



**September 2009 Newsletter**

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Literature Hours  
**Tues.&Thurs.**  
**12-4p.m.**  
**Mon. & Fri.**  
**4-7p.m.**  
[www.barrieaa.com](http://www.barrieaa.com)

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



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

**Georgian Bay South**  
**District 8**  
**District Committee**  
**Meeting**  
**2<sup>nd</sup> Sunday, at 1:30 pm**  
**St. Georges Anglican**  
**Church**  
corner of Burton Ave  
and Granville St, from  
1:30 to 3:00 pm.

**A.A. Thought for the Day**

**Daily Reflection Sept. 1**

**Willingness To Grow**

**If more gifts are to be received, our awakening has to go on.**

**As Bill Sees It,p.8**

Sobriety fills the painful "hole in the soul" that my alcoholism created. Often I feel so physically well that I believe my work is done. However, joy is not just the absence of pain, it is the gift of continued spiritual awakening. Joy comes from ongoing and active study, as well as application of the principles of recovery in my everyday life, and from sharing that experience with others. My Higher Power presents many opportunities for deeper spiritual awakening. I need only to bring into my recovery the willingness to grow. Today I am ready to grow.

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**“New Meeting Announcement”**

**Three Legacy Group**  
**Starts Thursday October 1<sup>st</sup>, 2009**  
**Barrie Seventh-Day Adventist Church**  
**140 Mapleton, Barrie, Ontario**

**Mondays @ 7:30 p.m.**  
**(Closed meeting)**  
**Thursdays @ 7:30 p.m.**  
**(Open speaker)**

## Featured Articles

### NEVER ALONE AGAIN

The quiet “new guy” was perplexed. In his still clouded mind, he had done everything wrong. In his imagination everyone had a reason to dislike him. He had once again blown his cheque, all alone on a two day bender that had put him in the hospital this time. Thankfully they had a peaceful and totally separate building and program for people in his circumstance.

He agreed, albeit reluctantly, to have a volunteer pick him up and go to his first A.A. meeting in town. The driver told him that he could get a good cup of coffee at least!

The gentleman at the front with a kind voice was giving out “chips” to those to whom it applied, and you didn’t need to be a member. As the gentleman worked his way down to “Does anyone have 24 hours sober, or a desire for a new way of life?” A slight pause and “Hey! That’s me!” he realized! So, red-faced and self conscious, he made his way to the front, accompanied all the way with enthusiastic applause. With head lowered, he smiled to himself with pride. “Wow, I did it!”

During the course of the meeting he heard many stories that sounded exactly how he felt and acted. He had thought that he was the only one who has done such things. The warmth of holding hands while saying “The Lord’s Prayer” brought tears to his eyes, and after the meeting was over, many came up to him with friendly handshakes and invitations to “Keep on coming!” What a great bunch of people.

With these newfound and like-minded friends, he knew he was in the right place, and had found his new home away from home. He knew he would never “be alone again”.

Paul A.  
(New Freedom Beginners Group)  
13/06/09

## The Next Frontier: Emotional Sobriety

by Bill Wilson

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I think that many oldsters who have put our AA “booze cure” to severe but successful tests still find they often lack emotional sobriety. Perhaps they will be the spearhead for the next major development in AA—the development of much more real maturity and balance (which is to say, humility) in our relations with ourselves, with our fellows, and with God.

Those adolescent urges that so many of us have for top approval, perfect security, and perfect romance—urges quite appropriate to age seventeen—prove to be an impossible way of life when we are at age forty-seven or fifty-seven.

Since AA began, I’ve taken immense wallops in all these areas because of my failure to grow up, emotionally and spiritually. My God, how painful it is to keep demanding the impossible, and how very painful to discover finally, that all along we have had the cart before the horse! Then comes the final agony of seeing how awfully wrong we have been, but still finding ourselves unable to get off the emotional merry-go-round.

How to translate a right mental conviction into a right emotional result, and so into easy, happy, and good living—well, that's not only the neurotic's problem, it's the problem of life itself for all of us who have got to the point of real willingness to hew to right principles in all our affairs.

Even then, as we hew away, peace and joy may still elude us. That's the place so many of us AA oldsters have come to. And it's a hell of a spot, literally. How shall our unconscious—from which so many of our fears, compulsions and phony aspirations still stream—be brought into line with what we actually believe, know and want! How to convince our dumb, raging and hidden "Mr. Hyde" becomes our main task.

I've recently come to believe that this can be achieved. I believe so because I begin to see many benighted ones—folks like you and me—commencing to get results. Last autumn [several years back - ed.] depression, having no really rational cause at all, almost took me to the cleaners. I began to be scared that I was in for another long chronic spell. Considering the grief I've had with depressions, it wasn't a bright prospect.

I kept asking myself, "Why can't the Twelve Steps work to release depression?" By the hour, I stared at the St. Francis Prayer..."It's better to comfort than to be the comforted." Here was the formula, all right. But why didn't it work?

Suddenly I realized what the matter was. My basic flaw had always been dependence - almost absolute dependence - on people or circumstances to supply me with prestige, security, and the like. Failing to get these things according to my perfectionist dreams and specifications, I had fought for them. And when defeat came, so did my depression.

There wasn't a chance of making the outgoing love of St. Francis a workable and joyous way of life until these fatal and almost absolute dependencies were cut away.

