



October is Gratitude month

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Literature Hours
Tues.&Thurs.
 12-4p.m.
Mon. & Fri.
 4-7p.m.
www.barrieaa.com

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



Next
Barrie & Area
Intergroup Meeting
Friday, Oct 17th
 at 7:00 pm
 Central United
 Church
 54 Ross Street,
 Barrie

Georgian Bay South
District 8
District Committee
Meeting
Sunday, Oct 4th
 at 1:30 pm
 St. Georges Anglican
 Church
 corner of Burton Ave
 and Granville St, from
 1:30 to 3:00 pm.

For the Newcomer

A VISION FOR YOU!

Our book is meant to be suggestive only. We realize we know only a little. God will constantly disclose more to you and to us. Ask Him in your morning meditation what you can do each day for the man who is still sick. The answers will come, if your own house is in order. But obviously you cannot transmit something you haven't got. See to it that your relationship with Him is right, and great events will come to pass for you and countless others. This is the Great Fact for us.

Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny.

May God bless you and keep you—until then. ALCOHOLICS ANONYMOUS, page164
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"Practice Gratitude in your daily activities and the sunlight of the spirit will shine through. Contented Sobriety is sure follow!" -Anonymous

Barrie & Area Intergroup

Gratitude Dinner & Dance!!

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

Tickets can be purchased from

Social Function Committee
 Greg F., Winston B., Penny A.,
 Terri C., Timmy M., Lori B. and
 Leslie P. (705) 728-2973

Intergroup Office
 80 Bradford Street, Unit # 622
 Barrie, Ontario

for Information Contact
socialfunctions@barrieaa.com
www.barrieaa.com

Tickets available until October, 10, 2009

*By supporting your Intergroup you are helping carry the message of AA Recovery,
 Unity & Service*

Featured Article

Gratitude, One Day at a Time

TWELVE STEPS and TWELVE TRADITIONS pages 92-95

Now that we're in A.A. and sober, and winning back the esteem of our friends and business associates, we find that we still need to exercise special vigilance. As an insurance against "big-shot-ism" we can often check ourselves by remembering that we are today sober only by the grace of God and that any success we may be having is far more His success than ours.

Finally, we begin to see that all people, including ourselves, are to some extent emotionally ill as well as frequently wrong, and then we approach true tolerance and see what real love for our fellows actually means. It will become more and more evident as we go forward that it is pointless to become angry, or to get hurt by people who, like us, are suffering from the pains of growing up.

Such a radical change in our outlook will take time, maybe a lot of time. Not many people can truthfully assert that they love everybody. Most of us must admit that we have loved but a few; that we have been quite indifferent to the many so long as none of them gave us trouble; and as for the remainder--well, we have really disliked or hated them. Although these attitudes are common enough, we A.A.'s find we need something much better in order to keep our balance. We can't stand it if we hate deeply. The idea that we can be possessively loving of a few, can ignore the many, and can continue to fear or hate anybody, has to be abandoned, if only a little at a time.

We can try to stop making unreasonable demands upon those we love. We can show kindness where we had shown none. With those we dislike we can begin to practice justice and courtesy, perhaps going out of our way to understand and help them.

Whenever we fail any of these people, we can promptly admit it--to ourselves always, and to them also, when the admission would be helpful. Courtesy, kindness, justice, and love are the keynotes by which we may come into harmony with practically anybody. When in doubt we can always pause, saying, "Not my will, but Thine, be done." And we can often ask ourselves, "Am I doing to others as I would have them do to me--today?"

When evening comes, perhaps just before going to sleep, many of us draw up a balance sheet for the day. This is a good place to remember that inventory-taking is not always done in red ink. It's a poor day indeed when we haven't done something right. As a matter of fact, the waking hours are usually well filled with things that are constructive. Good intentions, good thoughts, and good acts are there for us to see. Even when we have tried hard and failed, we may chalk that up as one of the greatest credits of all. Under these conditions, the pains of failure are converted into assets. Out of them we receive the stimulation we need to go forward. Someone who knew what he was talking about once remarked that pain was the touchstone of all spiritual progress. How heartily we A.A.'s can agree with him, for we know that the pains of drinking had to come before sobriety, and emotional turmoil before serenity.

As we glance down the debit side of the day's ledger, we should carefully examine our motives in each thought or act that appears to be wrong. In most cases our motives won't be hard to see and understand. When prideful, angry, jealous, anxious, or fearful, we acted accordingly, and that was that. Here we need only recognize that we did act or think badly, try to visualize how we might have done better, and resolve with God's help to carry these lessons over into tomorrow, making, of course, any amends still neglected.

But in other instances only the closest scrutiny will reveal what our true motives were. There are cases where our ancient enemy, rationalization, has stepped in and has justified conduct which was really wrong. The temptation here is to imagine that we had good motives and reasons when we really didn't.

