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**Barrie & Area
Intergroup Meeting**
2nd Friday of the
month, at 7:00 pm
**Central United
Church**
54 Ross Street,
Barrie

Georgian Bay South
District 8
District Committee
Meeting
2nd Sunday of the
month at 1:30 pm



**13TH ANNUAL
CREEMORE-
STAYNER-WASAGA
BEACH
A/A ROUNDUP
"ACCEPTANCE IS
THE KEY"**

SATURDAY AUGUST 22,2009
STAYNER COMMUNITY
CENTRE,
STAYNER, ONTARIO
NORTH STREET-WEST OF
HWY.26

GUEST SPEAKERS FROM SPEAKER TAPES &
LITERATURE
DOORS OPEN AT 9:00 AM FOR
REGISTRATION
LUNCH WILL BE AVAILABLE ON SITE
AIA DINNER SPEAKER

**Please see back page
for "Unity Day"
September 26!!
King City!**

*Intergroup News
Barrie and Area
Intergroup needs our
help as volunteers to
answer the phones.
We Thank You! and
We Welcome you!*

Contact Pualine L. at
officecoordinator@barrieaa.com

Central Office Report

June/July 2009

12 th Step	17
Alanon/Alateen	11
A.A. Meeting Information	28
Walk-Ins	8
A.A. General Info	12
Literature business	27

*Visit our website at:
www.barrieaa.com*

for
*Special Events,
Updated Meeting List
&
A.A. Members Birthdays*



Literature hours

Mon-Fri 4p.m. to 7p.m & Tue-Thu 1p.m. to 4p.m.
622-80 Bradford St. Barrie, ON, L4N-6S7
literature@barrieaa.com

The Literature Chair would like to thank District 7 for their additional support!

We hear this in meetings:

1. **There are three ways we stay sober in A.A. They are meetings, meetings, and meetings.**
2. **You gotta go to these meetings until you wanna go to these meetings, and then you don't gotta go anymore.**
3. **I go to meetings to see what happens to folks who don't go to these meetings.**
4. **I recently relapsed because I stopped coming to meetings.**
5. **When you are new, go to 90 meetings in 90 days.**
6. **If you drank every day, then you should go to a meeting every day.**
7. **Etc., etc., etc.**

We have learned, though, that these slogans just might save our lives.

Our Big Book does not encourage "meetings" as a necessary activity to retain sobriety. Of course, there were not that many meetings around in 1939. On the contrary, it emphasizes cleaning house (via the steps), trusting God and working with other alcoholics. But even though "meetings" are not a common word, the Big Book does say:

I know I must get along without liquor, but how can I? Have you a sufficient substitute?" Yes, there is a substitute and it is vastly more than that. It is a fellowship in Alcoholics Anonymous. There you will find release from care, boredom and worry. Your imagination will be fired. Life will mean something at last. The most satisfactory years of your existence lie ahead. Thus we find the fellowship and so will you. "How is that to come about?" you ask. "Where am I to find these people?" You are going to meet these new friends in your own community.Among them you will make lifelong friends. You will be bound to them with new and wonderful ties, for you will escape disaster together and you will commence shoulder to shoulder your common journey. Then you will know what it means to give of yourself that others may survive and rediscover life. You will learn the full meaning of "Love thy neighbor as thy self." [Big Book page 152]

Elsewhere, we (the Big Book Bunch) point out that the A.A. program is like a tripod (or, a three legged bar stool, if that is more familiar) of three essential components:

1. The 12 steps of recovery, which define the "process".
2. A fellowship of recovered alcoholics (meetings are a primary manifestation)
3. The presence and direction of God.

We have put our heads together to figure out just why meetings can and should play an essential part in our recovery and that of newcomers. Here are the primary reasons we identified.

SANCTUARY. We rarely encounter demons in A.A. meetings, except, of course, for the ones we bring with us in our heads. We can be free of the pressures of family, work, and the streets for a while. **ABSTINENCE.** (For at least an hour). **SOBER COMPANIONS.** Instead of hanging out with the old drinking cronies, we have adopted new associates. We have in common at least two things: we are alcoholics, and we are recovering from the disease of alcoholism.

SCHOOLING. A.A. meetings are like the old country school house. The more advanced students teach the newer ones what they have learned. We have a common text, our Big Book, Alcoholics Anonymous (and 12 Steps and 12 Traditions), as well as pamphlets and meeting directories. But, during the meeting our primary means of learning is from the experience of our fellows. We identify. Both their successes and failures are laid out for our inspection. We can adjust our own lives from their experience. It has been said that

experience is a dear(expensive) teacher. And it is a fool who learns by no other. We discover we no longer need to be fools.

EXAMPLES. From our learning we observe the winners and the losers. Our basis for discerning success changes slowly from the physical to the spiritual. **CONTACTS.** One aspect of sobriety is an evolution to successful living.

