



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

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

**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
St. Georges Anglican
Church
corner of Burton Ave
and Granville St.



Thank You!! to the "Social Functions Committee" for the "Gratitude Dinner & Dance" Great Job and Lot's of Fun!

*For info on: Special Events, Updated Meeting List
& A.A. Members Birthdays
Visit our website at:
www.barrieaa.com*

NOVEMBER IS GRATITUDE MONTH
Georgian Bay South District 8
invites you to attend our
**ANNUAL
TRADITION DAY**

at St George's Anglican Church, Barrie, Ont

(corner of Burton Ave and Granville St)

Sunday November 8, 2009 at 1:30 pm

AN AFTERNOON OF AA:

**Learn all about the 12 Traditions as
presented by your groups**

FELLOWSHIP, FUN, FOOD & REFRESHMENTS

ALL ARE WELCOME

7TH TRADITION WILL BE HONOURED





1. "Okay. After six months, you've convinced us you cannot make coffee. You are now our new intergroup rep!" —
Bill P., Danville, CA

5. Winner: "Your wife tells me you might do better in the 'Don't Think' section." — Tim S., North Olmsted Big Book Study Group, OH



1. Winner: "This Step Five may take a while; I would hate for you to fall asleep in the middle of it!" —
Joe H., Vancouver, British Columbia

Rule # 62

Don't take yourself too seriously!
Have a Grateful month of November!

www.aagrapevine.org

Check out the humor section of their digital archives.

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Featured Articles

Growth A woman's story

What is left out can sometimes be as important as what is there

A new thought has been forming in my mind (now that the AA program has put it in working order). I believe that an element most important in building our sober lives is what is left out.

Several months ago, my husband and I enrolled in a beginners' art course. We didn't become great painters, but both of us now see things, such as leaves and blades of grass and shadings of color, that we weren't aware of before. One day, the instructor showed us a Picasso drawing of the artist's daughter. It pictured her in profile, and it consisted of only three lines. What was left out dramatized what was there. We learned also that in shading a tree, what is left out is as important as the pencil lines, for the blanks create sunlight on the leaves.

It seems to me that I achieve growth by leaving things out when I don't say the cross word, when I don't answer sarcastically. If I can only delay one second, maybe two, I have time to ask myself, "Do I really want to say that?"

When I wrote down my list of people to make amends to, it was made up mostly of family. I wasn't just thinking of the things I had done. I also remembered the many things I should have, would have, might have done, had I not been drinking! The things I had left out ranged from the nice bouquets I could have given, and didn't, all the way to downright neglect.

I used to tell all! To anybody who would listen! And things were going to be my way, too. "Self-will run riot"! Now it's becoming easier to spot ego, and I work at getting the big Me out of the way.

I have discovered a new way to learn by shutting my mouth and listening. Again, it's not so much what I'm doing as what I'm not doing. I'm not talking. So I'm open; I'm teachable.

I used to like to direct my children's affairs, offering advice when it wasn't wanted and commanding activities and behavior. I'm more secure now. I've thrown out my director's chair. Now, when I see one of my children heading on a certain course and I question the outcome, I keep my mouth shut and practice the Third Step. Whenever there's a problem and I'm involved, I look to see what part of the problem I am causing (as one of my sponsors advised). I'm usually about 80 percent of the problem, well, maybe 60 percent, but the major part, you can bet on that. If I leave out the largest percent (me), there is hardly any problem at all!

I'm becoming so secure in AA, I've even discarded the cute, funny, phony me my civilian friends used to know. I don't have to dance with a rose in my teeth; I can just dance. And I don't have to be the only girl at the picnic who can swing Tarzan-style from a rope into the river. I can swim calmly, like the 40-year-old mother of four I am.

I don't have to show off long legs in a miniskirt any more. I can just sit on them and be happy. And I can say no to a lot of things I'm not interested in. All the people-pleasing activities I used to engage in, I can cut out now. That gives me time to do the truly helpful, gut-warming little things, just because they need doing and I truly care. I have time to work my program.

I can sit quietly and really listen to people trying to communicate with me. My mind is no longer racing to find just the perfect quip to say or story to top theirs. The eternal internal war I can do without, too. The fighting inside me is over, and I'm glad!

And the most important item of all to leave out is the old, familiar foe, alcohol. Without it, life is just plain wonderful! *Tricia J. Houston, Texas* From June 1976 **Reprinted with the permission of the AA Grapevine inc.**

Someone's Thoughts on Meditation & Gratitude

Bill Wilson, in a letter written in 1959, wrote:

“Gratitude should go forward, rather than backward. In other words, if you carry the message to still others, you will be making the best possible repayment for the help given you.”

(As Bill Sees It - pg. 29) Reprinted with permission of A.A. World Services, Inc

So “Gratitude” is far more than an attitude, as is so often heard in our meetings. “Gratitude” is ACTION. That is [search out](#) (AA, pg 96), [go to](#) (AA, pg 102), [try to carry this message](#) to other alcoholics.

The first example we have of “Gratitude” in past history is Ebby’s efforts to help Bill Wilson. Ebby, two months sober, had heard that Bill was in serious trouble with his drinking. The first thing he had to do was to find out where Bill was, take a subway and go to Bill’s residence with a single thought, “Can I help my old friend?” Ebby “[sought out](#)”, “[went to](#)” and “[tried to carry](#)” his message of hope to a suffering alcoholic. Then it becomes an “Action and an Attitude of Gratitude!

Eleventh Step Prayer

“Lord, make me a channel of thy peace—that where there is hatred, I may bring love--that where there is wrong, I may bring the spirit of forgiveness--that where there is discord, I may bring harmony--that where there is error, I may bring truth--that where there is doubt, I may bring faith--that where there is despair, I may bring hope--that where there are shadows, I may bring light--that where there is sadness, I may bring joy. Lord, grant that I may seek rather to comfort than to be comforted--to understand, than to be understood--to love, than to be loved. For it is by self-forgetting that one finds. It is by forgiving that one is forgiven. It is by dying that one awakens to eternal life. Amen.”

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[We invite your group members to join us!](#)

We are still in need to form a committee of interested AA members who would be involved in creating themes, writing articles, searching the web or other AA history stuff. To plan material that is useful, informative for our readers and our groups. Funny stories/joke could be part of this. All with the purpose of carrying the message of Alcoholics Anonymous to build Unity through our Service for members new, not so new and old timers alike.

[On a final thought or Question](#)

Are your groups printing copies of the newsletter for your members & for the newcomer now that it is only available on-line? We would like to know how the groups are doing with this and if it is working this way? We in AA should always strive to improve and/or correct our services to your groups. To be as helpful as possible is our only aim.

[Sincerely in loving service, Benoit F. 705-241-1562](#)