We "constructively criticized" someone who needed it, when our real motive was to win a useless argument. Or, the person concerned not being present, we thought we were helping others to understand him, when in actuality our true motive was to feel superior by pulling him down. We sometimes hurt those we love because they need to be "taught a lesson," when we really want to punish. We were depressed and complained we felt bad, when in fact we were mainly asking for sympathy and attention. This odd trait of mind and emotion, this perverse wish to hide a bad motive underneath a good one, permeates human affairs from top to bottom. This subtle and elusive kind of self-righteousness can underlie the smallest act or thought. Learning daily to spot, admit, and correct these flaws is the essence of character-building and good living. **An honest regret for harms done, a genuine gratitude for blessings received, and a willingness to try for better things tomorrow will be the permanent assets we shall seek.**

Having so considered our day, not omitting to take due note of things well done, and having searched our hearts with neither fear nor favor, we can truly thank God for the blessings we have received and sleep in good conscience. *Reprinted with permission of A.A. World Services, Inc.*

Articles are always welcomed!! "Your experience strength and hope does matter and could help others"
Contact newslettereditor@barrieaa.com , or Benny at 705-241-1562

Intergroup news

"A Big Thank you! & a Report From your Literature committee"

Our gratitude goes out to all the groups for choosing Barrie and Area Intergroup to order literature, sobriety chips and medallions. Thank You Barrie and Area!! District 7 & 8 Included!!

Medallion prices

1&5 years price:\$10, All others are \$15--- We have from 1year to 55 year medallions available!!

Taxes included and free engraving!

May we suggest a topic for your business meeting?

We would love to help you!

"Each group has but one primary purpose – to carry its message to the alcoholic who still suffers."

How is our inventory of AA pamphlets?

Are we utilizing displaying these tools which could educate, inform and help the newcomer & sober member alike on topics such as "What is AA?, Is AA for me?, Questions & Answers on Sponsorship, Young People and AA, AA for the Woman etc. There are 45 other AA pamphlets on Recovery, Unity and Service to help your members stay informed, helpful and active while carrying the AA message of hope to those who suffer from alcoholism and to those who wish to be helpful.

Ken, our Literature Chairperson for Intergroup invites you to contact him and would be glad to assist your group in presenting the right "tools" to help carry the message.

Literature Hours: Tues.& Thurs. 12-4p.m., Mon. & Fri.4-7p.m

Central Office: 622-80 Bradford St., Barrie, ON, L4N 6S7

**"Keeping you and your Groups Informed!"
In AA Fellowship, Love and Service, Ken P.**

. Phone #705-725-8682

Upcoming Events!

For more detailed listing of events, Members Birthdays
& Updated Meeting List
www.barrieaa.com

<p>Western Ontario Conference of Alcoholics Anonymous</p> <p>56 Years of Unity</p> <p>Hilton Hotel London Ontario, October 30, 31, November 1, 2009</p>	
<p>Registration: Friday Afternoon at 4:00pm Early Bird Meeting Friday at 4:30pm Panel: Friday at 7:00pm Speaker at 9:00pm</p>	<p>Speakers This Year Include: Shirley T. Alabama Norm W. Kentucky Butch M. Barrie Ont. Candice M. Los Angeles Peter W. Oakville Ont. Bo T. Alabama (Al-Anon)</p>
<p>Spiritual Meeting Long-Timer's Panel Institutional Panel</p>	
<p>Early Bird Draws 5 Banquet Tickets for 2009 Register By October 1st</p>	
<p>Al-Anon and Alateen Meetings Banquet Saturday Night at 6:00pm. (Limited Tickets Available) Dance Saturday Night</p>	
<p>For More Information Contact: W.O.C. 1299 Oxford St. E., P.O. Box 33014, London, Ontario N5Y 5L4 Kevin C. 519-451-5170 Virginia C. 519-423-9706 Martin F. 519-858-1346 or e-mail woelondon@yahoo.com</p>	

“New AA Meeting”

Three Legacy Group

Where?
Barrie Seventh-Day Adventist Church
140 Mapleton, Barrie, Ontario

When?
Mondays @ 7:30 p.m.
(Closed meeting)
AA members only
Thursdays @ 7:30 p.m.
(Open speaker)
AA members and families Welcomed!

Action! Is the Magic Word!

A.A. Thought for the Day, Oct, 1st,

A.A. will lose some of its effectiveness if I do not do my share. Where am I failing? Are there some things I do not feel like doing? Am I held back by self-consciousness or fear? Self-consciousness is a form of pride. It is a fear that something may happen to you. What happens to you is not very important. The impression you make on others does not depend so much on the kind of job you do as on your sincerity and honesty of purpose. Am I holding back because I am afraid of not making a good impression?

Meditation for the Day

"Thy will be done" must be your oft-repeated prayer. And in the willing of God's will there should be gladness. You should delight to do that will because when you do, all your life goes right and everything tends to work well for you in the long run. When you are honestly trying to do God's will and humbly accepting the results, nothing can seriously hurt you. Those who accept the will of God in their life may not inherit the earth, but they will inherit real peace of mind.

Prayer for the Day

I pray that I may have a yielded will. I pray that my will may be attuned to the will of God.