- **Sponsors.** From those we deem winners we select guides to take us through the steps. With them we also can have a private partner with whom we can discuss just about anything. If we are open to change, we incorporate their suggestions into our thoughts and actions, and we learn to take their direction. We also find others, newer to recovery, with whom we can share our own experience, hope and strength. These folks have been called sponsees.
- **Sober friends.** People offer us rides to meetings, and we might go out for a bite after the meeting. From some of these encounters deep friendships can arise. A common distress of alcoholics is loneliness. What a joy we find in acceptance.
- **Sober "relationships".** Yes, few of us refuse to notice that many A.A.s are very attractive people. Some of us even habituate meetings where those who "turn us on" are likely to attend. We even knew a fellow who hit three meetings every night - at the first he watched which ladies would arrive in the first 10 minutes, then he scooted over to another place, and he wound up with the Lord's Prayer in a third. Some of us used to go to the bars in much the same manner. The last we heard, this guy was still dry, but we never did notice if he "scored", so to speak. **More on relationships.** Another member we knew used to say, "Beneath every skirt you might find a slip". His wife (who had 10 years on him) often followed with, "Behind every zipper there lurks a slipper". **Relationships — the final word.** Without fail, we never ever fool around with persons new to A.A. To do so not only invites censure and condemnation, but it might drive a newcomer away from recovery, and we will experience a very obvious sense of shame, guilt, remorse and self-loathing. There is no step thirteen. Period. **Well, almost.** In any event, A.A. is a good place for us to meet enduring friends and to find intimacy. It is necessary, however, that we remember to keep our (and their) sobriety uppermost in our priorities.

SERVICE. Every meeting needs its coffee, setup, tear down and leadership. For some of us, meeting service provided an early opportunity to feel accepted, useful, and necessary. A few continue into Intergroup, General Service and the speaker circuit. Don't miss this chance for constructive growth. Also, don't pass up the chance to carry the message to other alcoholics. This is done in our overall example, statements in meetings, in one-on-one discussions and sponsorship.

REPUTATION. Having some semblance of pride is not always a defect of character. We are supposed to develop a sense of our own dignity, to have self-respect, and to be grateful for our sobriety and our achievements. These are a natural, proper and necessary consequence of taking the 12 steps. Once we feel pretty good about our progress, we don't want to throw it away. We don't want to be the butt of gossip or to envision ourselves describing a relapse in a meeting. Having a reputation to cherish happens in A.A. Keeping it untarnished is a healthy practice.

EXPERIENCING THE SPIRIT. Our Big Book explains in at least three places that God is to be found deep within ourselves. Whenever two or more persons are gathered for the purposes of recovery in Alcoholics Anonymous, the amount of God "ness" present is multiplied over that within any one individual. If the meeting is one of those which is obviously spiritual, we sense the power of the Spirit. It can be almost electric during the final prayer. We have all felt this. We cannot get enough!

So, here are ten or more reasons to attend A.A. meetings - to get INTO A.A. instead of just around A.A.
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Special Event Coming Soon!!!!

Unity Day 2009 is September 26, 2009

King City Community Centre (Arena)

25 Doctor's Lane

King City , Ontario

We held the first Unity Day two years ago in Barrie Ontario . Leonard Blumenthal, then board chairman of AA World Services, came as our guest, and the day was both well attended and enjoyed by all.

The goal of goal of Unity Day 2007 was to get Areas 83 and 86 working closer in Service. This makes sense, since the two areas share a common border, running through Oakville , Malton, Bradford and other towns.

Unity Day 2009 has the same purpose. It's another chance to bring the two Areas together on a joint project. Our special guest this year is Phyllis H, the new general manager of the General Service Office in New York .

Your Unity Day chair was lucky enough to meet Phyllis in Moose Factory this February. She is a remarkable woman. She also brings a strong service background to her new job, having been a past delegate and regional trustee for the western region of the United States .

The day will be similar to a standard workshop. Our respective Delegates will each give a talk on General Service and the General Service Conference. They may also share a bit of their personal recovery and/or their personal journey through service.

The schedule is still being finalized. But you can expect to hear District Committee Members (DCMs) and Committee Members from Areas 83 and 86 present on:

- Grapevine
- Public Information (PI)
- Correctional Facilities (CF)
- Treatment Facilities (TF)
- Cooperation with the Professional Community (CPC)
- Archives
- Self-Support and Remote Communities

Unity Day admission is free. A lunch will be served at a cost of \$6.00. The closing banquet will cost \$25, and feature Phyllis H as the after-dinner speaker. Tickets for the banquet are limited to 200. They can be purchased through various DCMs or committee members and online at www.ficomputers.com. **Chair: Rodney S.**

**We hope your summer is enjoyed with friends, lots of Love,
Sobriety and enough Sunshine to keep you smiling!
In all things, practice Gratitude!**