that his brush with death will be all he needs to stay sober, but I doubt it.

I attended the funeral of an acquaintance early in my sobriety. He was a man who could not live in his own skin and took his own life. Last year, just before Christmas, a man I got sober with hung himself after many relapses. Over this Thanksgiving weekend my brother and sister in law took her best friend in to rehab with the beginning stages of wet brain. A coworker of mine is dealing with the challenges of her sons addictions. I currently know more then one person who is struggling with the affects of alcoholism in their lives.

I don't mean to put a damper on things, but the reality of the disease of alcoholism has made me more grateful for my sobriety. It is sad that I need to be reminded of how horrible it would be if I drank again so that I can stay grateful. But I'll never forget what an old-timer told me when I asked him why some people relapsed: "They're doing it so you don't have to."

My life is not perfect today. I have as many, or more or less stress then anyone else. The only reason I can think of for why I have yet to pick up another drink, is because I have done what others have suggested. *I don't drink, I go to meetings, I have a sponsor, (who I call periodically), I have a group of AA friends, and I have a god.* I also try to pass on what I was given.

What can I do for the other alcoholics who are still fighting with this disease? I can stay sober with the help of the 12 steps, lend a hand when the recipient is willing and thank god every day for my sobriety and the life I have. I want to be aware when I am shown that my life and my sobriety is truly a gift.

Kate B. Love & Service Group, Innisfil, ON



Barrie A.A. Central Office Twelve Step Work
September 2007

- | | |
|--------------------------------|----------------------|
| 12 th Step | Alanon/Alateen |
| A.A. Meeting Information | Walk-Ins |
| A.A. General Info | Website hits.....478 |

Birthdays & Anniversaries

October 2007

Name	Anniversary	Sober Date	To Be Celebrated	Meeting
Jennifer W.	3months	July 3, 2007	Happy 3 months sobriety!	

November 2007

Name	Anniversary	Sober Date	To Be Celebrated	Meeting
Elena N.	29 Years	11 November		Wasaga Beach Friday Night Step & Tradition Group
Jim McD.	39 Years	13 November		Alcona Serenity Group, Stroud
Lois B.	2 Years	17 November		Alcona Serenity Group, Stroud
Randy M.	4 Years	26 November		Alcona Serenity Group, Stroud
Wes W.	2 Years	30 November		Alcona Serenity Group, Stroud

December 2007

Name	Anniversary	Sober Date	To Be Celebrated	Meeting
Jim K.	2 Years	6 December		Wasaga Beach Friday Night Group
Robert L.	29 Years	12 December		Wasaga Beach Friday Night Group
Cathy B.	5 Years	16 December	28 December	Wasaga Beach Friday Night Group
John B.	4 Years	23 December		Alcona Serenity Group, Stroud
Harry G.	18 Years	24 December		Alcona Serenity Group, Stroud
Fred H.	8 Years	26 December		Wasaga Beach Friday Night Group
Carol T.	14 Years	27 December		Alcona Serenity Group, Stroud



Happy Birthday to those celebrating milestones of sobriety... those 24hrs add up!



Tradition TEN

No A.A. group or member should ever, in such a way as to implicate A.A., express any opinion on outside controversial issues-particularly those of politics, alcohol reform, or sectarian religion. The Alcoholics Anonymous groups oppose no one. Concerning such matters they can express no views whatever.

INTERGROUP OFFICERS ORDER OF ELECTION

1. Chairperson
2. Alternate Chairperson
3. Treasurer
4. Secretary
5. Office Coordinator
6. Literature Chairperson

1. Chairperson suggested requirements

- a. 3 - 5 years sobriety
- b. If possible should have served term as alternate chairperson so that there is knowledge of what is expected of chairperson.
- c. Should have been a group representative.
- d. General knowledge of scope and activities of Intergroup committee.
- e. Also see Structure and Procedures.

