

Hi Friends and welcome to our second print of your revamped newsletter my name is Mark I am an alcoholic pleased to be editing this newsletter. Nice to get others involved in this edition, hope you look forward to reading this as much as I enjoy putting this all together in a short but sweet format. As we strut through this summer of 2010 let us remember as the weather is hot and if that fleeting thought of thinking maybe a drink is necessary remember that we are alcoholics and one is too many and the few more after that may not be enough. Just a quote from your friendly editor looking forward to put together the following newsletter come September when elections take place. Think about a service spot its about a few hours a week that gives an inward accomplishment to an individual like one wouldn't believe I share this based on my service experiences as I'm doing here.

### July Newsletter

We are all aware of the essay in the Big Book on acceptance. But how many times have we read Dr. Paul O's story and struggled with putting the ideas into practice. I recently came across the sentence following this paragraph. It gives me some enlightenment and insight as to how I can "Let Go and Let God." My first sponsor would often remind me that if I wanted to change my life I had to do it a little at a time. In order to develop a lifetime of going to AA meetings regularly I had to begin by attending 90 meetings in ninety days. At first it was onerous but when it became habit it felt strange not to be at a meeting. So if I want to develop a feeling of gratitude and peace I can easily try this.

"You cannot control the world outside, but you can choose what you will bring into yourself. If you do not see anything of value in your life, begin by finding one thing of beauty every day until it becomes a habit."

This simple step will do wonders for your outlook. I know because I used to be pessimistic and saw the world through downcast Eyes. Today I have a closer relationship with my Creator mainly because of my change in attitude.

Thanks for listening,

I am an Alcoholic, My name is Tom JC.

# MY EXPERIENCE WITH ROUNDUPS

My very first roundup was when I was 3 months sober. I can remember feeling excited and nervous all at the same time. I was trying hard to make up an excuse why I couldn't go. I couldn't let my new AA friends know the truth about my feelings. So when a new AA friend came to me with a ticket and said "*here is your ticket*" then I had to make the commitment to go. The truth is that I wasn't sure how to socialize or have a meal or even enjoy music and dancing without alcohol.

I am so glad that I took a chance and attended that November, 1988 Newcastle Roundup. I realized, that at the age of 20, my life was just about to begin with my new friends in AA.

Now, I would love to brag about how I never miss a roundup or that I have spoke at a roundup or that I have even been on the roundup committees, however, none of that is true. I have missed roundups and skipped roundups and chosen not to help or even contribute to my local roundups.

So when I heard about the Cobourg Roundup on May 29th/2010 I made a decision that I would not only attend it but also help out. I came early and stayed late. I even stayed in the room for all the speakers. WOW! WOW! I laughed, I cried and I was deeply moved. I felt like I had been at one months worth of meetings in one day for only \$10. The food and fellowship was out of this world. The table displays were neat and clean with lots of brochures and handouts.

I am not sure what I expected from the roundup, however, I was very blessed with a solution to a family issue that I was struggling with. One of the female speakers spoke on how she uses the 12 Steps and 12 Traditions in her home with her children and BANG a light bulb moment happened for me. I was so glad that I ignored my urge for a bathroom break at that moment because I feel that she was speaking into my challenges and offering me a solution. I shutter to think about what would happen if I missed that solution or any other part of the day.

The Cobourg roundup on May 29th/2010 has made a huge difference in my AA walk and I am grateful that I attended the whole day. I encourage you newsletter readers to clear your calender and carpool to the next roundup that you hear about!!

You will be glad that you did. You may be like me and find some solutions, perspectives, some new friends and even some good coffee and laughter at the next roundup..... make a decision and see ya there!

Kim S.