Because I had over the years undergone a little spiritual development, the absolute quality of these frightful dependencies had never before been so starkly revealed. Reinforced by what Grace I could secure in prayer, I found I had to exert every ounce of will and action to cut off these faulty emotional dependencies upon people, upon AA, indeed, upon any set of circumstances whatsoever.

Then only could I be free to love as Francis had. Emotional and instinctual satisfactions, I saw, were really the extra dividends of having love, offering love, and expressing a love appropriate to each relation of life.

Plainly, I could not avail myself of God's love until I was able to offer it back to Him by loving others as He would have me. And I couldn't possibly do that so long as I was victimized by false dependencies.

For my dependency meant demand—a demand for the possession and control of the people and the conditions surrounding me.

*While those words "absolute demand" may look like a gimmick, they were the ones that helped to trigger my release into my present degree of stability and quietness of mind, qualities which I am now trying to consolidate by offering love to others regardless of the return to me.*

This seems to be the primary healing circuit: an outgoing love of God's creation and His people, by means of which we avail ourselves of His love for us. It is most clear that the current can't flow until our paralyzing dependencies are broken, and broken at depth. Only then can we possibly have a glimmer of what adult love really is.

Spiritual calculus, you say? Not a bit of it. Watch any AA of six months working with a new Twelfth Step case. If the case says "To the devil with you," the Twelfth Stepper only smiles and turns to another case. He doesn't feel frustrated or rejected. If his next case responds, and in turn starts to give love and attention to other alcoholics, yet gives none back to him, the sponsor is happy about it anyway. He still doesn't feel rejected; instead he rejoices that his one-time prospect is sober and happy. And if his next following case turns out in later time to be his best friend (or romance) then the sponsor is most joyful. But he well knows that his happiness is a by-product—the extra dividend of giving without any demand for a return.

The really stabilizing thing for him was having and offering love to that strange drunk on his doorstep. That was Francis at work, powerful and practical, minus dependency and minus demand.

In the first six months of my own sobriety, I worked hard with many alcoholics. Not a one responded. Yet this work kept me sober. It wasn't a question of those alcoholics giving me anything. My stability came out of trying to give, not out of demanding that I receive.

Thus I think it can work out with emotional sobriety. If we examine every disturbance we have, great or small, we will find at the root of it some unhealthy dependency and its consequent unhealthy demand. Let us, with God's help, continually surrender these hobbling demands. Then we can be set free to live and love; we may then be able to Twelfth Step ourselves and others into emotional sobriety.

Of course I haven't offered you a really new idea—only a gimmick that has started to unhook several of my own "hexes" at depth. Nowadays my brain no longer races compulsively in either elation, grandiosity or depression. I have been given a quiet place in bright sunshine.


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### Upcoming Events!

For more detailed listing of events, Members Birthdays & Updated Meeting List  
[www.barrieaa.com](http://www.barrieaa.com)

# UNITY DAY

**AREA 83**



**AREA 86**

**INVITE ALL TO JOIN US FOR A FULL DAY OF  
UNITY SERVICE & RECOVERY  
Saturday September 26th 2009  
FEATURING  
PHYLLIS H.  
General Manager of our World Service Office  
-AND-  
Delegates' 2009 General Service Conference Reports  
Panels and Presentations on:**

**Public Information and Co-operation with the Professional Community  
Archives - Grapevine - Corrections and Treatment  
Speakers will share their experience, strength & hope (TBA)**

**Dinner tickets \$25.00, Available online until Sept 12 @ [www.ficomputers.com](http://www.ficomputers.com)**  
**Lunch and refreshments available**

**Tickets available from Committee Members**


Rodney S. (647) 588-7751 Rob M. (905) 431-8633 Whitby Oshawa Jim R. (416) 823-1834 Mississauga Mary K. (705) 721-8157 Area 86	or Mail Cheques: Unity Day 55 Falby Crt #1607 Ajax, ON L1S 3W4
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**NAME :** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**PHONE:** \_\_\_\_\_ **No. of Tickets** \_\_\_\_\_

**WHERE**



**SPECIAL GUESTS FROM  
AREA 83 AND AREA 86**  
King City Community Centre (Arena),  
25 Doctors Lane, King City, ON  
Doors open at 8:30, Dinner at 5:30

## Barrie & Area Intergroup

# Gratitude Dinner

**Saturday October 17, 2009  
Collier Street United Church  
112 Collier Street, Barrie**

## Tickets: \$25.00

**Doors open at 5:30pm – Dinner at 6:30pm  
AA Speaker: Sean C.  
Sobriety Countdown, Fellowship,  
Fun, Dancing and Prizes**

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**Tickets can be purchased from**

<b>Social Function Committee</b> Greg F., Winston B., Penny A., Terri C., Timmy M., Lori B. and Leslie P. (705) 728-2973	<b>Intergroup Office</b> 80 Bradford Street, Unit # 622 Barrie, Ontario
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for Information Contact  
[socialfunctions@barrieaa.com](mailto:socialfunctions@barrieaa.com)  
[www.barrieaa.com](http://www.barrieaa.com)

**Tickets available until October, 10, 2009**  
*By supporting your Intergroup you are helping carry the  
message of AA Recovery, Unity & Service*