2. Alternate Chairperson

- a. 2 years sobriety
- b. Served term as a group representative
- c. General knowledge of scope and activities of Intergroup Committee
- d. Be willing to move up to Chairperson
- e. Also see Structure and Procedures.

3. Treasurer

- a. 2 – 3 years sobriety
- b. Some knowledge of Accounting Procedures
- c. If possible should have served a term of group representative
- d. Also see Structure and Procedures.

4. Secretary

- a. 2 – 3 years sobriety
- b. If possible should have served a term of group representative
- c. General knowledge of scope and activities of Intergroup Committee
- d. Also see Structure and Procedures.

5. Office Co-Coordinator

- a. 3 years sobriety
- b. If possible should have served a term of group representative
- c. Have time to co-ordinate the activities of telephone volunteers.
- d. Have a good knowledge of scope and activities of Intergroup Committee
- e. Also see Structure and Procedures.

6. Literature Chairperson

- a. 2 – 3 years sobriety
- b. If possible should have served a term of group representative
- c. Have sufficient time to provide hours of sale for literature
- d. Have general knowledge of scope and activities of Intergroup.
- e. Also see Structure and Procedures.

Mark Your Calendar

New meeting:

Love and Service Group

Innisfil Community Church
1571 Innisfil Beach Rd, Alcona,
8:00 pm [C]

Barrie & Area Intergroup Meeting

Friday, November 9th, 2007 at 7:00 pm

*[Central United Church](#)
54 Ross Street, Barrie

Georgian Bay South - District 8 District Committee Meeting

Sunday, November 11th, 2007 at 1:30 pm

*[St. George's Church](#)

Burton & Granville Street, Barrie

Barrie & Area Intergroup Gratitude Dinner

Collier Street United Church, Barrie
27 October 2007

Check the web:

barrieaa.com

for a detailed listing of events

When am I manipulative?

Without understanding our motives, we can easily lapse into behavior aimed at manipulating others. Sulking is a means of letting others know we are displeased and forcing them to attempt to win our approval. Flattery is a false expression of approval that we don't really feel - giving others good strokes for our own purpose. Withholding deserved praise is a means of putting others down, something we're likely to do because of our jealousy.

Manipulative behavior is almost always selfish behavior. It is usually a false means of trying to get our own way. It is certainly an immature way of dealing with people and situations.

The best way to avoid being manipulative is to be ourselves at all times. We have neither the right nor the responsibility to control or regulate other people. Our best approach, in trying to influence another's actions, is simply to state our own case with sincerity and honesty. Others must be free to act, free to choose, and free to make their own decisions without manipulative interference on our part. *Mel B.*

Barrie & Area Intergroup

Gratitude Dinner

Saturday, October 27th

Dinner + Guest Speaker and Dance

Where?

Collier St. United Church
112 Collier Street - Barrie

When?

Dinner starts at 6:30
Dance to follow Meeting

Cost?

\$22.00
Includes Dinner & Dance

*Tickets are available through
any Social Functions Committee member...
Tickets are limited - Get yours Today!
Phone Diane at 706-736-9067 for more information.*

In the long run, it's easier to carry out our Higher Power's will than our own.

The good news of the Twelve Step program is that we don't have to continue trying to make self-will work. Attempting to make the rest of the world conform to what we think we want is a little like trying to push water uphill. It's not only frustrating - it's exhausting.

Getting in touch with a Higher Power frees us from the trap of self-will. We can move with the rhythm of reality instead of being stuck in fantasy. We can discover how we can be useful and what it is we do best.

How can I be sure I'm doing my Higher Power's will? There is, of course, no certain way to know, but what I rely on is an inner sense of lightness and rightness. I pray for guidance, I ask for answers, I listen to my inner voice, and I talk to people whose opinion I respect. I also believe if what I'm doing is not my Higher Power's will for me, I'll find out, since it won't work.

I ask to know my Higher Power's will for me today and/or the ability to carry it out.

Elisabeth L.